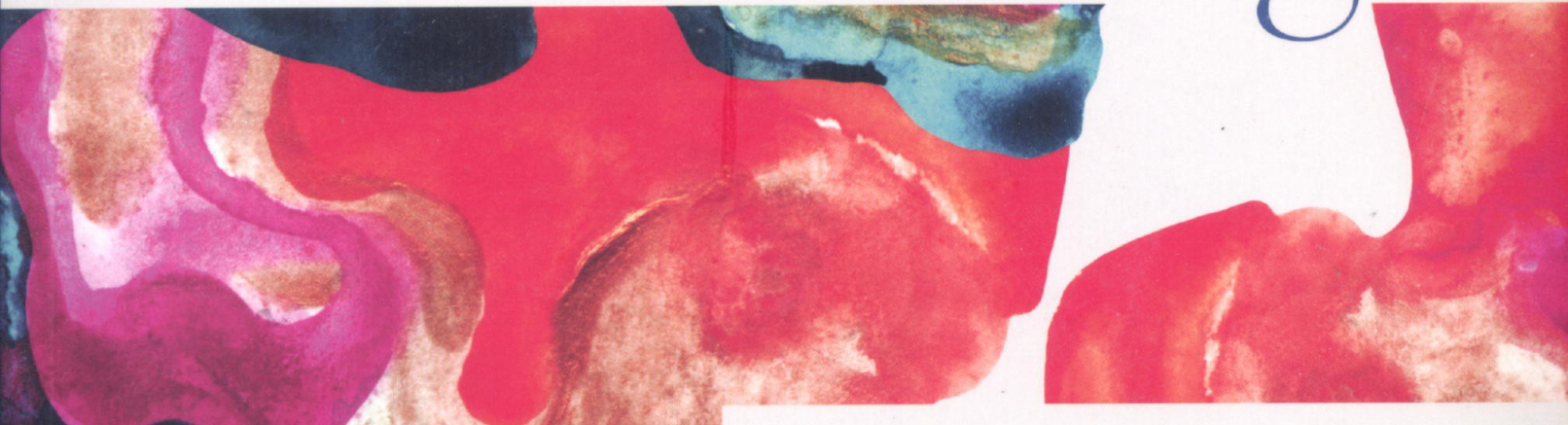




# Gerontologic SIXTH EDITION Nursing



Sue E. Meiner  
Jennifer J. Yeager

Gerontologic nursing/ S  
WY152 M514G 2019



B0053243  
bib:13399115739

Evolve®

Student Resources on Evolve  
Access Code Inside

ELSEVIER

ELSEVIER

3251 Riverport Lane  
St. Louis, Missouri 63043

GERONTOLOGIC NURSING, SIXTH EDITION

ISBN: 978-0-323-49811-1

Copyright © 2019 by Elsevier, Inc. All rights reserved.  
Previous editions copyrighted © 2015,2011,2006,2000,1996.

No part of this publication may be reproduced or transmitted in any form or by any means, electronic or mechanical, including photocopying, recording, or any information storage and retrieval system, without permission in writing from the publisher. Details on how to seek permission, further information about the Publisher's permissions policies and our arrangements with organizations such as the Copyright Clearance Center and the Copyright Licensing Agency, can be found at our website: [www.elsevier.com/permissions](http://www.elsevier.com/permissions).

This book and the individual contributions contained in it are protected under copyright by the Publisher (other than as may be noted herein).

### Notices

Practitioners and researchers must always rely on their own experience and knowledge in evaluating and using any information, methods, compounds or experiments described herein. Because of rapid advances in the medical sciences, in particular, independent verification of diagnoses and drug dosages should be made. To the fullest extent of the law, no responsibility is assumed by Elsevier, authors, editors or contributors for any injury and/or damage to persons or property as a matter of products liability, negligence or otherwise, or from any use or operation of any methods, products, instructions, or ideas contained in the material herein.

