

SUBJECT TEACHING GUIDE

G1031 - Nursing in Aging

Degree in Nursing

Academic year 2024-2025

1. IDENTIFYING DATA					
Degree	Degree in Nursing			Type and Year	Compulsory. Year 3
Faculty	Faculty of Nursing				
Discipline	Subject Area: Life Cycle Nursing Module: Nursing Science				
Course unit title and code	G1031 - Nursing in Aging				
Number of ECTS credits allocated	6	Term	Semester based (2)		
Web					
Language of instruction	Spanish	English Friendly	No	Mode of delivery	Face-to-face

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3.1 LEARNING OUTCOMES

- Know and describe the characteristics of the elderly population in our society
- Identify the peculiarities of the elderly as care recipient
- Understand and identify the anatomical and physiological, mental, social, functional and family changes related to the aging process
- Recognize and describe the requirements to ensure privacy, dignity and privacy for older people it serves
- Enhance the humanization of assistance to the elderly
- Know and identify the various instruments specific assessment of geriatric care in the area
- Comprehensively assess the older person and their family in simulated situations
- Describe the different health problems and manifestations affecting the elderly person
- Identify and use medical devices related to nursing care, as well as different groups of drugs knowing their benefits and possible risks, making rational use of them
- Use the nurse holistically and ethically process, performing the assessment, identifying problems and prioritizing interventions in the elderly
- Clearly convey concepts of nursing care for the elderly
- Recognize the professional role in the interdisciplinary team in the field of aging.
- Identify those situations involving risk to life and know intervene taking steps
- Apply sham, specific diagnostic and therapeutic modalities of different health problems affecting the elderly under the scientific nursing method
- Demonstrate skills that promote effective communication, interaction and participation of the elderly.
- Recognize the legislation governing the rights of health and social care of the elderly
- Meet and collaborate in different action programs on the elderly.
- Justifying the need for participation of individuals, families and groups in improving care for the elderly.

4. OBJECTIVES

The subject of Nursing on Aging aims, students at the end of the matter, be able to:

Define the characteristics of the aging process, analyzing the impact generated by the same individuals, their families and society. Using this knowledge to apply the nursing process, personalized and comprehensive manner, consistent with the values of older people and promoting it to remain in their social environment in the most optimal conditions.

6. SUBJECT PROGRAM

CONTENTS

1	<p>THEMATIC 1: GENERAL CONCEPTS</p> <p>Topic 1: GENERAL</p> <p>1.1 Aging: Concept and Definitions</p> <p>1.2 Gerontology: Concept and Definitions</p> <p>1.3 Geriatrics: Concept and Definitions</p> <p>Geriatric Nursing: Concept and definitions.</p> <p>Item 2: Aging Process</p> <p>2.1 Aging Process</p> <p>2.2 Individual perception Aging Process</p> <p>2.3 Longevity and Aging</p> <p>2.4 Perfielden Elderly and Geriatric Interest age.</p> <p>Item 3: Demography of Aging</p> <p>3.1 Life expectancy</p> <p>3.2 maximum life expectancy and expectancy Dependency absent life.</p> <p>3.3 Ageing Populations</p> <p>3.4 Causes and problems.</p> <p>3.5 Measures and Indices of aging populations.</p> <p>P. Hall 1: Myths and Stereotypes of old age.</p> <p>P. Lab 2: Geriatric Integral Valoration and Aging Test</p>
2	<p>THEMATIC 2: GERONTOLOGY</p> <p>Topic 1: Biology of Aging.</p> <p>1.1 Basics</p> <p>1.2 Theories on Aging</p> <p>Item 2: Anatomic-physiological and functional changes of aging</p> <p>2.1 Physiological Changes of Aging.</p> <p>2.2 Morphological changes of aging</p> <p>2.3 Functional Changes of Aging</p> <p>Item 3: Psychics and social changes of aging</p> <p>3.1 own psychological changes of aging.</p> <p>3.2 own social changes of aging</p> <p>3.3 Retirement:</p> <p>3.3.1. History and Concept retirement.</p> <p>3.3.2. Retirement varieties.</p> <p>3.3.3. Retirement female.</p> <p>3.4 Changes in family structure</p> <p>Item 4: Active Ageing</p> <p>4.1 Concept of Active Ageing</p> <p>4.2 Quality of Life</p> <p>4.3 Strategic Lines (European Year 2012)</p> <p>4.4 Future Proposals and Policies.</p> <p>P. Laboratory 3: Informal care, family and support in old age.</p> <p>P. Lab 4: Valuation and Elimination of the contentions in old age.</p> <p>P. Laboratory 5: Reflexion about english investigation (manuscript)</p> <p>P. Lab 6: detection of abuse and elder abuse</p> <p>P. Lab 7: Clinic Cases</p>

3 SECTION 3: ENFERMERIA and chronicity Complex

Topic 1: Geriatric Disease.

