

Nursing for

Wellness

in Older
Adults

SIXTH EDITION

CAROL A. MILLER



10034785

ห้องสมุด วทบ.สุรินทร์



Wolters Kluwer
Health

Lippincott
Williams & Wilkins

PART

1

Older Adults and Wellness 1

CHAPTER 1

Seeing Older Adults Through the Eyes of Wellness 1

IMAGES OF AGING 1

THE RELATIONSHIP BETWEEN WELLNESS AND AGING 2

- Wellness and Older Adults 2
- Wellness and Nursing Care of Older Adults 2
- Definitions of Aging 3
- Descriptions of Successful Aging 4

ATTITUDES TOWARD AGING 5

- Shifting Trends 5
- Ageism 5
- Effects of Ageism 6
- Addressing Attitudes of Nurses 8

DEBUNKING MYTHS: UNDERSTANDING REALITIES ABOUT OLDER ADULTS IN THE UNITED STATES 8

- Demographics of Aging 9
- Health Characteristics 11
- Socioeconomic Characteristics 11
- Living Arrangements of Older Adults 13

OLDER ADULTS IN FAMILIES 14

- Trends in Caregiving 14
- Older Adults as Recipients and Givers of Care 15
- Grandparents Raising Grandchildren 16

OLDER ADULTS IN THE WORLD 16

CHAPTER 2

Addressing Diversity of Older Adults 20

CULTURAL DIVERSITY IN THE UNITED STATES 20

CULTURAL COMPETENCE 21

- Performing a Cultural Self-Assessment 21

Obtaining Information About Culturally

Diverse Groups 22

Linguistic Competence in Care of Older Adults 23

CULTURAL PERSPECTIVES ON WELLNESS 23

HEALTH DISPARITIES 24

OVERVIEW OF CULTURAL GROUPS OF OLDER ADULTS IN THE UNITED STATES 26

- African Americans 26
- Hispanics or Latinos 27
- Asians and Pacific Islanders in the United States 29
- American Indians and Alaska Natives 30

OLDER ADULTS IN OTHER DIVERSE GROUPS 31

- Older Adults in Rural Areas 32
- Homeless Older Adults 32
- Lesbian, Gay, Bisexual, and Transgender Older Adults 32

CHAPTER 3

Applying a Nursing Model for Promoting Wellness in Older Adults 36

A NURSING THEORY FOR WELLNESS-FOCUSED CARE OF OLDER ADULTS 36

CONCEPTS UNDERLYING THE FUNCTIONAL CONSEQUENCES THEORY 37

- Functional Consequences 37
- Age-Related Changes and Risk Factors 39
- Person 40
- Nursing 41
- Health 41
- Environment 42

APPLYING THE THEORY TO PROMOTE WELLNESS IN OLDER ADULTS 42

CHAPTER 4

Theoretical Perspectives on Aging Well 45

HOW CAN WE LIVE LONG AND WELL? 45

- Life Span and Life Expectancy 46

- Rectangularization of the Curve and Compression of Morbidity 46
- Active Life Expectancy 47
- Relationships Among Aging, Disease, and Death 48
- Studies of Healthy Aging 48

HOW DO WE EXPLAIN BIOLOGIC AGING? 49

- Wear-and-Tear Theories 49
- Cross-Linkage Theory 49
- Free Radical Theory 49
- Neuroendocrine and Immunity Theories 49
- Genetic Theories 50
- Apoptosis Theory 50
- Caloric Restriction Theories 50
- Conclusions About Biologic Theories and Relevance to Nurses 50

SOCIOCULTURAL PERSPECTIVES ON AGING 51

- Disengagement Theory 52
- Activity Theory 52
- Subculture and Age Stratification Theories 52
- Emerging Sociocultural Theories 53
- Person–Environment Fit Theory 53
- Relevance of Sociocultural Theories of Aging to Nurses 53

PSYCHOLOGICAL PERSPECTIVES ON AGING 54

- Human Needs Theory 54
- Life-Course and Personality Development Theories 54
- Theory of Gerotranscendence 55
- Theories About Gender and Aging 55
- Relevance of Psychological Theories of Aging to Nurses 55

A HOLISTIC PERSPECTIVE ON AGING AND WELLNESS 56

PART

2

Nursing Considerations for Older Adults 59

CHAPTER 5

Gerontological Nursing and Health Promotion 59

GERONTOLOGY AND GERIATRICS 59

GERONTOLOGICAL NURSING 60

- Gerontological Nursing Education and Practice 60
- Roles for Gerontological Nurses 61

- Evidence-Based Practice for Gerontological Nursing 61

HEALTH, WELLNESS, AND HEALTH PROMOTION 63

- Health Promotion for Older Adults 64
- Health Promotion Initiatives for Older Adults 64
- Types and Examples of Health Promotion Interventions for Older Adults 65
- Promotion of Physical Activity as a Nursing Intervention for Wellness 68

THE TRANSTHEORETICAL MODEL OF HEALTH PROMOTION 69

CHAPTER 6

Diverse Health Care Settings for Older Adults 75

DEVELOPMENT OF A CONTINUUM OF CARE FOR OLDER ADULTS 75

ACUTE CARE SETTINGS 77

- Specialized Geriatric Acute Care Units 77
- Subacute Care Units 77
- Hospital-at-Home Model 77
- Transitional Care Models 78
- Roles for Gerontological Nurses in Acute Care Settings 78

