

# Minnesota State University Moorhead

## NURS 420: Gerontological Nursing to Promote Successful Aging

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: \*.\*

Prerequisites:

This course requires both of these prerequisites

NURS 301 - Transitions

NURS 370 - Nursing Research and Evidence-Based Practice

Corequisites: None

MnTC Goals: None

This course explores the experience and challenges of aging from the perspective of the patient, the support system, the community, and the health care system. Factors and processes that are both contributors and barriers to successful aging and quality of life for older adults are identified. Various assessment tools and strategies for delivering evidence-based care will be considered that enhance quality of life for the older adult in both health and disease states.

**B. COURSE EFFECTIVE DATES:** 02/02/2019 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Successful aging and quality of life
2. Physiological changes of aging
3. Health promotion, risk reduction and disease prevention
4. Assessment and management of common geriatric problems and syndromes
5. Transitional care theory and practice
6. End of life transitions
7. Ethical and legal principles and issues

### D. LEARNING OUTCOMES (General)

1. Identify factors that contribute to successful aging and quality of life for older adults.
2. Cite alterations in physiologic and psychosocial function for older adults, and identify those that which are most amenable to health promotion and nursing interventions.
3. Complete assessments using evidence-based evaluation tools to identify health care needs and problems in older adults.
4. Select evidence-based approaches for nursing care of the aging client.
5. Create intervention plans that promote optimal function and quality of life in the aging client through all stages of health and illness, including acute and chronic conditions.
6. Examine care models that promote safe health care for older adults.
7. Integrate leadership and communication techniques that facilitate interprofessional collaboration.
8. Discuss legal and ethical issues of the geriatric client including pain management, vulnerability, restraints and end of life issues.
9. Differentiate sources of financing for health, long term and home health care of the elderly.

**E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

**F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

**G. SPECIAL INFORMATION**

None noted