

**NOVA COLLEGE-WIDE COURSE CONTENT SUMMARY
HLT 272 – MEDICAL MANAGEMENT OF THE OLDER ADULT (3 CR.)**

Course Description

Introduces common medical problems associated with the aging; examines preventive and restorative care associated with common illnesses. Focuses on assessments, evaluation, and safe administration of medications. Includes emergency care and CPR. Lecture 3 hours per week.

General Course Purpose

The purpose of this course, in the field of allied health, will be to address the physiological and psychological issues of normal aging, from the point of view of both the aging person and that of his/her caretaker. In addition, a few of the diseases of aging will be addressed including their pharmacological treatment. Issues considered emergencies will be discussed and the course will include certification in CPR.

Course Prerequisites/Corequisites

Admission to the program

Course Objectives

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

- Describe the normal physiological changes that take place with aging in each body system
- Identify changes in behavior that would be specific to disease particularly those which constitute an emergency
- Comprehend the changing role of intimacy and sexuality in aging
- Analyze changes in mentation that are common with normal aging versus those associated with dementia.
- Develop familiarity with routine elder care
- Recognize common medications often used for the elderly, their indication and safe administration.
- Discuss the challenges faced by caretakers both physical and psychological
- Consider the role of spirituality for the aged and the caregiver
- Demonstrate proper CPR technique.
- Be familiar with Advanced Medical Directives
- List some resources for caregivers

Major Topics to be Included

- Understanding the Aging Experience: Common Changes in a population
- Issues for the Caregiver e.g. self-care, legal and insurance issues
- Spirituality and Psychology for the Aging and the Caretaker
- General Issues: Hydration, Sleep, Pain, Safe Medication
- Physiological Systems in Aging: Cardiovascular, Respiratory, Neurological, Urinary, Reproductive, Endocrine, Integumentary, Digestive, Immune
- Sexuality and Intimacy in Aging
- Mental Health Disorders
- Multisystem Disorders e.g. Cancer, Infection, Diabetes
- Site of Care and options for assistance
- End of Life Care and Advanced Medical Directives