Library of Congress Control Number: 2018944983

เลขหมู่ WY152  
M 514G 2019  
เลขทะเบียน 0053243  
ค้นเดือนปี 8 ก.ย. 2563

Senior Content Strategist: Sandra Clark  
Content Development Manager: Lisa Newton  
Content Development Specialist: Laurel Shea  
Publishing Services Manager: Deepthi Unni  
Project Manager: Janish Ashwin Paul  
Design Direction: Amy Buxton

Printed in Canada  
Last digit is the print number: 9 8 7 6 5 4 3 2



## PART I Introduction to Gerontologic Nursing

### 1 Overview of Gerontologic Nursing, 2

*Jennifer J. Yeager, PhD, RN, APRN*

#### Foundations of the Specialty of Gerontologic Nursing, 2

- History and Evolution, 2*
- Professional Origins, 2*
- Standards of Practice, 3*
- Roles, 3*
- Terminology, 4*

#### Demographic Profile of the Older Population, 5

- The Older Population, 5*
- Highlights of the Profile of Older Americans, 6*
- Gender and Marital Status, 6*
- Race and Ethnicity, 6*
- Living Arrangements, 7*
- Geographic Distribution, 8*
- Education, 8*
- Income and Poverty, 8*
- Employment, 8*

#### Health Status of Older Adults, 9

- Self-Assessed Health and Chronic Disease, 9*
- Functional Status, 10*
- Health Care Expenditure and Use, 10*
- Implications for Health Care Delivery, 10*
- Acute Care Setting, 10*
- Nursing Facilities, 11*
- Home Care, 11*
- Continuum of Care, 12*

#### Effect of an Aging Population on Gerontologic Nursing, 12

- Ageism, 12*
- Nursing Education, 12*
- Nursing Practice, 13*
- Nursing Research, 14*

#### Summary, 16

### 2 Theories Related to Care of the Older Adult, 18

*Jennifer J. Yeager, PhD, RN, APRN*

#### Biologic Theories of Aging, 19

- Mitochondrial Free Radical Theory, 19*
- Cross-Linkage Theory, 19*
- Hayflick Limit Theory, 20*
- Immunologic Theory, 20*
- Implications for Nursing, 21*

#### Sociologic Theories of Aging, 22

- Activity Theory, 22*
- Continuity Theory, 22*
- Age Stratification Theory, 22*
- Person–Environment Fit Theory, 23*
- Implications for Nursing, 23*

#### Psychological Theories of Aging, 24

- Maslow's Hierarchy of Human Needs, 24*
  - Jung's Theory of Individualism, 25*
  - Eight Stages of Life, 25*
  - Selective Optimization With Compensation, 26*
  - Implications for Nursing, 26*
- #### Nursing Theories, 26
- Theory of Successful Aging, 26*
  - Health Promotion Model, 27*
  - Comfort Theory, 27*

#### Moral and Spiritual Development, 27

#### Summary, 29

### 3 Legal and Ethical Issues, 31

*Carol Ann Amann, PhD, RN-BC, CDP, FNGNA*

#### Professional Standards: Their Origin and Legal Significance, 32

#### Overview of Relevant Laws, 32

- Sources of Law, 32*
- Health Insurance Portability and Accountability Act of 1996 (HIPAA), 32*

#### Elder Abuse and Protective Services, 33

- Medicare and Medicaid, 34*

#### Nursing Facility Reform, 35

- OBRA's Three Major Parts, 35*
- Proposed Legislative Changes, 39*

#### Autonomy and Self-Determination, 40

- Do Not Resuscitate Orders, 40*
- Advance Medical Directives, 41*
- Physician Orders for Life-Sustaining Treatment (POLST), 41*

#### Legal Tools, 41

#### Decision Diagram, 43

#### Conflicts Between Directives and Family Desires, 44

#### The Patient Self-Determination Act, 45

- Background: The Cruzan Case, 45*
- Clear and Convincing Proof, 45*
- The Four Significant Provisions of the PSDA, 45*
- Nurses' Responsibilities, 46*

#### Problems and Ethical Dilemmas Associated With Implementation of the PSDA, 46

#### Values History, 47

#### Nurses' Ethical Code and End-of-Life Care, 47

- Ethical Dilemmas and Considerations, 47*
- Experimentation and Research, 48*

#### Organ Donation, 49

#### Ethics Committees, 49

#### Social Media, 50

#### Summary, 51

### 4 Assessment of the Older Adult, 54

*Jennifer J. Yeager, PhD, RN, APRN*

#### Special Considerations Affecting Assessment, 55

*Interrelationship Between Physical and Psychosocial Aspects of Aging*, 55  
*Nature of Disease and Disability, and Their Effects on Functional Status*, 55  
*Tailoring the Nursing Assessment to the Older Person*, 59