NURSING HOME SETTINGS 78

- Levels of Nursing Home Care 78
- Admission to Long-Term Care 79
- Trends in Nursing Home Care 79
- Roles for Gerontological Nurses in Nursing Home Settings 80

NEWER MODELS OF NURSING HOME CARE 80

- The Culture Change Movement 80
- Evidence for Positive Outcomes With Culture Change 81
- Pioneer Network 81
- Assisted-Living Facilities 81
- Roles for Nurses in Newer Models of Care 82

HOME CARE SERVICES 82

- Trends in Home Care Services 82
- Skilled Home Care 83
- Long-Term Home Care 83
- Sources of Home Care Services 83

COMMUNITY-BASED SERVICES FOR OLDER ADULTS 84

- Adult Day Centers 84
- Respite Services 85
- Parish Nursing Programs 85
- Health Promotion Programs 85

Roles for Gerontological Nurses in Home and
Community Settings 85

MODELS ADDRESSING COORDINATION OF CARE 86

Comprehensive Models 86
Chronic Care Models 87
Care and Case Management Services 87

PAYING FOR HEALTH CARE SERVICES FOR OLDER ADULTS 88

Out-of-Pocket Expenses 88
Medicare 88
Medigap Insurance 88
Medicaid 89
Older Americans Act 90
Long-Term Care Insurance 90

CHAPTER 7

Assessment of Health and Functioning 94

ASSESSING HEALTH OF OLDER ADULTS 94

NURSING ASSESSMENT TOOLS 95

ASSESSING FUNCTION OF OLDER ADULTS 95

Using Functional Assessment Tools 95
Assessing Activities of Daily Living 99
Assessing Instrumental Activities of Daily
Living 101
Assessing Function in Cognitively Impaired
Older Adults 101
Assessing the Use or Potential Use of Adaptive
and Assistive Devices 105

COMPREHENSIVE GERIATRIC ASSESSMENTS 106

ASSESSING OLDER ADULTS IN RELATION TO THEIR ENVIRONMENTS 106

ASSESSING AND ADDRESSING DRIVING SAFETY 108

Identifying Risks and Consequences 108
Addressing Risk Factors 109
Referring to Community Resources 109
Working With Caregivers 110

CHAPTER 8

Medications and Other Bioactive Substances 113

INTRODUCTION TO BIOACTIVE SUBSTANCES 113

Considerations Regarding Medications 113
Considerations Regarding Herbs and
Homeopathy 115

AGE-RELATED CHANGES THAT AFFECT BIOACTIVE SUBSTANCES IN OLDER ADULTS 118

Changes That Affect the Action of Bioactive
Substances in the Body 118
Changes That Affect Behaviors Related to
Taking Bioactive Substances 120

RISK FACTORS THAT AFFECT BIOACTIVE SUBSTANCES 120

Pathologic Processes and Functional
Impairments 121
Behaviors Based on Myths and
Misunderstandings 121
Communication Barriers 122
Lack of Information 122
Inappropriate Prescribing Practices 122
Polypharmacy and Inadequate Monitoring of
Medications 124
Medication Nonadherence 124
Financial Concerns Related to Prescription
Drugs 124
Insufficient Recognition of Adverse Medication
Effects 125

MEDICATION INTERACTIONS 125

Medication–Medication Interactions 125
Medications and Herbs 126
Medications and Nutrients 127
Medications and Alcohol 128
Medications and Caffeine 128
Medications and Nicotine 128

FUNCTIONAL CONSEQUENCES ASSOCIATED WITH BIOACTIVE SUBSTANCES IN OLDER ADULTS 129

Altered Therapeutic Effects 129
Increased Potential for Adverse Effects 129
Anticholinergic Adverse Effects 130
Altered Mental Status 130
Tardive Dyskinesia and Drug-Induced
Parkinsonism 131
Antipsychotics in People With Dementia 131

NURSING ASSESSMENT OF MEDICATION USE AND EFFECTS 131

Communication Techniques for Obtaining
Accurate Information 132
Scope of a Medication Assessment 132
Observing Patterns of Medication Use 134
Linking the Medication Assessment to the
Overall Assessment 135
Identifying Adverse Medication Effects 135

NURSING DIAGNOSIS 136

PLANNING FOR WELLNESS OUTCOMES 136
NURSING INTERVENTIONS TO PROMOTE HEALTHY
MEDICATION-TAKING PATTERNS 136
 Implementing Evidence-Based Interventions 136
 Teaching About Medications 137
 Teaching About Herbs and Other Bioactive
 Substances 138
 Addressing Factors That Affect Adherence 139
 Decreasing the Number of Medications 141
EVALUATING EFFECTIVENESS OF NURSING
INTERVENTIONS 142

