

Nursing Older People: Realities Of Practice



The Challenges and Rewards of Nursing Older People

Nursing older people can be a rewarding yet challenging field of practice for healthcare professionals. With an aging population, the demand for geriatric nurses is growing, and there is an increasing need for specialized care for older individuals in various healthcare settings. In this article, we will explore the realities of nursing older people, the unique challenges they face, and the essential skills required to provide the highest quality care.

Understanding the Aging Process

As people age, their bodies undergo various changes that may affect their physical, mental, and emotional well-being. Understanding these changes is

crucial for nurses to deliver personalized care to older patients. From deteriorating sensory functions to chronic health conditions, each individual's aging journey is unique. Nurses must be equipped with extensive knowledge and empathy to navigate through these complexities successfully.



Nursing Older People: Realities of Practice

by Graham S. Holton (1st Edition, Kindle Edition)

★★★★☆ 4.6 out of 5

Language : English
File size : 4016 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Print length : 124 pages



The Importance of Person-Centered Care

Nursing older people requires a person-centered approach where the individual's preferences, values, and goals are at the forefront of care planning. Each patient has their own life experiences, beliefs, and wishes that should be acknowledged and respected. By considering these factors, nurses can create a therapeutic relationship built on trust and respect, ultimately enhancing the patient's overall well-being.

Providing Holistic Care

Older individuals often present with multiple health conditions, requiring comprehensive and holistic care. Nurses must assess not only their physical symptoms but also their psychological, social, and spiritual needs. By taking a holistic approach, nurses can optimize the patient's quality of life, ensure better

management of their health conditions, and provide appropriate support to their families and caregivers.

Managing Age-Related Health Concerns

A significant part of nursing older people involves managing age-related health concerns. This includes but is not limited to mobility issues, falls, cognitive decline, incontinence, and chronic pain. Nurses must be adept at recognizing the early signs of these conditions, implementing suitable interventions, and effectively managing complex care plans. By addressing these concerns proactively, nurses can help older individuals maintain their independence and overall well-being.

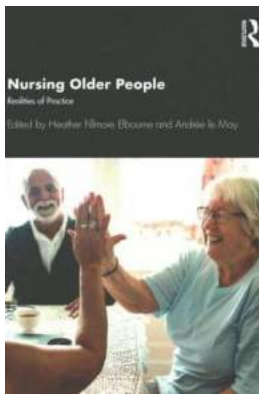
Promoting Preventative Care and Education

In addition to providing direct care, nurses play a vital role in promoting preventative care and educating older patients on healthy lifestyle choices. This includes encouraging regular exercise, a balanced diet, medication adherence, and routine health screenings. By empowering older individuals to take charge of their health, nurses can help prevent or delay the onset of age-related health conditions and improve their overall quality of life.

The Emotional Impact on Nurses

Nursing older people can also have an emotional impact on healthcare professionals. Witnessing the challenges faced by older patients, such as end-of-life care and progressive deterioration, may take a toll on nurses' mental well-being. It is essential for nurses to prioritize self-care and seek support from their colleagues and supervisors to cope with the emotional demands of this practice area.

Nursing older people requires specialized skills, empathy, and a person-centered approach. The field presents unique challenges and rewards as healthcare professionals strive to improve the quality of life for seniors. By understanding the aging process, providing holistic care, and promoting preventative measures, nurses can make a significant impact on the well-being of older individuals. Despite the emotional demands, a career in nursing older people offers an opportunity to truly make a difference in the lives of those who have given so much to society.



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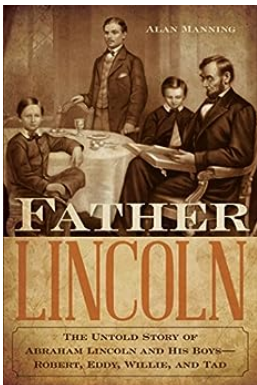


This practical guide helps student and practising nurses to understand the impact of their care when working with older people. With stories from older people who have had varied experiences of health care and nursing, chapters are underpinned by five key principles: providing patient-centered and dignified care, shared decision-making involving family and friends, multidisciplinary care, improving well-being through companionship and a sense of value, and an appreciation of both the challenges and rewards of working with older people.

This book offers:

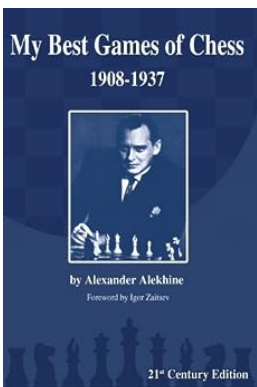
- Stories which reflect the complexity of care and health experienced by older people and their journeys.
- Topic-oriented chapters which provide a series of evidence-based readings which use the most up-to-date research evidence merged with national and international policy and practitioner experience.
- Practical tips and key messages for working with older people.

The volume can be used to help nursing students and practising nurses to understand better how their care might impact positively on older people's health and well-being. This situates the reader within the world as experienced by older people.



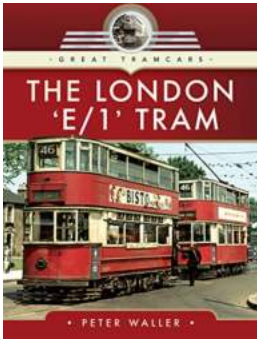
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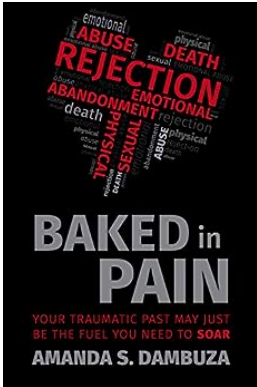
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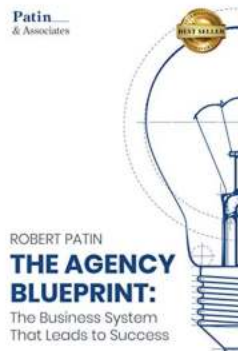
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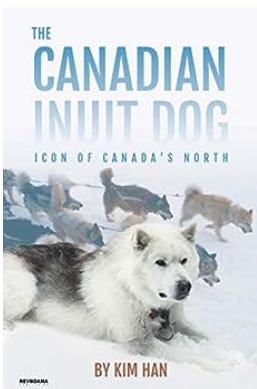
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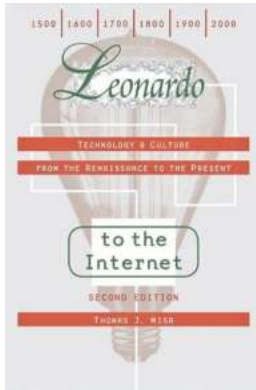
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