

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 271 – PHYSICAL CARE MANAGEMENT OF THE OLDER ADULT (3 CR.)**

Course Description

Introduces the physiology of aging; integrates caretaker guidelines; demonstrates skills to care for aging at a variety of functional levels. Prerequisite: Admission to the Program. Lecture 3 hours per week.

General Course Purpose

The purpose of this course is to introduce students to the older adult including physiology of aging and practical skills for taking care of the older adult. The course will introduce students to the physical and psychological needs of the older adult and to practical skills to take care of the older adult at various functional levels. This course will supplement health curriculums and provide students with practical skills for employment and/or personal use as a caregiver for an older adult.

Course Prerequisites/Corequisites

Admission to the program

Course Objectives

Upon completing the course, the student will be able to:

- Discuss the links in the infection process
- Explain how the body's protective mechanisms work to prevent infection
- Discuss factors that make the elderly more susceptible to infection
- Describe methods of assessing the nutritional status and practices of older adults
- Identify interventions that will help older persons meet their nutrition and hydration needs.
- Identify factors that increase the risk of medication related problems
- Describe nursing interventions that can reduce problems related to self-administration of medication in the home
- Describe methods for assessing elimination practices
- Describe interventions used to prevent or reduce problems related to elimination
- Discuss interventions that promote safety for older adults
- Discuss factors that place older adults at risk for falls
- Identify the older adults who are most at risk for problems related to the skin and mucous membranes
- Describe interventions that assist older adults in maintaining intact skin and mucous membranes
- Identify emotional, psychological and physical needs of the caregiver
- Explore community resources for caregivers
- Correctly demonstrate physical care tasks for use with the older adult
- Apply safety principles to a home care situation

Major Topics to be Included

- Overview of common physical and psychiatric medical conditions of the older adult
- Nutrition, sleeping, elimination in the older adult
- Overview of skin integrity and the older adult
- Vision and hearing in the older adult
- Physical care for the older adult at home
- Techniques to assist the older adult with dressing, bathing, mobility, medication management
- Techniques to management the physical environment
- Safety interventions/ practices
- Caregiver strategies for dealing with the older adult
- Understanding medical professionals and communication strategies
- Identification and assistance with the needs of the caregiver
- Community resources for caregivers