- 1.1 disease process in old age
- 1.2 Concept and chronicity chronicity Complex
- 1.3 Concept of autonomy and independence
- 1.4 Concept Dependency
- 1.5 Concept Disability
- 1.6 Geriatric Syndromes
- 1.7 Principles of gerontological care.

Item 2: Large Geriatric Syndromes.

- 2.1 Fragility
- Immobility and isolation 2.2
- 2.3 Falls
- 2.4 Pressure Sores
- 2.5 Malnutrition
- Constipation and Fecal impaction 2.6
- 2.7 Incontinence in old age
- 2.8 Hypothermia and heat stroke
- 2.9 Insomnia

Item 3: General Criteria for Therapeutic in the Elderly.

- 3.1 polypharmacy
- 3.2 Failure therapeutic and adherence to treatment.
- 3.3 Rational use of drugs related to the elderly.
- 3.4 Syndrome Prevention.

Item 4: Cognitive and Affective Disorders.

- 4.1 dementias in the elderly
- 4.2 Differential diagnosis with other psychogeriatric problems
- 4.3 Integral Approach and Nursing Care.

P. Laboratory 8: Clinic Cases PPU

P. Laboratory 9: Cognitive Stimulation and memory.

p. Laboratory 10: New Technologies about Aging Care.

P. Laboratory 11: Presentation group work.

Activity No. 1: Group Work: Identifying Stereotypes on Aging.

N.2 groupware activity: Clinical Case Resolution

7. ASSESSMENT METHODS AND CRITERIA				
Description	Type	Final Eval.	Reassessn	%
Examination mandatory in the June exam: multiple choice questions and short questions, is approved with a minimum grade of 5 out of 10. It is recoverable.	Written exam	Yes	Yes	60,00
DescriptionThe final grade of the subject will be the result of the sum of the grades obtained in the evaluation of all the training activities programmed according to the percentage that represents each of them. The subject is considered approved with a	Work	No	No	5,00
DescriptionDescriptionThe final grade of the subject will be the result of the sum of the grades obtained in the evaluation of all the training activities programmed according to the percentage that represents each of them. The subject is considered appro	Work	No	No	5,00
Description Final Exam (60%) Work in Aula about PL 7 and 8 (10%) Case about PL 1 (Myths) (15%) Case about PL 7 (clinic cases) (15%)	Work	No	No	10,00
Parcial Exam 20%	Written exam	No	No	20,00
TOTAL				100,00
Observations				
<p>The final grade of the subject will be the result of the sum of the grades obtained in the evaluation of all the training activities programmed according to the percentage that represents each of them. The subject is considered approved with a final grade of 5 out of 10. Failure to pass the exam or not to carry out any of the scheduled training activities does not exempt from being scored with the score obtained in the activities carried out by the student. The term Not presented in the final grade of the subject will only be used when the student has not performed any of the assessable activities of the same and therefore, does not have any qualification.</p>				
Observations for part-time students				
<p>Students who are on a part-time basis may benefit from the following evaluation system:</p> <ul style="list-style-type: none"> - completion of the final exam with a percentage weight of 70%. - 50% of group activities with a percentage weight of 30%. <p>In order to qualify for this type of assessment, the corresponding request must be made to the responsible teacher at the beginning of the course.</p>				

8. BIBLIOGRAPHY AND TEACHING MATERIALS
BASIC
1. Carnevali D. Tratado de Enfermería Geriátrica 2 Tomos. Madrid: Edit. Interamericana; 1996.
2. Devi J.; Deus J. Las Demencias y la Enfermedad de Alzheimer: Una aproximación práctica e Interdisciplinar. Murcia: Edita Isep. Universidad de Murcia; 2004.
3. García L. Mª V.; Toronjo A.; Ponce C. Enfermería del Anciano. Madrid: Ediciones DAE. Paradigma, 2ª Edición; 2009
4. Kristen L. Mauk. Enfermería Geriátrica. Competencias asistenciales. Madrid: MacGraw-Hill Interamericana; 2008.
5. Millán Calenti J. C. Gerontología y Geriatria. Valoración e Intervención. Madrid: Edita Panamericana; 2011.