CHAPTER 9

Legal and Ethical Concerns 149

AUTONOMY AND RIGHTS 149
 Competency 150
 Decision-Making Capacity 150
ADVANCE DIRECTIVES 151
 Living Wills and Do Not Resuscitate (DNR) Orders 152
 Durable Power of Attorney for Health Care 152
LEGAL ISSUES SPECIFIC TO LONG-TERM CARE
SETTINGS 153
ETHICAL ISSUES COMMONLY ADDRESSED IN
GERONTOLOGICAL NURSING 153
 Ethical Issues in Everyday Care of Older Adults 153
 Ethical Issues Specific to Long-Term
 Care Settings 154
 Ethical Issues Related to Artificial Nutrition and
 Hydration 154
CULTURAL ASPECTS OF LEGAL AND
ETHICAL ISSUES 155
ROLE OF NURSES REGARDING LEGAL
AND ETHICAL ISSUES 156
 Implementing Advance Directives 156
 Facilitating Decisions About Care 158

CHAPTER 10

Elder Abuse and Neglect 162

OVERVIEW OF ELDER ABUSE AND NEGLECT 162
 Characteristics of Elder Abuse 162
 Historical Recognition of a Social Problem 163
 Prevalence and Causes 163
 Cultural Considerations 164
RISK FACTORS FOR ELDER ABUSE AND
NEGLECT 165
 Invisibility and Vulnerability 165
 Psychosocial Factors 165
 Caregiver Factors 165

ELDER ABUSE AND NEGLECT IN NURSING
HOMES 166
FUNCTIONAL CONSEQUENCES ASSOCIATED WITH
ELDER ABUSE AND NEGLECT 167
NURSING ASSESSMENT OF ABUSED OR
NEGLECTED OLDER ADULTS 168
 Unique Aspects of Elder Abuse Assessment 168
 Physical Health 169
 Activities of Daily Living 171
 Psychosocial Function 171
 Support Resources 172
 Environmental Influences 172
 Threats to Life 173
 Cultural Aspects 173
NURSING DIAGNOSIS 174
PLANNING FOR WELLNESS OUTCOMES 175
NURSING INTERVENTIONS TO ADDRESS
ELDER ABUSE AND NEGLECT 175
 Interventions in Institutional Settings 175
 Interventions in Community Settings 176
 Interventions in Multidisciplinary Teams 176
 Referrals 177
 Prevention and Treatment Interventions 177
LEGAL INTERVENTIONS 178
 Adult Protective Services 179
 Ethical Issues 181
EVALUATING EFFECTIVENESS OF NURSING
INTERVENTIONS 182

PART

3

Promoting Wellness in Psychosocial Function 187

CHAPTER 11

Cognitive Function 187

AGE-RELATED CHANGES THAT
AFFECT COGNITION 187
 Central Nervous System 188
 Fluid and Crystallized Intelligence 189
 Memory 189
 Adult Psychological Development 190
RISK FACTORS THAT AFFECT
COGNITIVE WELLNESS 191
 Personal, Social, and Attitudinal Influences 191
 Physical and Mental Health Factors 192

