

COURSE SYLLABUS
Southeast Missouri State University

Department of Nursing

Course No. NS 483

Title of Course: Professional Practice: Care of the Frail Elderly

Revision _____

New X

- I. Catalog Description and Credit Hours of Course:
Care management of the frail elderly across a variety of settings, focusing on family caregiving and the identification of community resources. (2) (One hour theory, one hour clinical)
- II. Prerequisite (s): Senior standing in the nursing major
- III. Objectives of the Course:
- A. Assess risks to independent living among the old-old.
 - B. Discuss the impact of multiple co-morbid conditions on quality of life of the frail elderly.
 - C. Recognize the complexities of health issues due to multiple body system problems in conjunction with the bio-psycho-social-spiritual process of aging.
 - D. Utilize research-based practice when caring for frail elderly in a variety of settings.
 - E. Maintain, restore, and optimize the frail elder's level of function and wellness in the presence of chronic illness and physiological decline.
 - F. Identify community resources which support the well-being of the frail, homebound elder and their caregiver/s.
 - G. Identify the benefits and stressors of the caregiving role.
 - H. Demonstrate sensitivity to the threat to dignity and personhood which dependency and frailty may impose.
 - I. Promote the personal benefits of interdependency in the family caring for a frail elder.
- IV. Expectations of Students:
- A. In partnership with another student, carry a caseload of clients from a variety of settings throughout the semester for the purpose of assessing and planning care management strategies. Two hours per week will be spent in observational and participatory exercises in order to demonstrate application of theory to professional practice.
 - B. Active participation in class discussions.
 - C. Presentation to the class of a comprehensive plan of care for one client.
 - D. Demonstration of adequate knowledge of theory content on written exams.
 - E. Practice in a confidential, professional manner.
 - F. Fulfillment of requirements identified in the *BSN Student Handbook*.

V. Course Content:

A. Demographics and characteristics of older adults in the United States (1 hour)

B. Common risk factors of independent living (2 hours)

1. Functional deficits and pathophysiological states
2. Socio-cultural factors
3. Environmental and housing issues

C. Health care systems/Housing options and Funding sources (2 hours)

1. Home-care
2. Residential care
3. Rehabilitation
4. Skilled long-term care
5. Parish nursing services

D. Community based resources (2 hours)

1. Area Agency on Aging
2. Durable equipment suppliers
3. Day care programs
4. Meals-on-wheels

E. Management strategies for complex issues (5 hours)

1. Supporting the client with cognitive impairments
2. Supporting the client with incontinence
3. Supporting the immobilized client
4. Supporting the client with chronic comorbid conditions
 - a. Renal failure
 - b. CHF/PVD
 - c. Alzheimer's /Dementia
 - d. Depression
 - e. COPD
 - f. Diabetes mellitus

F. Stressors and benefits of the caregiving role (1 hour)

G. Legal and ethical issues (1 hour)

Two hours allotted for examinations; remaining hours for clinical application.

VI. Textbook(s) and/or Other Required Materials or Equipment:

Selected readings.

VII. Basis for Student Evaluation:

A. Clinical assignments		30%
B. Case study presentations	30	
C. Examinations		<u>40</u>
	TOTAL	100%

Clinical performance Pass/fail