

SYLLABUS: ELDER CARE

UNIT I – Biological changes	Ageing theories; Ageing process; Psychosocial aspects Of ageing; Applied Anatomy & Physiology; Age related changes
UNIT-II Nutrition	Need Of dietary alteration. Energy needs of old. Formulation Of diet for elderly, Diet related degenerative changes. Physical activity
UNIT-III Psychosocial changes	Psychological theories, Personality changes. Social changes, Changes in family and living arrangement. Depression, Coping with psychosocial changes Of aging
UNIT IV Common Conditions/ diseases of elderly	Fever, Anaemia. Syncope. Vertigo. Anorexia. Loss Of memory. Respiratory disease. Heart disease. Kidney disease. Stroke, Metabolic disorders. Musculoskeletal disorder. CNS related health Problem, Digestive problem, Vision, Hearing, Sleep disturbances, perimenopausal problem, and Genitourinary problem. Cancer
UNIT-V Medication Of Elderly	Common drugs used in management of health problems Of Older persons Altered drug responsiveness in elderly, adverse drug reaction polwharmacy, Principles of drug administration in older persons, role nurse and care of drugs
UNIT VI Communication Skills	Process and methods established and Maintaining good communication with family, Staff and colleagues; Multi-disciplinary team & role of nurses Guidance & Counselling
UNIT VII Risk and Prevention	a. Old age Homes, NCO Clinic. NGO for elderly b. Health risk in old age. Smoking. Alcohol. Social issues, c. Abuse/neglect. Dependency, Physical inactivity, Fall, Accident, Deafness. Low vision d. Health promotion: Nutrition Exercise, Screening. Prevention of accidents. Prevention of substance use-alcohol, drugs etc . Smoking cessation