Medication Effects 192

Smoking and Environmental Factors 192

FUNCTIONAL CONSEQUENCES AFFECTING COGNITIVE FUNCTION 193

NURSING ASSESSMENT OF COGNITIVE FUNCTION 193

NURSING DIAGNOSIS 194

PLANNING FOR WELLNESS OUTCOMES 194

NURSING INTERVENTIONS TO PROMOTE COGNITIVE WELLNESS 194

Teaching About Memory and Cognition 195

Improving Concentration and Attention 195

Encouraging Participation in Mentally Stimulating Activities 195

Adapting Health Education Materials 197

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 198

CHAPTER 12

Psychosocial Function 202

LIFE EVENTS: AGE-RELATED CHANGES

AFFECTING PSYCHOSOCIAL FUNCTION 202

Retirement 203

Relocation 204

Chronic Illness and Functional Impairments 204

Decisions About Driving a Vehicle 204

Widowhood 205

Death of Friends and Family 205

Ageist Attitudes 205

THEORIES ABOUT PSYCHOSOCIAL FUNCTION IN OLDER ADULTS 206

Theories About Emotional Development During Later Adulthood 206

Theories About Stress 206

Theories About Coping 207

FACTORS THAT INFLUENCE PSYCHOSOCIAL FUNCTION IN OLDER ADULTS 208

Religion and Spirituality 208

Cultural Considerations 209

RISK FACTORS THAT AFFECT PSYCHOSOCIAL FUNCTION 211

FUNCTIONAL CONSEQUENCES ASSOCIATED WITH PSYCHOSOCIAL FUNCTION IN OLDER ADULTS 212

NURSING ASSESSMENT OF PSYCHOSOCIAL FUNCTION 212

NURSING DIAGNOSIS 212

PLANNING FOR WELLNESS OUTCOMES 213

NURSING INTERVENTIONS TO PROMOTE HEALTHY PSYCHOSOCIAL FUNCTION 213

Enhancing Self-Esteem 214

Promoting a Sense of Control 215

Involving Older Adults in Decision Making 215

Addressing Role Loss 216

Encouraging Life Review and Reminiscence 216

Fostering Social Supports 217

Addressing Spiritual Needs 217

Promoting Wellness Through Healthy

Aging Classes 218

EVALUATING THE EFFECTIVENESS OF NURSING INTERVENTIONS 221

CHAPTER 13

Psychosocial Assessment 226

OVERVIEW OF PSYCHOSOCIAL ASSESSMENT OF OLDER ADULTS 226

Purposes of the Psychosocial Assessment

Process 227

Procedure for the Psychosocial Assessment 227

Scope of the Psychosocial Assessment 228

COMMUNICATION SKILLS FOR PSYCHOSOCIAL ASSESSMENT 229

Identifying Communication Barriers 229

Enhancing Communication With Older Adults 230

Creating an Environment That Supports Good Communication 231

MENTAL STATUS ASSESSMENT 233

Physical Appearance 234

Motor Function and Psychomotor Behaviors 234

Social Skills 235

Response to the Interview 235

Orientation 235

Alertness and Attention 236

Memory 236

Speech and Language Characteristics 237

Higher Language Skills 238

DECISION-MAKING AND EXECUTIVE FUNCTION 238

AFFECTIVE FUNCTION 240

Guidelines for Assessing Affective Function 240

Mood 241

Anxiety 241

Self-Esteem 242

Depression 243

Happiness and Well-Being 243

CONTACT WITH REALITY 244

Delusions 244

Hallucinations and Illusions 247

Special Considerations for Assessing Contact With Reality in Older Adults 249

SOCIAL SUPPORTS 249

Social Network 250

Barriers to Obtaining Social Supports 251

Economic Resources 251

RELIGION AND SPIRITUALITY 251

CHAPTER 14

Impaired Cognitive Function: Delirium and Dementia 255

DELIRIUM 255

Overview and Types 255

Prevalence, Risk Factors, and Functional Consequences of Delirium 256

Nursing Assessment of Delirium 256

Nursing Diagnosis and Outcomes 257

Nursing Interventions for Delirium 257

OVERVIEW OF DEMENTIA 259

Terminology to Describe Dementia 259

Theories to Explain Dementia 259

Diagnosing Dementia 260

TYPES OF DEMENTIA 260

Alzheimer's Disease 261

Vascular Dementia 263

Lewy Body Dementia 264

Frontotemporal Dementia 264

FACTORS ASSOCIATED WITH DEMENTIA 264

FUNCTIONAL CONSEQUENCES ASSOCIATED WITH DEMENTIA IN OLDER ADULTS 265

Stages of Dementia 265

Self-awareness of People With Dementia 266

Personal Experiences of Dementia 266

Behavioral and Psychological Symptoms of Dementia 268

NURSING ASSESSMENT OF DEMENTIA IN OLDER ADULTS 269

Factors That Interfere With the Assessment of Dementia 269

Initial Assessment 269

Ongoing Assessment of Consequences 269

NURSING DIAGNOSIS 270

PLANNING FOR WELLNESS OUTCOMES 271

NURSING INTERVENTIONS TO ADDRESS DEMENTIA 271

Promoting Wellness for People With Dementia 273

Theoretical Frameworks for Nursing Interventions 273

General Principles of Nursing Interventions in Different Settings 273

Improving Safety and Function Through Environmental Modifications 275

Communicating With Older Adults With Dementia 276

Teaching About Pharmacologic Interventions 276

EVALUATING THE EFFECTIVENESS OF NURSING INTERVENTIONS 279

CHAPTER 15

Impaired Affective Function: Depression 287

THEORIES ABOUT LATE-LIFE DEPRESSION 287

Psychosocial Theories 287

Cognitive Triad Theory 289

Biologic and Genetic Theories 289

Theories About Depression and Dementia 289

CLASSIFICATION OF DEPRESSION 290

RISK FACTORS FOR DEPRESSION IN OLDER ADULTS 290

Demographic Factors and Psychosocial Influences 290

Medical Conditions and Functional Impairments 291

Effects of Medications and Alcohol 292

FUNCTIONAL CONSEQUENCES ASSOCIATED WITH DEPRESSION IN OLDER ADULTS 292

Physical Health and Functioning 292

Psychosocial Function and Quality of Life 293

NURSING ASSESSMENT OF DEPRESSION IN OLDER ADULTS 294

Identifying the Unique Manifestations of Depression 294

Using Screening Tools 295

NURSING DIAGNOSIS 296

PLANNING FOR WELLNESS OUTCOMES 296

NURSING INTERVENTIONS TO ADDRESS DEPRESSION 296

Alleviating Risk Factors 297

Improving Psychosocial Function 297

Promoting Health Through Physical Activity and Nutrition 297

Providing Education and Counseling 298

Facilitating Referrals for Psychosocial Therapies 299

Teaching About and Managing Antidepressant Medications 299

Teaching About Electroconvulsive Therapy 301

Teaching About Complementary and Alternative Interventions 302

EVALUATING THE EFFECTIVENESS OF NURSING INTERVENTIONS 302**SUICIDE 302**

- Assessing the Risks for Suicide 303
- Nursing Diagnosis and Outcomes 305
- Nursing Interventions for Preventing Suicide 305
- Evaluating the Effectiveness of Nursing Interventions 305