#### **The Health History, 60**

*The Interviewer*, 60  
*The Patient*, 61  
*Electronic Health Records*, 62  
*The Health History Format*, 62  
*Approach to Physical Assessment*, 64  
*Equipment and Skills*, 65

#### **Additional Assessment Measures, 65**

*Functional Status Assessment*, 65  
*Cognitive and Affective Assessment*, 67  
*Social Assessment*, 67

#### **Laboratory Data, 69**

**Summary, 71**

## **PART II Influences on Health and Illness**

### **5 Cultural Influences, 76**

*Carol Ann Amann, PhD, RN-BC, CDP, FNGNA*

**Diversity of the Older Adult Population in the United States, 76**

#### **Culturally Sensitive Gerontologic**

**Nursing Care, 78**  
*Awareness*, 79  
*Knowledge*, 79  
*Cultural Concepts*, 79  
*Beliefs About Health and Illness*, 82  
*Transcending Cultural Concepts*, 84

#### **Skills, 85**

*Handshake*, 85  
*Eye Contact*, 85  
*Interpreters*, 85

#### **Cultural Competence Frameworks, 86**

*Leininger*, 86  
*The Explanatory Model*, 86  
*The LEARN Model*, 86  
*The ETHNIC Model*, 87

**Summary, 88**

### **6 Family Influences, 90**

*Jennifer J. Yeager, PhD, RN, APRN*

**Role and Function of Families, 90**

**Common Late-Life Family Issues and Decisions, 91**

*Changes in Living Arrangements*, 92  
*Deciding About a Care Facility*, 92  
*Financial and Legal Concerns*, 93  
*End-of-Life Health Care Decisions*, 94  
*The Issue of Driving*, 95  
*Family Caregiving*, 96

**Interventions to Support Family**

**Caregivers, 98**

**Education, 98**

**Respite Programs, 100**

**Support Groups, 101**

**Family Meetings, 101**

**Working With Families of Older Adults:**

**Considerations and Strategies, 102**

*Identifying Who the Patient Is and Who the Family Is*, 102

*Assessing the Family*, 103

*Encouraging Families to Plan in Advance of Need*, 104

*Involving the Older Person in Decision Making*, 107

*Validating Feelings*, 107

*Addressing Feelings of Guilt*, 107

*Emphasizing Goodness of Intent of Actions*, 108

*Recognizing the Nurse's Role as Permission Giver*, 108

*Recommending a Decision-Making Model to Families*, 109

**Summary, 109**

### **7 Socioeconomic and Environmental Influences, 112**

*Colleen Steinhauser, MSN, RN-BC, FNGNA*

**Socioeconomic Factors, 113**

*Age Cohorts*, 113

*Income Sources*, 113

*Poverty*, 116

*Education*, 116

*Health Status*, 116

*Insurance Coverage*, 118

*Support Systems*, 119

*Benefits*, 120

*Area Agencies on Aging*, 120

*Conservators and Guardians*, 120

**Environmental Influences, 121**

*Geographic Location of Residence*, 122

*Transportation*, 122

*Housing*, 122

*Criminal Victimization*, 124

**Advocacy, 126**

**Summary, 127**

### **8 Health Promotion and Illness/Disability Prevention, 131**

*Ashley N. Davis, MSN, RN, PCCN*

**Essentials of Health Promotion for Aging Adults, 131**

*Terminology*, 132

**Models of Health Promotion, 133**

**Barriers to Health Promotion and Disease**

**Prevention, 133**

*Health Care Professionals' Barriers to Health Promotion*, 133

*Older Adults' Barriers to Health Promotion*, 133

**Health Protection, 134**

**Disease Prevention, 134**

*Primary Preventive Measures*, 134

*Secondary Preventive Measures*, 136

*Tertiary Preventive Measures*, 136

**The Nurse's Role in Health Promotion and Disease**

**Prevention, 136**

*Requisite Knowledge*, 136

- Assessment, 138
- Planning, 140
- Implementation, 140
- Evaluation, 141
- Supporting Empowerment of Older Adults, 141
- Summary, 141

