

ADULT- GERONTOLOGY PRACTICE GUIDELINES

Jill C. Cash • Cheryl A. Glass

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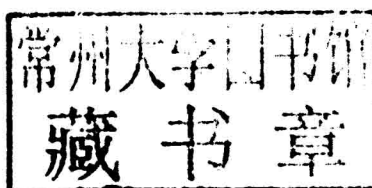


Adult-Gerontology Practice Guidelines

Jill C. Cash, MSN, APN, FNP-BC

Cheryl A. Glass, MSN, WHNP, RN-BC

Editors



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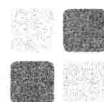
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Adult-Gerontology Practice Guidelines

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To my children, Kaitlin and Carsen,
You make me proud! I love you.
—*Jill*

To my husband, Rob,
Thank you for your patience! I love you.
—*Jill*

“Always go with your passions. Never ask yourself if [they’re] realistic or not.”
—*Deepak Chopra*



This is dedicated to all of the extraordinary women in my life.
—*Cheryl*

To Ed,
My lifelong partner, I love you.
—*Cheryl*

“If you have knowledge, let others light their candles in it.”
—*Margaret Fuller*



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Preface

Soon after publishing *Family Practice Guidelines, Third Edition*, a 2014 AJN Book of the Year award recipient, Springer Publishing Company identified the need for a resource suitable for advanced practice students, as well as novice and experienced health care providers, in the adult-gerontology practice setting. *Adult-Gerontology Practice Guidelines* is designed as a complement to *Family Practice Guidelines*.

We again asked our experienced nurse practitioner colleagues for assistance in writing this important resource. *Adult-Gerontology Practice Guidelines* is designed as a practice as well as a reference resource to prepare for certification examinations.

Information is presented in a user-friendly format that is easily accessed using either the table of contents or the book's index. Within the guidelines, emphasis is placed on history taking, on the physical examination, and on key elements of the aging population. Useful website links have been incorporated. Patient Teaching Guides are available, including medication safety and fall prevention. These are presented in perforated tear-out format, making removal from the book easy. **These guides, found in Section III of the book, are also available in PDF format at www.springerpub.com/cash-glass-adult-gero.**

The book is organized into chapters using a body-systems format. The disorders included within each chapter are organized in alphabetical sequence for easy access. Disorders that are more commonly seen in the primary care setting are included.

Bold text or italic text highlights “alerts” for practitioners and educational “clinical pearls.”

Organization

The book is organized into three major sections:

- Section I: “Guidelines” presents the 24 chapters containing the individual disorder guidelines.
- Section II: “Procedures” presents 19 procedures that commonly are conducted within the office or clinic setting.
- Section III: “Patient Teaching Guides” presents over 140 Patient Teaching Guides that are perforated for easy distribution to patients as a take-home teaching guide. For ease of reference, the teaching guides are organized by chapter content and can easily be associated with the disorder chapter by matching the teaching guide chapter number and title.

Highlights of *Adult-Gerontology Practice Guidelines*

- Chapter 1, “Normal Physiological Changes in the Aging Adult”
- Chapter 2, “Healthy Living for the Adult-Geriatric Patient”
- Chapter 3, “Adult-Geriatric Assessments”
- Chapter 4, “Caregiver and End-of-Life Issues”
- Chapter 5, “Pain Management Guidelines”: Pain Assessment and Management in the Aging Population
- Chapter 6, “Dermatology Guidelines”: Bullous Pemphigoid, Cellulitis and Abscess, and Precancerous and Cancerous Skin Lesions
- Chapter 7, “Eye Guidelines”: Macular Degeneration, Refractive Disorders, and Retinopathy
- Chapter 8, “Ear Guidelines”: Hearing Loss and Presbycusis
- Chapter 10, “Throat and Mouth Guidelines”: Dysphagia
- Chapter 12, “Cardiovascular Guidelines”: Carotid Artery Stenosis
- Chapter 13, “Gastrointestinal Guidelines”: Fecal Incontinence and Hiatal Hernia
- Chapter 14, “Genitourinary Guidelines”: Nocturia and Urinary Retention
- Chapter 16, “Gynecologic Guidelines”: Pelvic Organ Prolapse and Sexual Health Issues in the Aging Population
- Chapter 19, “Systemic Disorders Guidelines”: Cancer Management

- Chapter 20, “Musculoskeletal Guidelines”: New Skeletal Disorders
- Chapter 21, “Rheumatology Guidelines”: Polymyalgia Rheumatica and Temporal Arteritis/Giant Cell Arteritis
- Chapter 22, “Neurologic Guidelines”: Stroke

Procedures

Procedures commonly used in the geriatric population, including the Clock-Draw Test and pessary insertion and management, are present.

We believe you will find that *Adult-Gerontology Practice Guidelines* provides the quick-access reference that you have been searching for to use in your practice setting. You will no longer have to spend valuable office time searching for the information needed to provide quality patient care. It's included here, at your fingertips!

*Jill C. Cash
Cheryl A. Glass*



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To Nandha and Sudheer at diacriTech: It has been a pleasure to work with you again during the production edits.

Jill and Cheryl



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