PART

4

Promoting Wellness in Physical Function 311**CHAPTER 16****Hearing 311****AGE-RELATED CHANGES THAT AFFECT HEARING 311**

- External Ear 311
- Middle Ear 312
- Inner Ear 313
- Auditory Nervous System 314

RISK FACTORS THAT AFFECT HEARING WELLNESS 314

- Lifestyle and Environmental Factors 314
- Impacted Cerumen 315
- Medication Effects 315
- Disease Processes 316

FUNCTIONAL CONSEQUENCES AFFECTING HEARING WELLNESS 316

- Effects on Communication 316
- Effects of Hearing Loss on Overall Wellness 317

PATHOLOGIC CONDITION AFFECTING HEARING: TINNITUS 318**NURSING ASSESSMENT OF HEARING 318**

- Interviewing About Hearing Changes 318
- Observing Behavioral Cues 320
- Using Hearing Assessment Tools 320

NURSING DIAGNOSIS 321**PLANNING FOR WELLNESS OUTCOMES 322****NURSING INTERVENTIONS FOR HEARING WELLNESS 322**

- Promoting Hearing Wellness for All Older Adults 322
- Preventing and Alleviating Impacted Cerumen 323
- Compensating for Hearing Deficits 323

- Communicating With Hearing-Impaired Older Adults 328

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 329**CHAPTER 17****Vision 333****AGE-RELATED CHANGES THAT AFFECT VISION 333**

- Eye Appearance and Tear Ducts 333
- The Eye 335
- The Retinal–Neural Pathway 336

EFFECTS OF AGE-RELATED CHANGES ON VISION 336

- Loss of Accommodation 337
- Diminished Acuity 337
- Delayed Dark and Light Adaptation 337
- Increased Glare Sensitivity 337
- Reduced Visual Field 337
- Diminished Depth Perception 337
- Altered Color Vision 338
- Diminished Critical Flicker Fusion 338
- Slower Visual Information Processing 338

RISK FACTORS THAT AFFECT VISUAL WELLNESS 338**FUNCTIONAL CONSEQUENCES AFFECTING VISUAL WELLNESS 339**

- Effects on Safety and Function 339
- Effects on Quality of Life 340
- Effects on Driving 340

PATHOLOGIC CONDITIONS AFFECTING VISION 341

- Cataracts 341
- Age-Related Macular Degeneration 343
- Glaucoma 343

NURSING ASSESSMENT OF VISION 345

- Interviewing About Vision Changes 345
- Identifying Opportunities for Health Promotion 345
- Observing Cues to Visual Function 346
- Using Standard Vision Tests 347

NURSING DIAGNOSIS 348**PLANNING FOR WELLNESS OUTCOMES 348****NURSING INTERVENTIONS FOR VISUAL WELLNESS 348**

- Health Promotion for Visual Wellness 348
- Comfort Measures for Dry Eyes 350
- Environmental Modifications 350
- Low-Vision Aids 350
- Maintaining and Improving the Quality of Life 351

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 353

CHAPTER 18**Digestion and Nutrition 358****AGE-RELATED CHANGES THAT AFFECT DIGESTION AND EATING PATTERNS 358**

Smell and Taste 358

Oral Cavity 359

Esophagus and Stomach 360

Intestinal Tract 360

Liver, Pancreas, and Gallbladder 360

AGE-RELATED CHANGES IN NUTRITIONAL REQUIREMENTS 360

Calories 361

Protein 361

Carbohydrates and Fiber 361

Fats 361

Water 361

RISK FACTORS THAT AFFECT DIGESTION AND NUTRITION 362

Conditions Related to Oral Care 363

Functional Impairments and Disease Processes 363

Medication Effects 364

Lifestyle Factors 364

Psychosocial Factors 365

Cultural and Socioeconomic Factors 365

Environmental Factors 366

Behaviors Based on Myths and

Misunderstandings 367

FUNCTIONAL CONSEQUENCES AFFECTING DIGESTION AND NUTRITION 367

Ability to Procure, Prepare, and Enjoy Food 367

Changes in Oral Function 367

Nutritional Status and Weight Changes 368

Quality of Life 368

PATHOLOGIC CONDITIONS AFFECTING DIGESTIVE WELLNESS: CONSTIPATION 369**NURSING ASSESSMENT OF DIGESTION AND NUTRITION 369**

Interviewing About Digestion and Nutrition 369

Observing Cues to Digestion and Nutrition 370

Using Physical Assessment and Laboratory Information 370

Using Assessment Tools 371

NURSING DIAGNOSIS 372**PLANNING FOR WELLNESS OUTCOMES 374****NURSING INTERVENTIONS TO PROMOTE HEALTHY DIGESTION AND NUTRITION 374**

Addressing Risk Factors That Interfere With Digestion and Nutrition 374

Promoting Oral and Dental Health 375

Promoting Optimal Nutrition and Preventing Disease 376

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 377**CHAPTER 19****Urinary Function 383****AGE-RELATED CHANGES THAT AFFECT URINARY WELLNESS 383**