## PART III Influences on Quality of Life

### 9 Nutrition, 145

*Neva L. Crogan, PhD, ARNP, GNP-BC, ACHPN, FAAN*

- Introduction, 145
- Factors Influencing Nutritional Risk in Older Adults, 145
- Drug–Nutrient Interactions, 146
- Dehydration, 146
- Micronutrient Deficiency, 146
- Malnutrition, 147
- Oral Health, 148
- Nutritional Screening and Assessment, 148
  - Nutritional Screening, 148
  - Nutritional Assessment, 150
- Nursing Diagnoses Associated With Nutritional Problems, 153
- Evidence-Based Strategies to Improve Nutrition, 153
- Components of a Healthy Diet, 154
- Dysphagia, 155
- Specialized Nutritional Support, 155
- Summary, 156

### 10 Sleep and Activity, 159

*Jennifer J. Yeager, PhD, RN, APRN*

- Sleep and Older Adults, 159
  - Biologic Brain Functions Responsible for Sleep, 159
  - Stages of Sleep, 159
  - Sleep and Circadian Rhythm, 159
  - Insomnia, 160
  - Age-Related Changes in Sleep, 160
  - Factors Affecting Sleep, 161
  - Sleep Disorders and Conditions, 163
  - Components of the Sleep History, 165
  - Further Assessment of Sleep, 166
  - Getting a Good Night's Sleep, 166
- Activity and Older Adults, 168
  - Activities of Daily Living, 168
  - Physical Exercise, 168
  - Activity as Affected by Lifestyle Changes, 169
  - Activity Affected by Alzheimer's Disease and Other Dementias, 170
- Summary, 171

### 11 Safety, 174

*Debra L. Sanders, PhD, RN, GCNS-BC, FNGNA*

- Falls, 174
  - Overview and Magnitude of the Problem, 174
  - Definition of Falling, 175
  - Meaning of Falling to Older Adults, 176

*Normal Age-Related Changes Contributing to Falling, 176*

*Fall Risk, 177*

*Fall Antecedents and Fall Classification, 180*

*Fall Consequences, 181*

*Evaluation of Patients Who Fall, 182*

**Nursing Management of Falls, 186**

**Safety and the Home Environment, 187**

*Burn Injuries in the Home, 188*

*Other Injuries in the Home, 189*

*Foodborne Illnesses, 191*

**Seasonal Safety Issues, 191**

*Hypothermia and Hyperthermia in Older Adults, 191*

**Disasters, 193**

**Storage of Medications and Health Care Supplies in the Home, 193**

**Living Alone, 193**

**Automobile Safety, 193**

**Abuse and Neglect, 195**

**Firearms, 195**

**Summary, 196**

### 12 Sexuality and Aging, 200

*Jennifer J. Yeager, PhD, RN, APRN*

- Older Adult Needs for Sexuality and Intimacy, 200
- The Importance of Intimacy Among Older Adults, 200
- Nursing's Reluctance to Manage the Sexuality of Older Adults, 201
- Normal Changes of The Aging Sexual Response, 202
  - Physiologic Changes, 202
  - Genitourinary Syndrome of Menopause, 202
- Pathologic Conditions Affecting Older Adults' Sexual Responses, 203
  - Illness, Surgery, and Medication, 203
  - Human Immunodeficiency Virus, 203
  - Malignancies, 203
  - Dementia, 204
- Environmental and Psychosocial Barriers to Sexual Practice, 205
- Lesbian, Gay, Bisexual, and Transgender Older Adults, 205
- Nursing Management, 205
- Summary, 211

### 13 Pain, 213

*Joanne Alderman, MSN, APRN-CNS, RN-BC, FNGNA*

- Understanding Pain, 214
  - Definition, 214
  - Pain Classification, 214
  - Scope of the Problem of Pain, 215
  - Consequences of Unrelieved Pain, 215
- Pathophysiology of Pain in Older Adults, 215
  - Perception of Pain in Older Adults, 216
- Barriers to Effective Pain Management in Older Adults, 216
- Pain Assessment, 217
  - Pain Assessment and Culture, 219
  - Pain Assessment Tools, 220

