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N117: Nursing Care of the Chronically-Ill, and the Older Persons
Second Semester, Academic Year 2023-2024

STUDY GUIDE

Geriatric Syndromes

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Introduction

Geriatric syndromes are a range of conditions representing multiple organ impairment in older adults. Unlike traditional chronic diseases, these syndromes cannot fit into discrete disease categories and are loosely defined. (Inouye et al., 2007). In this particular part of the course, nursing care for the following geriatric syndromes will be discussed: skin problems, pain, nutrition problems, polypharmacy, immobility and falls, cognition problems, delirium, and depression, elimination problems, elder abuse, and sleep problems.

Learning Objectives

After this specific topic, you (the student) should be able to attain the following outcomes:

- 1) Briefly define geriatric syndrome;
- 2) Enumerate at least 5 examples of geriatric syndromes;
- 3) Explore the complexity of care associated with specific geriatric syndromes;
- 4) Develop a coordinated plan of care for an older adult with a geriatric syndrome given a case scenario;
- 5) Derive correct nursing diagnoses for a specific geriatric syndrome given a case scenario;
- 6) Identify at least 5 interventions for a specific geriatric syndrome given a case scenario;
- 7) Briefly explain how geriatric syndrome increases the older adult's vulnerability during transitions in care settings.

Review of concepts

Concepts from your previous courses, specifically *Nursing Foundations*, and *Nursing Interventions* shall be beneficial for the students' attainment of learning objectives. It is a must that you review the nursing process (A-D-P-I-E), specifically preparing and completing a nursing care plan, as well as the NANDA-I.

Study Materials

During your independent learning sessions, read and/or scan through the following materials:

- 1) Article in the journal *Nursing 2021*
Title: Geriatric syndromes and their implications for nursing
Link: https://journals.lww.com/nursing/Fulltext/2013/01000/Geriatric_syndromes_and_their_implications_for.1.aspx
- 2) Article in the journal *American Society of Clinical Oncology*
Title: A Practical Guide to Geriatric Syndromes in Older Adults With Cancer: A Focus on Falls, Cognition, Polypharmacy, and Depression
Links: https://ascopubs.org/doi/pdf/10.1200/EDBK_237641
- 3) Article in the journal *International Journal on Ageing in Developing Countries*
Title: Geriatric Syndromes
Link: <https://www.inia.org.mt/wp-content/uploads/2019/08/4.1.4-Geriatric-Syndromes-pg-41-56-Final.pdf>

- 4) Article in *Journal of American Geriatric Society*
Title: Geriatric syndromes: clinical, research and policy implications of a core geriatric concept
Link: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2409147/>

As supplemental reading materials, you may also want to read any geriatric nursing books' chapter on geriatric syndromes, and the NANDA-I, as provided in the VLE references section.

Activities

For this particular topic, the students shall be given asynchronous/independent learning activities such as pre- and post-test, reading journal articles, and participating in online fora. A separate *Activity Guide* shall be provided for the graded activity/ies.

References

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- Meiner, SE.** (2015). *Gerontologic Nursing* (5th ed.). Elsevier Mosby: Missouri, USA.
- NANDA International.** (2018). *NANDA Nursing Diagnosis: Definitions and Classifications 2018-2020*, 11th ed. Indianapolis, IN: Wiley-Blackwell.
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