

Scope of Community Geriatric Nursing and Health-related Challenges in the Aging Community

Objectives:

- At the end of this lecture, the students should be able to;
 1. Understand the concept of community geriatric nursing.
 2. Describe the scope of community geriatric nursing.
 3. Describe the role of community health nurses in geriatric care.
 4. Describe the health-related challenges in the aging community.

Community Geriatric Nursing

- It is the branch of nursing providing specialized nursing care for older adults in their community setting to empower them to be healthy and active.
- It helps older adults to improve their independency, and quality of life, including assist them to carry out their daily activities, enhance medication adherence and refer to healthcare accesses.
- It is the specialty focused on the high-quality, person-centered care in community setting.

Community Geriatric Nursing

- High-quality care aims to improve health, independence, and quality of life for older people.
- Person-centered care puts older adult's personal values and preferences while decision making for caring older adults.

Scope of Community Geriatric Nursing

- The demand for community geriatric nursing services increase with global aging population and support to deliver this services in different aspects for older adults.
- The **scopes of community geriatric nursing** are;
 1. Preventive care
 2. Acute and chronic disease management
 3. Rehabilitation
 4. Mental health support
 5. Palliative care

Roles of Community Health Nurse in Geriatric Care

- Community Geriatric nursing involves a field of nursing concerned with improving and maintaining the health of older adults in community setting.
- Community geriatric nurses are responsible not only for the physical well-being of older adults, but also for their mental and emotional well-being.

Roles and Responsibilities of Community Geriatric Nurse

- Administering medications
- Creating and evaluating care plans
- Exercising and massaging older adults
- Conducting routine physical and mental exams
- Helping rehabilitation of older adults after injuries

Roles and Responsibilities of Community Geriatric Nurse

- Watching for signs of elder abuse
- Giving advice on disease prevention and personal safety tips
- Connecting older adults with local resources
- Transporting older adults to doctor's visits and other appointments
- Helping older adults with daily needs, such as dressing, bathing and using the bathroom

Health-related Challenges in the Aging Community

- When people aged, they are more likely to experience multiple challenges at a time, which impact their daily activities in various level.
- These challenges are;
 1. Chronic health conditions
 2. Hearing loss
 3. Visual loss
 4. Mobility issues
 5. Swallowing difficulties
 6. Cognitive decline
 7. Mental health
 8. Safety home environment

Health-related Challenges in the Aging Community

Chronic health conditions

- Older adults are at high risk to develop chronic health conditions, such as, heart disease, type 2 diabetes, arthritis, and certain cancers which may limit their daily activities.

Hearing loss

- Communication of older adults may decline due to reduced auditory feedback of own and/or another person's speech, resulting in social isolation and lack of communication.

Health-related Challenges in the Aging Community

Visual loss

- Age-related visual loss can limit their activities, such as, reading or watching television, working with electronic devices or engaging in conversations.

Mobility issues

- Mobility issues, such as, lack of physical activities, including, walking difficulties, and climbing stairs occurs due to reduced muscle strength, poor coordination, and lack of balance.

Health-related Challenges in the Aging Community

Swallowing difficulties

- Older adults faces swallowing difficulties due to poor dentition, dry mouth, and increased oral preparatory time.
- They also may experience longer swallow reaction time, longer laryngeal vestibular closure duration, and upper oesophageal sphincter opening duration, leading to develop poor oral intake.

Health-related Challenges in the Aging Community

Cognitive decline

- Cognitive disorders like dementia are high prevalence among older adults.
- These can affect memory, problem-solving skills, and executive function of older adults.

Mental health

- Mental health issues, such as, anxiety, and depression reduce the interest and participation of older adults in activities, resulted in social isolation.

Health-related Challenges in the Aging Community

Safety home environment

- Maintaining home environment to ensure the safety of older adults is a challenging task.
- Hazards home environment including wet slippery floor increases the chance for fallen injuries.
- Therefore, adequate modifications need to be done to ensure safety and accommodate physical limitations of older adults.

Health-related Challenges in the Aging Community

Fatigue

- Aged-specific general tiredness or disease-specific fatigue, such as anaemia related fatigue may limit the energy supply to the body, which interrupts daily life activities of older adults.

Pain

- Chronic pain due to development of various discomforts from arthritis or physical injuries limits physical activities and sedentary life style of older adults, resulted in developing chronic conditions like diabetes and heart diseases.

Health-related Challenges in the Aging Community

Speech difficulties

- Slow speech, reduced speech clarity and increased response duration may occur with aging due to reduced muscle tone, strength, and slow movements of the lips/tongue.
- Also, there is a reduction in numbers of words pronounced per breath and loudness of speech due to the age-related changes in respiratory system.

Questions

Answers

Thank You

