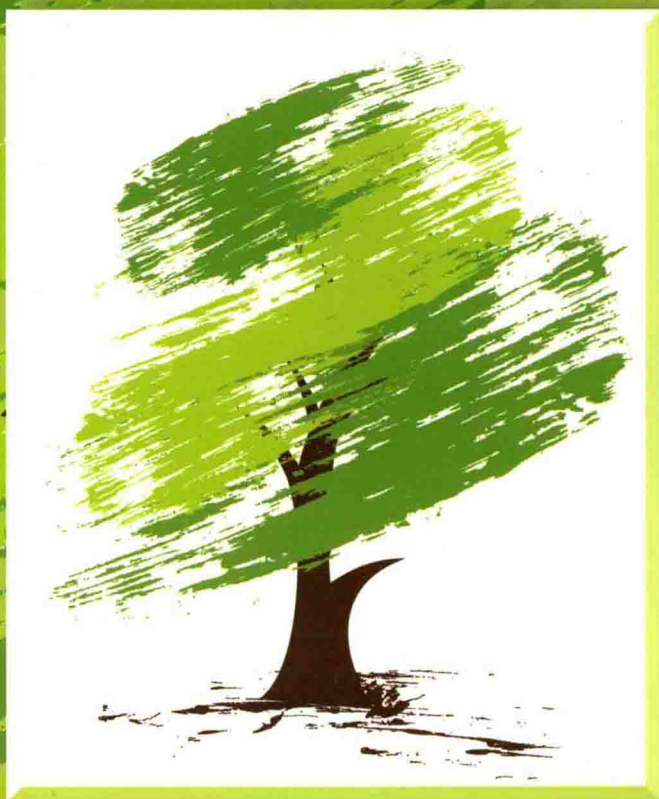


# Gerontological Nursing

EIGHTH EDITION

Charlotte Eliopoulos



Wolters Kluwer  
Health

Lippincott  
Williams & Wilkins

# Gerontological Nursing

EIGHTH EDITION

Charles E. Horopoulos, PhD, MPH, RNC

常州大学图书馆  
藏书章

*Specialist in Holistic Gerontological Care*  
*Executive Director, American Association*  
*for Long Term Care Nursing*



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8th Edition

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*This book is dedicated to my husband, George Considine, for his unending patience, support, and encouragement and to Manuel Eliopoulos Jr., who has taught me many lessons in unconditional love, acceptance, and service to our elders.*

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## FEATURES

New features offer students a greater understanding for application and include the following:

- **Terms to Know** defines new terms pertaining to the topic.
- **Bringing Research to Life** not only presents current research but also describes how to apply that knowledge in practice.

# Preface

The specialty of gerontological nursing continues to grow in the body of evidence supporting practice and in the population served. Whereas there was a time that older adults were considered a homogenous group, expected to become sick, sexless, and senile, there now is recognition that they are a highly diverse group who can lead healthy, productive lives for many years after their 65th birthday. Normality from pathology increasingly is better understood through research that sheds light on the normal aging process. And, older adults have grown from a hidden minority to a significant and powerful segment of the total population who demand choice, respect, and high-quality services.

In this 8th edition, *Gerontological Nursing* continues to bridge the growing body of specialty knowledge with relevancy for practice. A wide range of topics is presented, providing comprehensive information to serve as a strong foundation for gerontological nursing practice. One of the positive features of this book is that it continues to be written by one author, thereby offering a consistent level and style—which have been appreciated as practical and user-friendly in previous editions—throughout all chapters.

## TEXT ORGANIZATION

*Gerontological Nursing, 8th edition*, is organized into seven units. The first unit, *Understanding the Aging Experience*, provides basic knowledge about the older population and the aging experience. The growing culture and sexual diversity of this population is discussed, along with the navigation of life transitions and the changes that typically are experienced to the body and mind.

Unit 2, *Foundations of Gerontological Nursing*, provides an understanding of the development and scope of the specialty, along with descriptions of the various settings in which nurses can care for older persons. Legal and ethical issues that are relevant to gerontological nursing are reviewed, and there is guidance in applying a holistic model to gerontological care. A chapter is devoted to self-care for the gerontological nurse in recognition of the need for a healer to care for self in order to provide optimum care to others.

Unit 3, *Fostering Connection and Gratification*, provides a broad perspective on sexuality and intimacy; current thinking on menopause is included. The significance of spirituality and measures to support spiritual needs are discussed.

Some of the major care issues confronting gerontological nurses are offered in Unit 4, *General Care Considerations*. Chapters dedicated to nutrition and hydration, rest and sleep, comfort and pain management, safety, and medications guide the nurse in promoting basic health and preventing avoidable complications.

Unit 5, *Facilitating Physiological Balance*, addresses the basic functions that assure health and life. The chapters are dedicated to respiration, circulation, digestion and bowel elimination, urinary elimination, reproductive system health, movement, neurologic function, sensation, and endocrine, integumentary, and immune function. A review of the impact of aging, interventions to promote health, the unique presentation and treatment of illnesses, and integrative approaches to illness are discussed with each of these areas.

