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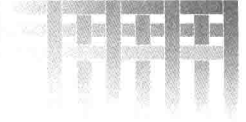
NURSING CARE OF OLDER ADULTS

Theory & Practice



T H I R D E D I T I O N

Third Edition



Nursing Care of Older Adults

Theory and Practice

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Third Edition

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Nursing Care of Older Adults

Theory and Practice

*This book is dedicated, with love,
to my parents, Margaret and Bob Miller,
who are inspiring examples of continued growth
throughout adulthood.*

*I also dedicate this work to the many older adults
and their families who have been a source of inspiration
in the past decade as I have been privileged to share
in the most challenging years of their lives
through my private practice.*

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Foreword

Although older adults have always been a focus of nursing care, only in recent decades has gerontological nursing grown as a specialty within the nursing profession. Today, nurses are seeking answers to crucial questions such as, What is unique about nursing care needs of older adults? and How can nurses effectively care for older adults? *Nursing Care of Older Adults: Theory and Practice* answers such questions. A product of Carol A. Miller's twenty-eight years of experience and expertise in caring for older adults, this text reflects her high degree of sensitivity to the unique nursing needs of older adults. Moreover, Miller provides a theoretical base for the practice of gerontological nursing, thereby making a unique and valuable contribution to the field.

In contrast to the many nursing texts that focus on the illness aspects of aging, this text is wellness oriented and focuses on the quality of life of older adults. Miller uses her *functional consequences theory of gerontological nursing* throughout this text to examine normal aging processes and risk factors that affect the health and functional level of older adults. Then she extends far beyond simply *assessing* function and presents nursing interventions directed toward *improving* the functional level of older adults. In this third edition, Miller has addressed the increasing need to provide culturally sensi-

tive nursing care to a population of older adults that is rapidly growing in diversity. As in the previous editions, the framework of Miller's functional consequences theory provides a practical approach that nurses can use to facilitate positive functional consequences, such as improved quality of life, for older adults.

Nursing Care of Older Adults: Theory and Practice challenges the "What-do-you-expect-you're-old" attitude and provides a theoretical base from which nurses can assist older adults in realizing their tremendous potential for continued growth and better health. Gerontological nurses and older adults for whom they care will benefit greatly from this far-reaching, well-grounded, and sensitively written text. Nurses and nursing students will find that this text is truly a positive life-affirming approach to care of older adults.

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Preface

With the exception of nurses who work solely with young people, most nurses realize at some point in their career that at least half of the people for whom they provide care could be defined chronologically as “old.” Along with this recognition often comes an uncomfortable awareness of their lack of information about distinctive aspects of nursing care of older adults. *Nursing Care of Older Adults: Theory and Practice* has been written for nursing students and nurses who are knowledgeable about nursing care of adults and desire to enhance their knowledge about the unique responses of *older* adults to actual or potential health problems. This text covers all aspects of physical and psychosocial function that distinguish gerontological nursing from other types of nursing. It is unique in focusing on age-related changes and risk factors that affect the level of function and quality of life of older adults. Assessment guidelines identify risk factors and functional consequences that can be addressed through nursing care, and interventions are applicable not only in acute care settings but also in home, community, and long-term care settings.

Chapters are organized around the *functional consequences theory of gerontological nursing*. Each facet of physiologic or psychosocial function is discussed as follows: age-related changes, risk factors, functional consequences, nursing assessment, nursing diagnosis, nursing goals, nursing interventions, and evaluation of nursing care. Also, each chapter has learning objectives, a chapter summary, critical thinking exercises, and a case example and nursing care plan. The case examples address day-to-day

nursing situations that reflect the diversity of settings in which nurses care for ill and healthy older adults.

Special features of this text include tables and illustrations that summarize age-related changes, risk factors, and functional consequences. Designated and shaded displays summarize guidelines for nursing assessment and highlight nursing interventions for each topic. Nursing interventions focus on teaching older adults and their caregivers how to improve functional abilities, and some of the intervention displays are written in a format that can be used for health education. At the end of each chapter is a list of educational resources that provide free or low-cost health education materials pertinent to the topic of the chapter. Nurses and nursing students are encouraged to obtain these educational materials and to give the names of these organizations to older adults and their caregivers. The Appendix provides an additional review of age-related changes, risk factors, negative functional consequences, nursing assessment, nursing interventions, and positive functional consequences for each area of physiologic function.

