

# Promoting Healthy and Active Ageing

## Students clinical guide and reflective portfolio



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## Introduction

The clinical component of the module Healthy Ageing and Management is designed to equip nursing students with the knowledge, skills, and professional attitudes required to provide holistic and evidence-based care for older adults. As the global and national population continues to age, nurses are increasingly called upon to address the complex health and social needs of older persons, with the aim of promoting independence, dignity, and quality of life.

This guide has been developed to support students during their clinical and community placements. It provides direction for integrating theoretical learning with practical experiences, focusing on the assessment, management, and promotion of health in older adults. Students will be expected to conduct health assessments, manage common geriatric problems, implement health promotion strategies, and participate in multidisciplinary team collaboration across diverse care settings.

The clinical experience is also intended to foster professional values, reflective practice, and effective communication skills when working with older adults and their families. By engaging with this guide, students are encouraged to approach their clinical learning with curiosity, empathy, and responsibility, and to reflect critically on how their practice contributes to enhancing the well-being of older populations.

Ultimately, this guide serves as both a learning resource and a framework for developing competence in the care of older adults, ensuring that students are well-prepared to meet the challenges of contemporary nursing practice in an ageing society.

## Intended Learning Outcomes

On successful completion of the course, the students will be able to:

- ❖ Describe the normal physiological, psychological, social, spiritual and environmental changes associated with ageing and analyse their impact on health and wellbeing of older adults (Scholar).
- ❖ Explain the principles of healthy ageing, the common health challenges and chronic conditions prevalent among older adults (Scholar).
- ❖ Perform thorough physical, psychological, social and environmental assessments for older adults in diverse clinical settings to detect health risk behaviours among older adults (Expert/ Leader).
- ❖ Analyze the needs of older adults from a biopsychosocial perspective and develop individualized care plans that promote independence, functional ability, and quality of life (Professional).
- ❖ Demonstrate effective communication and counselling skills when interacting with older adults and their families, showing respect for dignity and cultural sensitivity (Communicator).
- ❖ Collaborate with multidisciplinary teams to design and implement health promotion and disease prevention strategies for older adults in diverse care settings (Collaborator).
- ❖ Evaluate evidence-based interventions and community resources that support healthy ageing and address the psychosocial and functional needs of older adults (Expert/ Leader).
- ❖ Apply appropriate nursing interventions for the management of common geriatric problems in clinical and community contexts (Expert/ Leader).
- ❖ Reflect on personal and professional values and attitudes towards ageing and older people, demonstrating a commitment to ethical and compassionate care (Professional).

## Clinical Placement Tasks

### A. Clinical Competency Log

No.	Task	Completed (Y/N)	Date	Supervisor's Signature
1	Conducted a comprehensive geriatric assessment			
2	Performed a fall risk assessment			
3	Assessed activities of daily living (ADLs)			
4	Participated in mobility and rehabilitation activities			
5	Provided health education on fall prevention			
6	Assisted in pain management interventions			
7	Implemented nutritional assessments			
8	Participated in cognitive assessments			

### B. Special skill development

No.	Skills	Mode of learning Lec/Discussion/demonstration/Self
1	Therapeutic communication	
2	Expression empathy	
3	Dealing with difficult patients/situations	

4	Addressing concerns of older adults	
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**C. Case Presentations:**

During the placement, I presented the following cases:

No.	Case summary (Brief)	List of Nursing diagnosis	Key Nursing interventions done	Supervisor's Signature
1				
2				
3				



4				
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Managing chronic conditions		
Patient education on healthy ageing		

**B. Observed Geriatric Conditions**

Condition	Observed (Y/N)	Remarks
Frailty		
Sarcopenia		
Dementia		
Depression in older adults		
Osteoporosis		
Fall-related injuries		
Polypharmacy		
Parkinson's disease		
Pressure ulcers		
Chronic pain syndromes		

## Critical Thinking Tasks

**Critical Thinking, I:** Analyze the role of nutrition and physical activity in healthy ageing.

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## Reflection and summary of the clinical placement

**Duration:** .....

**Clinical Setting(s):** .....

**Name of the Supervisor:** .....

**Reflections:** During this clinical placement, I learned that .....

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And after the completion of this clinical placement I thought .....

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I Declare that this portfolio reflects my learning experiences, clinical exposure, and self-assessment during the geriatric clinical placement I understand that this portfolio will be assessed at the end of the clinical placement and considered as continuous assessment for the geriatric nursing practice course

Name: .....

Signature:.....

Date: .....

*"Geriatric nursing is about promoting dignity, independence, and quality of life for older adults through compassionate care and evidence-based practice."*