Issues and nursing care related to infections, cancer, mental health disorders, delirium, and dementia in older adults are addressed in Unit 6, *Multisystem Disorders*. Guidance is offered to assist the gerontological nurse with the unique challenges and presentations of these diseases and illnesses.

Unit 7, *Gerontological Care Issues*, discusses common challenges faced in practice, including helping people live effectively with chronic conditions, rehabilitative care, acute care, long-term care, family caregiving, and end-of-life care. With the growing concern on reducing hospital readmissions and facilitating transitions of care, an understanding of the issues impacting quality of care and quality of life is important.

## FEATURES

New features offer students a greater understanding for application and include the following:

- **Terms to Know** defines new terms pertaining to the topic
- **Bringing Research to Life** not only presents current research but also describes how to apply that knowledge in practice



- Practice Realities poses real-life examples of challenges that could be faced by a nurse in practice

In addition, the features that have been welcomed by students in the past have been expanded to add appeal and include the following:

- Learning Objectives to prepare the reader for outcomes anticipated in reading the chapter
- Chapter Outlines to present an overview of content
- Highlighted Key Concepts to emphasize significant facts
- Points to Ponder boxes that pose questions to stimulate thinking related to the content
- Tables that offer facts
- Boxed information to emphasize specific points
- Assessment Guides that outline the components of general observations, interview, and physical assessment of major body systems
- Nursing Diagnoses Highlights that provide an overview of selected nursing diagnoses common in older adults
- Nursing Care Plans to demonstrate the steps in developing nursing diagnoses, goals, and actions from identified needs
- Consider This Case examples of clinical situations that offer opportunities for critical thinking
- Critical Thinking Exercises to guide application
- Resources at the end of every chapter to assist with additional exploration of the topic
- References to expand the network of available information
- Plentiful figures to complement the text

## TEACHING AND LEARNING PACKAGE

### Resources for Instructors

Tools to assist you with teaching your course are available upon adoption of this text at:

<http://thePoint.lww.com/Eliopoulos8e>.

- An e-book on thePoint gives you access to the book's full text and images online.
- The Test Generator lets you put together exclusive new tests from a bank containing hundreds of questions to help you in assessing your students' understanding of the material. Test questions link to chapter learning objectives. This test generator comes with a bank of more than 900 questions.

- PowerPoint presentations provide an easy way for you to integrate the textbook with your students' classroom experience, via either slide shows or handouts. Multiple choice and true/false questions are integrated into the presentations to promote class participation and allow you to use i-clicker technology.
- An Image Bank lets you use the photographs and illustrations from this textbook in your PowerPoint slides or as you see fit in your course.
- Journal articles, updated for the new edition, offer access to current research available in Lippincott Williams & Wilkins journals.

### New for this edition!

- Clinical Scenarios posing What If questions (and suggested answers) give your students an opportunity to apply their knowledge to a client case similar to the one they might encounter in practice.
- Assignments (and suggested answers) include group, written, clinical, and Web assignments.
- QSEN Competency Map shows you how content connects with the QSEN competencies of Quality and Safety Education for Nurses: Patient-Centered Care, Teamwork and Collaboration, Evidence-Based Practice, Quality Improvement, Safety, and Informatics.
- Suggested Answers to Critical Thinking Exercises allow you to gauge whether students' answers are on the right track, by giving you main points that students are expected to address in the answers.
- DocuCare offers a true-to-life EHR with a real-world format designed to prepare your students for successful practice. Its tools let you create, modify, and add patients to practice documents as well as review student documentation.

### Resources for Students

Students can access all these resources at:

<http://thePoint.lww.com/Eliopoulos8e> using the codes printed in the front of their textbooks.

- An e-book on thePoint allows access to the book's full text and images online.
- Watch & Learn Video Clips on How to Assist a Person Who Is Falling, Alternatives to Restraints, and the Five Stages of Grief. (Icons appear in the textbook to direct readers to relevant videos.)
- Recommended Readings to expand the network of available information

# Acknowledgments

- A Spanish–English Audio Glossary provides helpful terms and phrases for communicating with patients who speak Spanish.

## SUMMARY

If practiced competently, gerontological nursing is among the most complex and dynamic specialties nurses could select. A wide range of knowledge and

skills is demanded, along with an appreciation for the richness of unique life experiences and the wisdom to understand that true healing comes from sources beyond medications and procedures. Hopefully, this book will equip nurses to assist older adults to live with optimum health, purpose, and fullness in this season of their lives.

CHARLOTTE ELIOPOULOS RN, MPH, PHD



# Acknowledgments

There are many individuals who played important roles in the birth and development of this book. I will always be grateful to Bill Burgower, a Lippincott editor, who decades ago responded to my urging that the new specialty of gerontological nursing needed resources by encouraging me to write the first edition of *Gerontological Nursing*. Many fine members of the Lippincott team have guided and assisted me since, including Patrick Barbera, Acquisitions Editor, who consistently offered encouragement and direction; Dawn Lagrosa, Associate Product Manager, who brought a new set of eyes to the book and ironed out the

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Lastly, I am deeply indebted to those mentors and leaders in gerontological care who generously offered encouragement and the many older adults who have touched my life and showed me the wisdom and beauty of aging. The education these individuals provided could have never been learned in a book!

CHARLOTTE ELIOPOULOS

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