

Community Geriatric Nursing

Develop and implement evidence-based, patient-centered care plans tailored to the unique needs of older adults in community settings

Subject Contents

- Define terms and concepts of evidence-based practice and patient-centered care.
- Describe the advantages of implementing evidence-based patient-centered care plans in caring for older adults in the community.
- Formulate evidence-based patient-centered care plans in caring for older adults in the community with common chronic disease conditions.
- Build environment and social determinants for the health of older adults

Session Plan

- **Session 1- Lecture 1 hour**
 - Evidence-based practice and patient-centered care in Community settings
- **Session 2 -Lecture 1 hour + Community Practice 10 hours**
 - 2.1 (Lecture)Formulation evidence-based practice and patient-centered care nursing care plans for common geriatric health problems , Part -1
 - 2.2 (Practical)Implementation evidence-based practice and patient-centered care nursing care plans for common geriatric health problems , Part -1
- **Session 3 -Lecture 1 hour + Community Practice 10 hours**
 - 3.1 (Lecture)Formulation evidence-based practice and patient-centered care nursing care plans for common geriatric health problems , Part -1
 - 3.2 (Practical)Implementation evidence-based practice and patient-centered care nursing care plans for common geriatric health problems , Part -1

Evidence-based practice and patient-centered care in Community settings

Session 1- Lecture 1 hour

Evidence-Based Nursing Practice (EBNP) in Community Settings

- Nursing Practice that integrates the best available research evidence, clinical expertise, and patient/family/community preferences to deliver high-quality, individualized care outside traditional hospital environments.
- Its focus shifts from acute illness management to health promotion, disease prevention, chronic disease management, and addressing social determinants of health.

Key Components of EBN



- EBN provides practicing nurses with the best evidence-based data
- EBN resolves problems in the clinical setting
- EBN achieves excellence in care delivery
- EBN reduces variations in nursing care
- EBN promotes effective nursing interventions
- EBN assists with efficient and effective decision making

Patient-Centered Nursing Care (PCNC)

- **Patient-Centered Nursing Care (PCNC)** is a holistic, evidence-based approach where healthcare decisions and actions are **co-created** with the patient (and often their family/support system), prioritizing their unique values, preferences, needs, and goals above standardized protocols or system convenience.
- It shifts care from *disease-focused* to *person-focused*.

EBN for Elders in Community Settings

- Evidence-based nursing (EBN) for elders in the community focuses on applying the best available research, combined with clinical expertise and the unique values/goals of the older adult and their family, to promote independence, prevent decline, manage chronic conditions, and enhance quality of life where they live.

EBN for Elders in Community Settings

- EBN for community-dwelling elders is about **optimizing independence, safety, and well-being** by applying proven strategies tailored to the complex realities of aging at home, always centered on the individual's values and priorities.
- It requires a holistic, proactive, and collaborative approach.

Why EBNP is Crucial in Community Settings

- **Diverse Populations:** Addresses unique cultural, socioeconomic, and environmental factors influencing health.
- **Resource Constraints:** Maximizes limited resources (staff, funding, equipment) through effective, proven interventions.
- **Prevention Focus:** Critical for reducing long-term healthcare burdens.
- **Patient Autonomy:** Empowers individuals/families to manage health within their daily lives.
- **Complex Needs:** Manages co-morbidities, mental health and fragmented care systems.

Advantages of Evidence-Based Patient-Centered Nursing in Community

- Nurse sees the individual and his family in his own environment
- It gives an insight into the family situation as it exists
- It gives an opportunity to observe the background, their attitudes and relationships.
- This helps in basic understanding of physical and emotional needs of individuals and to guide them to meet their needs

Advantages of evidence-based patient-centered nursing in community

- It helps to apply the gained knowledge and skills in solving health problems in families
- The patients will be more relaxed in their own surroundings
- The family gains confidence and feel free to clear their doubts
- Home visit gives an opportunity to look for new problems

Formulating Evidence-based patient-centered care plans

- Formulating evidence-based, patient-centered care plans requires blending rigorous research with the individual's unique needs, values, and context.
- This approach ensures care is both effective and meaningful to the patient. Formulate in the community with common chronic disease conditions.

Steps in formulation Patient centered evidence –based nursing care plans

- Comprehensive Assessment
- Identify Problems & Strengths
- Set Mutually Agreed Goals (SMART + Patient-Centered)
- Select Evidence-Based Interventions
- Integrate Patient Preferences
- Address Barriers & SDOH
- Document the Plan
- Evaluate & Revise

1. Comprehensive Assessment:

Clinical Data: Medical history, diagnoses, symptoms, medications, lab results.

Functional Status: ADLs/IADLs, mobility, cognition, nutrition.

Psychosocial Context: Values, goals, cultural beliefs, health literacy, social support, SDOH (housing, finances, transportation).

Patient Priorities: "What matters most to you?" (e.g., independence, pain control, attending a family event).

2. Identify Problems & Strengths:

1. List evidence-based nursing diagnoses (e.g., *Risk for Falls r/t gait instability*).
2. Patient Validation: "Does this align with your concerns?"
3. Document patient strengths (e.g., strong family support, motivation to exercise).

3. Set Mutually Agreed Goals (SMART + Patient-Centered)

1. **S**pecific, **M**easurable, **A**chievable, **R**elevant, **T**ime-bound + **P**atient-prioritized.

1. *Example:* "Walk 10 steps with a walker independently to attend granddaughter's graduation in 6 weeks" (not just "Improve mobility").

4. Select Evidence-Based Interventions:

1. Search guidelines, clinical pathways, or protocols.

1. Adapt evidence to the patient:

1. Diabetes: If evidence recommends low-carb diet but patient culturally prioritizes rice, collaborate on modified portions/timing.

2. CHF: Teach low-sodium diet using culturally familiar foods.

5. Integrate Patient Preferences:

1. Use shared decision-making tools (e.g., option grids, decision aids).
2. *Example:* For osteoarthritis pain, discuss evidence for PT, NSAIDs, or acupuncture based on patient's aversion to medications.

6. Address Barriers and SDOH:

1. *Barrier:* "Can't afford medications."

Intervention: Connect to prescription assistance programs + discuss lower-cost alternatives.

2. *SDOH:* "No transportation to PT."

Intervention: Arrange home-based PT or telehealth sessions.

•

7. Document the Plan:

1. Use clear, accessible language. Avoid jargon.
2. Include: Problems, Goals, Interventions, Rationale (evidence), Evaluation Criteria

8. Evaluate & Revise:

1. Assess progress toward patient-centered goals (not just clinical metrics).
2. Ask: "Is this still working for you?"
3. Adjust based on new evidence or changing patient priorities.

Summary

- Evidence Based Nursing (EBN)
- Evidence Based and patient centered nursing practice in Community settings
- Why EBN is crucial in community settings
- Advantages EBN in community settings
- Formulation of patient centered nursing care plans based on scientific evidence

Literature

- Akhtar, S., Diseases of aging, Elsevier Inc., May 2017
- Chandler and Hopewell: Cochrane methods-twenty years experience in developing systematic review methods. *Systematic Reviews* 2023.2:76, doi:10.1186/2046-4053-2-76
- Rao K.A., (2009), An introduction to community health nursing (with special reference to India), Fourth edition (Revised), B. I. Publications, India

Questions?

Thank You