Changes in the Kidneys 383

Changes in the Bladder and Urinary Tract 385

Changes in Control Mechanisms 385

Changes Affecting Control Over Socially Appropriate Urinary Elimination 386

RISK FACTORS THAT AFFECT URINARY WELLNESS 386

Behaviors Based on Myths and Misunderstandings 386

Functional Impairments 387

Pathologic Conditions 387

Medication Effects 388

Environmental Factors 388

FUNCTIONAL CONSEQUENCES AFFECTING URINARY WELLNESS 389

Effects on Homeostasis 389

Effects on Voiding Patterns 389

PATHOLOGIC CONDITION AFFECTING URINARY FUNCTION: URINARY INCONTINENCE 390**NURSING ASSESSMENT OF URINARY FUNCTION 391**

Talking With Older Adults About Urinary Function 391

Identifying Opportunities for Health Promotion 392

Using Laboratory Information 393

NURSING DIAGNOSIS 395**PLANNING FOR WELLNESS OUTCOMES 395****NURSING INTERVENTIONS TO PROMOTE HEALTHY URINARY FUNCTION 395**

Teaching About Urinary Wellness 395

Promoting Continence and Alleviating Incontinence 396

Managing Incontinence 401

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 402**CHAPTER 20****Cardiovascular Function 408****AGE-RELATED CHANGES THAT AFFECT CARDIOVASCULAR FUNCTION 408**