**Nursing Care of Older Adults With Pain, 222***Pharmacologic Treatment, 222**Planning Pain Relief, 226***Summary, 226****14 Infection and Inflammation, 230***Jennifer J. Yeager, PhD, RN, APRN***The Chain of Infection, 230****Age-Related Changes in The Immune System, 231****Factors Affecting Immunocompetence, 231***Nutritional Factors, 231**Psychosocial Factors, 232**Drugs, 232**Complementary and Alternative**Medications, 232***Common Problems and Conditions, 232***Influenza and Pneumonia, 232**Cancer, 233**Autoimmunity, 233***Human Immunodeficiency Virus Infection in Older Adults, 234****Significant Nosocomial Pathogens, 234***Clostridium difficile, 234**Vancomycin-Resistant Enterococcus, 234**Methicillin-Resistant Staphylococcus aureus, 234***Nursing Management, 234****Summary, 238***Creatinine, 250**Creatinine Clearance, 250**Triglycerides, 251**Total Cholesterol, 251**High-Density Lipoprotein, 251**Low-Density Lipoprotein, 251**Brain Natriuretic Peptide, 251**Alkaline Phosphatase, 251**Aspartate Aminotransferase, 251**Creatine Kinase, 251**Lactate Dehydrogenase, 251**Troponin, 251**Thyroid Function Tests, 252**Prostate-Specific Antigen, 252***Urinalysis, 252***Protein, 252**Glucose, 252**Bacteria, 252**Ketones, 253**pH, 253**Blood, 253***Components of Arterial Blood Gas Testing, 253***Partial Pressure of Oxygen, 254**pH of the Blood, 254**Bicarbonate, 254**Oxygen Saturation, 254***Therapeutic Drug Monitoring, 254****Summary, 255****PART IV Diagnostic Studies and Pharmacologic Management****15 Laboratory and Diagnostic Tests, 242***Jennifer J. Yeager, PhD, RN, APRN***Components of Hematologic Testing, 242***Red Blood Cells, 242**Hemoglobin, 244**Hematocrit, 244**White Blood Cells, 244**Folic Acid, 244**Vitamin B<sub>12</sub>, 245**Total Iron Binding Capacity, 245**Iron, 245**Uric Acid, 245**Prothrombin Time, 245**Partial Thromboplastin Time, 246**D-dimer Test, 246**Erythrocyte Sedimentation Rate, 246**C-Reactive Protein, 246**Platelets, 246***Components of Blood Chemistry Testing, 246***Electrolytes, 246**Amylase, 250**Total Protein, 250**Albumin and Prealbumin, 250**Blood Urea Nitrogen, 250***16 Drugs and Aging, 257***Jennifer J. Yeager, PhD, RN, APRN***Overview of Drug Use and Problems, 257***Demographics of Drug Use, 257**Changes in Drug Response With Aging, 257**Pharmacodynamic Changes: What the Drug Does to the Body, 259**Drugs and Quality of Life, 259**Pharmacologic Contributors to Risk, 260***Commonly Used Drugs, 264***Antipsychotics, 264**Anxiolytics and Hypnotics, 264**Antidepressants, 264**Cardiovascular Drugs, 265**Antimicrobials, 266**Nonprescription Agents, 266**Dietary Supplements, 266***Drug Adherence, 267***Assessing for Risk Factors, 267**Strategies for Improving Adherence, 268**Reviewing the Drug List for Problems, 268***Substance Use Disorders, 268***Definitions and Common Usage, 269**Difficulty in Identification of Substance Use Disorder, 269**Physiologic Changes, 269**Psychological Changes, 269**Sociologic Changes, 270*

- Assessment, 270
  - Substance Use History, 270
  - Screening Tools, 270
- Nursing Diagnoses, 270
- Nursing Management, 271
- Commonly Misused Substances in Older Adults, 271
  - Alcohol, 271
  - Prescription Drugs, 273
  - Nicotine, 273
- Future Trends, 274
- Summary, 274

## PART V Nursing Care of Physiologic and Psychological Disorders

### 17 Integumentary Function, 279

*Jennifer J. Yeager, PhD, RN, APRN*

- Age-Related Changes in Skin Structure and Function, 279
- Common Problems and Conditions, 281
  - Benign Skin Growths, 281
  - Inflammatory Dermatoses, 281
  - Psoriasis, 282
    - Nursing Management, 283
  - Pruritus, 283
    - Nursing Management, 284
  - Candidiasis, 284
    - Nursing Management, 285
  - Herpes Zoster (Shingles), 285
    - Nursing Management, 286
- Premalignant Skin Growths: Actinic Keratosis, 287
  - Nursing Management, 288
- Malignant Skin Growths, 288
  - Basal Cell Carcinoma, 288
  - Squamous Cell Carcinoma, 288
  - Melanoma, 289
    - Nursing Management, 290
- Lower Extremity Ulcers, 290
  - Arterial Ulcers, 291
  - Venous Ulcers, 291
  - Diabetic Foot Lesions, 291
    - Nursing Management, 292
- Pressure Injuries, 292
  - Epidemiology of Pressure Injuries, 293
  - Etiology of Pressure Injuries, 293
  - Risk Assessment Tools, 295
  - Preventive Strategies, 297
  - Pressure Injury Management, 299
- Summary, 308