A special feature of the third edition is the attention to cultural considerations of aging and older adults. Thirty-five specially designated Culture Boxes address cultural differences in specific aspects such as dietary habits, expressions of symptoms, family caregiving expectations, and health and socioeconomic characteristics. A cultural self-assessment tool is included, and many cultural aspects of psychosocial assessment, such as the use of interpreters, also

are addressed. Another special feature of the third edition is the inclusion of 15 displays that summarize alternative and preventive health care practices for specific health concerns. A third new feature of this edition is the addition of Internet connections for the educational resources that are listed at the end of every chapter. Critical Thinking Exercises also have been added in this edition.

The text is divided into five parts and twenty-two chapters. Part I provides an overview of gerontological nursing and a perspective on older adults and older adulthood. Particular attention is paid to cultural aspects of aging in Chapter 1. Also, this part reviews theories regarding aging and explains the functional consequences framework underpinning the text. Part II discusses cognitive and psychosocial function of older adults and includes a comprehensive nursing assessment of mental status and other components of psychosocial function. The chapter on psychosocial assessment has been updated significantly to address multicultural aspects of assessment. Parts III and IV cover the following areas of physiologic function: hearing, vision, digestion and nutrition, urinary elimination, cardiovascular function, respiratory function, mobility and safety, skin, sleep, thermoregulation, and sexual function.

Part V addresses multidimensional aspects of care and includes the following topics: functional assessment, medications, dementia, depression, elder abuse and neglect, and health care for older adults. The chapter on dementia is updated to include the latest developments in the causes of and treatments for Alzheimer's disease. The chapter on health care for older adults addresses nursing implications of legal and ethical issues. This chapter also includes information about the recent changes and developments in health insurance and the increasingly diverse settings for the practice of gerontological nursing.

Gerontological nursing provides an opportunity to share in the stage of life that can be approached with either fear and anxiety or a sense of challenge. The goal of *Nursing Care of Older Adults: Theory and Practice* is to provide nurses with the knowledge base needed to help older adults function at their highest level, despite the presence of age-related changes and risk factors. Using this text, nurses and nursing students can assist older adults in meeting the many challenges of older adulthood in a positive and creative way.

Carol A. Miller, M.S.N., R.N., C.

Acknowledgments

I am deeply grateful to my many friends and colleagues who have supported me on my journey as this book has grown from a dream to a reality and now into its third edition. Pat Rehm, in particular, has been a constant source of encouragement on my journey as an author. My family has always encouraged me to believe in my dreams, and my sister, Kathleen Unetic, enjoys with me the rewards of our nursing profession. Many older adults and their families have taught me valuable lessons that contribute to the strength of this text. These experiences, which cannot be learned in books, have taught me to care deeply about and to care sensitively for older adults. I thank these older adults and their families and I appreciate their contributions to my life and my writings.

I appreciate and acknowledge the many people who assisted me in developing my original text and the revisions. Margaret Andrews contributed significantly to Chapter 5 of this edition and has been a challenging source of inspiration regarding cultural aspects of aging and older adulthood. Georgia Anetzberger co-authored

Chapter 21, and Betsy Todd contributed to Chapter 18. Katharine Kolcaba contributed to Chapters 1, 2, and 22 and helped me clarify and articulate my theory of gerontological nursing. June Allen and her colleagues at Lorain Community College contributed a wealth of ideas for the resource materials that accompany this text.

I appreciate the thoughtful comments and suggestions offered by the reviewers. I am grateful to Susan Keneally and the many other people in the nursing division of Lippincott Williams & Wilkins who have led the way and guided me on my text-writing journey. Debby Stuart and the capable people at P. M. Gordon Associates did a wonderful job of copyediting and were most helpful during the final phases of book development.

I thank all of you, and many unnamed people, for the advice, guidance, support, and encouragement on my journey through the first, second, and third editions of *Nursing Care of Older Adults: Theory and Practice*.

Carol A. Miller

Credits

Diagrams pages 9, 13, 54, 75, 113, 188, 212, 246, 273, 304, 331, 360, 386, 408, 428, 456, 482–483, 508, 586, and 603, Asterisk Group; interior photographs pages 1 (group—Part I), 67 (seniors group—Part II), 477 (group—Part V), 113 (Fig. 4-1), Paul Beck; pages 1 (man and

dog—Part I), 67 (boy and man—Part II), 75 (Fig. 3-1), 456 (Fig. 16-1), Father James F. Flood; page 375 (grandson and grandmother—Part IV), Danielle DiPalma; pages 177 (Part III), 375 (guitar player—Part IV), 477 (woman and baby—Part V), Kathy Sloane

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Part

I



Introduction to Nursing Care of Older Adults