Myocardium and Neuroconduction

Mechanisms 409

Vasculature 410

Baroreflex Mechanisms 410

RISK FACTORS THAT AFFECT

CARDIOVASCULAR FUNCTION 410

Atherosclerosis 411

Physical Inactivity 411

Tobacco Smoking 412

Dietary Habits 412

Obesity 412

Hypertension 412

Lipid Disorders 413

Metabolic Syndrome 414

Psychosocial Factors 414

Hereditary and Socioeconomic Factors 415

Risk for Cardiovascular Disease in Women
and Minority Groups 415

FUNCTIONAL CONSEQUENCES AFFECTING

CARDIOVASCULAR WELLNESS 416

Effects on Cardiac Function 416

Effects on Pulse and Blood Pressure 416

Effects on the Response to Exercise 416

Effects on Circulation 416

PATHOLOGIC CONDITIONS AFFECTING

CARDIOVASCULAR WELLNESS: ORTHOSTATIC

AND POSTPRANDIAL HYPOTENSION 417

NURSING ASSESSMENT OF CARDIOVASCULAR FUNCTION 417

Assessing Baseline Cardiovascular Function 418

Assessing Blood Pressure 418

Identifying Risks for Cardiovascular Disease 418

Assessing Signs and Symptoms of Heart Disease 419

Assessing Knowledge About Heart Disease 422

NURSING DIAGNOSIS 422

PLANNING FOR WELLNESS OUTCOMES 423

NURSING INTERVENTIONS TO PROMOTE HEALTHY CARDIOVASCULAR FUNCTION 423

Addressing Risks Through Nutrition and Lifestyle
Interventions 423

Secondary Prevention 424

Addressing Risks Through Pharmacologic
Interventions 425

Preventing and Managing Hypertension 425

Preventing and Managing Lipid Disorders 428

Preventing and Managing Orthostatic or
Postprandial Hypotension 429

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 429

CHAPTER 21

Respiratory Function 435

AGE-RELATED CHANGES THAT AFFECT RESPIRATORY FUNCTION 435

Upper Respiratory Structures 435

Chest Wall and Musculoskeletal Structures 436

Lung Structure and Function 437

RISK FACTORS THAT AFFECT RESPIRATORY WELLNESS 438

Tobacco Use 438

Secondhand Smoke and Other Environmental
Factors 439

Additional Risk Factors for Compromised
Respiratory Function 439

FUNCTIONAL CONSEQUENCES AFFECTING RESPIRATORY WELLNESS 440

PATHOLOGIC CONDITION AFFECTING RESPIRATORY FUNCTION: COPD 441

NURSING ASSESSMENT OF RESPIRATORY FUNCTION 441

Identifying Opportunities for Health
Promotion 441

Detecting Lower Respiratory Infections 442

Assessing Smoking Behaviors 443

Identifying Other Risk Factors 444

Physical Assessment Findings 444

NURSING DIAGNOSIS 445

PLANNING FOR WELLNESS OUTCOMES 445

NURSING INTERVENTIONS FOR RESPIRATORY WELLNESS 445

Promoting Respiratory Wellness 445

Preventing Lower Respiratory Infections 446

Eliminating the Risk From Smoking 447

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 448

CHAPTER 22

Mobility and Safety 452

AGE-RELATED CHANGES THAT AFFECT MOBILITY AND SAFETY 452

Bones 452

Muscles 453

Joints and Connective Tissue 454

Nervous System 454

Osteopenia and Osteoporosis 454

RISK FACTORS THAT AFFECT MOBILITY AND SAFETY 454

| | |
|--|------------|
| Risk Factors That Affect Overall Musculoskeletal Function | 455 |
| Risk Factors for Osteoporosis and Osteoporotic Fractures | 455 |
| Risk Factors for Falls | 456 |
| PATHOLOGIC CONDITION AFFECTING MUSCULOSKELETAL FUNCTION: OSTEOARTHRITIS | 458 |
| FUNCTIONAL CONSEQUENCES AFFECTING MUSCULOSKELETAL WELLNESS | 459 |
| Effects on Musculoskeletal Function | 459 |
| Susceptibility to Falls and Fractures | 459 |
| Fear of Falling | 460 |
| NURSING ASSESSMENT OF MUSCULOSKELETAL FUNCTION | 460 |
| Assessing Musculoskeletal Performance | 460 |
| Identifying Risks for Osteoporosis | 461 |
| Identifying Risks for Falls and Injury | 462 |
| NURSING DIAGNOSIS | 464 |
| PLANNING FOR WELLNESS OUTCOMES | 464 |
| NURSING INTERVENTIONS FOR MUSCULOSKELETAL WELLNESS | 464 |
| Promoting Healthy Musculoskeletal Function and Preventing Falls | 464 |
| Health Education About Osteoporosis | 465 |
| Preventing Falls and Fall-Related Injuries | 467 |
| EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS | 471 |
| | |
| CHAPTER 23 | |
| Integument | 477 |
| AGE-RELATED CHANGES THAT AFFECT THE SKIN | 477 |
| Epidermis | 477 |
| Dermis | 479 |
| Subcutaneous Tissue and Cutaneous Nerves | 479 |
| Sweat and Sebaceous Glands | 479 |
| Nails | 479 |
| Hair | 479 |
| RISK FACTORS THAT AFFECT SKIN WELLNESS | 480 |
| Genetic Influences | 480 |
| Lifestyle and Environmental Influences | 480 |
| Medication Effects | 480 |
| FUNCTIONAL CONSEQUENCES AFFECTING SKIN WELLNESS | 481 |
| Susceptibility to Injury | 481 |
| Response to Ultraviolet Radiation | 481 |
| Comfort and Sensation | 481 |
| Cosmetic Effects | 481 |
| | |
| PATHOLOGIC CONDITIONS AFFECTING SKIN: SKIN CANCER AND PRESSURE ULCERS | 482 |
| Skin Cancer | 482 |
| Pressure Ulcers | 483 |
| NURSING ASSESSMENT OF SKIN | 487 |
| Identifying Opportunities for Health Promotion | 487 |
| Observing Skin, Hair, and Nails | 487 |
| NURSING DIAGNOSIS | 490 |
| PLANNING FOR WELLNESS OUTCOMES | 490 |
| NURSING INTERVENTIONS FOR SKIN WELLNESS | 491 |
| Promoting Healthy Skin | 491 |
| Preventing Skin Wrinkles | 491 |
| Preventing Dry Skin | 492 |
| Detecting and Treating Harmful Skin Lesions | 492 |
| EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS | 492 |
| | |
| CHAPTER 24 | |
| Sleep and Rest | 496 |
| AGE-RELATED CHANGES THAT AFFECT SLEEP AND REST PATTERNS | 496 |
| Sleep Quantity | 497 |
| Sleep Quality | 498 |
| Circadian Rhythm | 498 |
| RISK FACTORS THAT CAN AFFECT SLEEP | 499 |
| Psychosocial Factors | 499 |
| Environmental Factors | 499 |
| Pathophysiologic Factors | 500 |
| Effects of Bioactive Substances | 500 |
| FUNCTIONAL CONSEQUENCES AFFECTING SLEEP WELLNESS | 501 |
| PATHOLOGIC CONDITION AFFECTING SLEEP: OBSTRUCTIVE SLEEP APNEA | 502 |
| NURSING ASSESSMENT OF SLEEP | 503 |
| Identifying Opportunities for Health Promotion | 503 |
| Evidence-Based Assessment Tools | 503 |
| NURSING DIAGNOSIS | 504 |
| PLANNING FOR WELLNESS OUTCOMES | 504 |
| NURSING INTERVENTIONS FOR SLEEP WELLNESS | 504 |
| Evidence-Based Interventions | 504 |
| Self-Care Actions to Promote Healthy Sleep Patterns | 505 |
| Complementary and Alternative Care Practices | 505 |
| Improving Sleep for Older Adults in Institutional Settings | 506 |

- Modifying the Environment to Promote Sleep 507
- Educating Older Adults About Medications and Sleep 507
- Teaching About Management of Sleep Disorders 507

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 509

CHAPTER 25 Thermoregulation 513

AGE-RELATED CHANGES THAT AFFECT THERMOREGULATION 513

- Response to Cold Temperatures 513
- Response to Hot Temperatures 515
- Normal Body Temperature and Febrile Response to Illness 515

RISK FACTORS THAT AFFECT THERMOREGULATION 515

- Pathophysiologic Conditions That Alter Thermoregulation 515
- Environmental and Socioeconomic Influences 515
- Behaviors Based on Lack of Knowledge 516

FUNCTIONAL CONSEQUENCES ASSOCIATED WITH THERMOREGULATION IN OLDER ADULTS 516

- Altered Response to Cold Environments 517
- Altered Response to Hot Environments 517
- Altered Thermoregulatory Response to Illness 517
- Altered Perception of Environmental Temperatures 517
- Psychosocial Consequences of Altered Thermoregulation 517