### 18 Sensory Function, 311

*Beth Culross, PhD, RN, GCNS-BC, CRRN, FNGNA*

- Vision, 311
  - Age-Related Changes in Structure and Function, 312
  - Common Complaints, 313

- Common Problems and Conditions, 313
  - Nursing Management of Glaucoma, 315
  - Nursing Management of Cataracts, 316
- Nursing Management of Retinal Disorders, 318
  - Nursing Management of Vision Impairment, 319
- Hearing and Balance, 321
  - Age-Related Changes in Structure and Function, 322
  - Common Problems and Conditions, 322
    - Nursing Management of Cerumen Impaction, 322
    - Nursing management of Tinnitus, 323
    - Nursing Management of Hearing Loss, 325
    - Nursing Management of Vertigo, 327
- Taste and Smell, 327
  - Age-Related Changes in Structure and Function, 327
  - Common Problems and Conditions, 328
    - Nursing Management of Xerostomia, 328
- Touch, 328
- Summary, 329

### 19 Cardiovascular Function, 331

*Mary B. Winton, PhD, RN, ACANP-BC*

- Age-Related Changes in Structure and Function, 331
  - Conduction System, 331
  - Vessels, 332
    - Response to Stress and Exercise, 332
- Common Cardiovascular Problems, 332
  - Risk Factors for Heart Disease, 332
  - Hypertension, 333
    - Nursing Management, 338
  - Coronary Artery Disease, 339
    - Nursing Management, 341
  - Arrhythmia, 343
    - Nursing Management, 344
  - Orthostatic Hypotension, 346
    - Nursing Management, 346
  - Syncope With Cardiac Causes, 347
    - Nursing Management, 347
  - Valvular Disease, 347
    - Nursing Management, 348
  - Heart Failure, 350
    - Nursing Management, 352
  - Peripheral Artery Disease, 353
    - Nursing Management, 355
  - Chronic Venous Insufficiency, 357
    - Nursing Management, 357
    - Anemia, 358
- Nursing Management, 359
- Summary, 360

### 20 Respiratory Function in Aging, 364

*Debra L. Sanders, PhD, RN, GCNS-BC*

- Age-Related Changes in Structure and Function, 364
- Factors Affecting Lung Function, 366
  - Exercise and Immobility, 366
  - Smoking, 367
  - Obesity, 367
  - Anesthesia and Surgery, 368

- Respiratory Symptoms Common in Older Patients, 368
  - Respiratory Alterations in Older Patients, 368
  - Obstructive Pulmonary Disease, 369
    - Asthma, 369
      - Nursing Management, 371
    - Chronic Bronchitis, 372
    - Emphysema, 373
    - Chronic Obstructive Pulmonary Disease, 373
      - Nursing Management, 375
  - Restrictive Pulmonary Disease, 379
    - Lung Carcinoma, 379
      - Nursing Management, 380
    - Tuberculosis, 381
      - Nursing Management, 382
    - Pneumonia, 383
      - Nursing Management, 385
  - Other Respiratory Alterations, 386
    - Severe Acute Respiratory Syndrome, 386
    - Cardiogenic and Noncardiogenic Pulmonary Edema, 387
      - Cardiogenic Pulmonary Edema, 387
      - Noncardiogenic Pulmonary Edema: Adult Respiratory Distress Syndrome, 387
        - Nursing Management, 388
    - Pulmonary Emboli, 389
      - Nursing Management, 390
    - Obstructive Sleep Apnea, 390
      - Nursing Management, 391
  - Summary, 392
- 21 Gastrointestinal Function, 395**  
*Jennifer J. Yeager, PhD, RN, APRN*
- Age-Related Changes in Structure and Function, 395
    - Oral Cavity and Pharynx, 395
    - Esophagus, 396
    - Stomach, 396
    - Small Intestine, 396
    - Large Intestine, 396
    - Gallbladder, 397
    - Pancreas, 397
    - