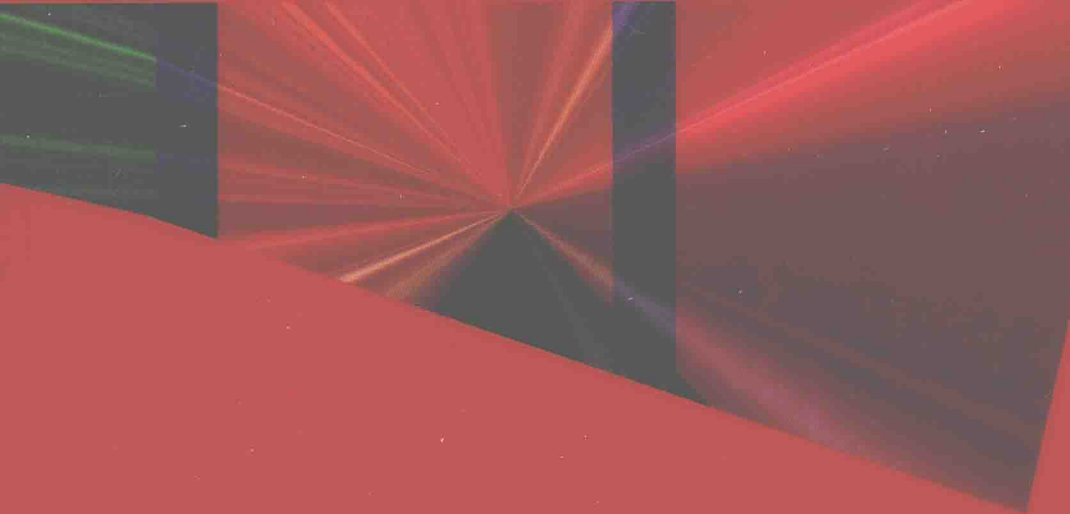


Management Guidelines for Gerontological Nurse Practitioners

An abstract graphic featuring a central point from which numerous thin, multi-colored lines (red, orange, yellow, green, blue) radiate outwards, creating a starburst or sunburst effect. The background is a solid dark red color.

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MANAGEMENT GUIDELINES FOR GERONTOLOGICAL NURSE PRACTITIONERS

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I would like to dedicate this book to Chris; Brendan; and my parents, Edward and Nancy Kennedy.

L.K.-M.

I dedicate this work to Steve and Ian, who understand my professional commitments and provide unfailing support and encouragement.

K.R.F.

I dedicate this book to my husband, Rick, and my daughter, Erin.

L.M.P.

PREFACE

Because of the recent rapid increase in the growth of our older adult population, there will be an increased need for primary-care providers to deliver age-specific care and direct disease management. *Management Guidelines for Gerontological Nurse Practitioners* will serve as a guide for advanced practice nurses and students who are privileged to provide primary care to these older adults. This book will also serve as a helpful guide for clinical nurse specialists, nurse case managers, and registered nurses who are caring for older adults in ambulatory-care settings.

Unit I, “The Healthy Older Adult,” covers a review of normal aging changes, including important—but often overlooked—psychosocial issues, pharmacological guidelines for prescribing medications, current recommendations for health-promotion and disease-prevention strategies for older adults, components of nutritional assessment, and requirements for a healthy diet for older adults. Because older adults are often at risk for nutritional deficiencies, the unit also covers the unique signs and symptoms of this condition in older adults.

Unit II, “Assessment,” presents an overview of history-taking techniques that are useful when acquiring information from older adults. A presentation of common geriatric symptoms and guidance for functional assessment is also presented, and a selection of assessment instruments is provided. A review of critical elements needed for an effective physical examination and selection of diagnostics is included as a guide for the reader.

Unit III, “Treating Illness,” provides 12 chapters of concise information on disease management of illnesses common in older adults. Each chapter opens with an assessment section that provides the reader with a focused review of systems and physical examination needed to obtain pertinent information from the older adult. One chapter presents common symptoms found in the older adult population. Throughout this unit, diagnostic decision trees are provided to aid the reader to establish differential diagnosis and derive treatment plans. Additional charts and tables are provided in the Appendixes for quick reference. Also included in this unit is a listing of national organizations, with telephone numbers, that can be used to locate resources for the older adult.

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L.K.-M.

Knowledge development in gerontology is a wonderful thing, and I acknowledge the contributions of my mentors and colleagues who continue to inspire me to know more.

K.R.F.

My heartfelt thanks to my husband, Rick, and daughter, Erin.

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