NURSING ASSESSMENT OF THERMOREGULATION 518

- Assessing Baseline Temperature 518
- Identifying Risk Factors for Altered Thermoregulation 518
- Assessing for Hypothermia 519
- Assessing for Hyperthermia 519
- Assessing the Older Adult's Febrile Response to Illness 520

NURSING DIAGNOSIS 520

PLANNING FOR WELLNESS OUTCOMES 520

NURSING INTERVENTIONS TO PROMOTE HEALTHY THERMOREGULATION 520

- Addressing Risk Factors 520
- Promoting Healthy Thermoregulation 521

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 521

CHAPTER 26 Sexual Function 525

AGE-RELATED CHANGES THAT AFFECT SEXUAL FUNCTION 525

- Changes Affecting Older Women 525
- Changes Affecting Older Men 527

RISK FACTORS THAT AFFECT SEXUAL FUNCTION 527

- Societal Influences 527
- Attitudes and Behaviors of Families and Caregivers 528
- Limited Opportunities for Sexual Activity 528
- Adverse Effects of Medication, Alcohol, and Nicotine 529
- Chronic Conditions 529
- Gender-Specific Conditions 530
- Functional Impairments and Dementia 530

FUNCTIONAL CONSEQUENCES AFFECTING SEXUAL WELLNESS 530

- Reproductive Ability 531
- Response to Sexual Stimulation 531
- Sexual Interest and Activity 531
- Male Sexual Dysfunction 532
- Female Sexual Dysfunction 532

PATHOLOGIC CONDITION AFFECTING SEXUAL WELLNESS: HUMAN IMMUNODEFICIENCY VIRUS 533

- Risk Factors for HIV 533
- Role of Nurses in Assessment and Interventions 534

NURSING ASSESSMENT OF SEXUAL FUNCTION 534

- Self-Assessment of Attitudes About Sexual Function and Aging 534
- Assessing Sexual Function in Older Adults 535

NURSING DIAGNOSIS 537

PLANNING FOR WELLNESS OUTCOMES 537

NURSING INTERVENTIONS TO PROMOTE HEALTHY SEXUAL FUNCTION 537

- Teaching Older Adults About Sexual Wellness 537
- Addressing Risk Factors 537
- Promoting Sexual Wellness in Long-Term Care Settings 539
- Teaching Women About Interventions 539
- Teaching Men About Interventions 540

EVALUATING EFFECTIVENESS OF NURSING INTERVENTIONS 541

PART **5**

Promoting Wellness in All Stages of Health and Illness 547

CHAPTER 27

Caring for Older Adults During Illness 547

CHARACTERISTICS OF ILLNESS IN OLDER ADULTS 547

CONNECTING THE CONCEPTS OF WELLNESS, AGING, AND ILLNESS 548

HOLISTICALLY CARING FOR OLDER ADULTS WHO ARE ILL: FOCUSING ON CARING AND COMFORTING 549

APPLYING WELLNESS CONCEPTS IN SPECIFIC PATHOLOGIC OR CHRONIC CONDITIONS 550

Promoting Wellness for Older Adults With Cancer 550

Promoting Wellness for Older Adults With Diabetes Mellitus 552

Promoting Wellness for Older Adults With Heart Failure 553

ADDRESSING NEEDS OF FAMILIES AND CAREGIVERS 555

CHAPTER 28

Caring for Older Adults Experiencing Pain 560

ACUTE VERSUS PERSISTENT PAIN 560

ANATOMY AND PHYSIOLOGY OF PAIN 561

TYPES OF PAIN 562

CAUSES OF PAIN IN OLDER ADULTS 562

AGE-RELATED CHANGES THAT AFFECT PAIN 563

BARRIERS TO PAIN MANAGEMENT 563

FUNCTIONAL CONSEQUENCES OF PAIN IN OLDER ADULTS 563

CULTURAL ASPECTS OF PAIN ASSESSMENT AND MANAGEMENT 563

NURSING ASSESSMENT OF PAIN IN OLDER ADULTS 565

Collecting Pertinent Information 565

Assessment of Pain Components 566

Assessment in Cognitively Impaired Older Adults 568

PRINCIPLES OF ANALGESIC MEDICATION 568

Classifications of Analgesics 569

The World Health Organization's Three-Step Pain Relief Ladder for Pain Management 570

Management of Side Effects and Risks of

Tolerance, Dependence, and Addiction 571

Developing a Wellness-Focused Pain Management Plan 571

CHAPTER 29

Caring for Older Adults at the End of Life 575

THE DYING PROCESS AND DEATH 575

NURSING SKILLS FOR PALLIATIVE CARE 576

PERSPECTIVES ON DEATH AND DYING 576

Sites of Death and Dying 576

Views of Death and Dying in Western Culture 576

Older Adults' Perspective on Death and Dying 577

Health Care Professionals' Perspective on Death and Dying 577

Culturally Diverse Perspectives on Death and Dying 578

QUALITY OF CARE AT THE END OF LIFE 578

Promoting Wellness at the End of Life 579

Hospice Care 580

NURSING INTERVENTIONS IN END-OF-LIFE CARE 581

Promoting Communication 581

Offering Spiritual Support 581

Managing Symptoms 582

INDEX 589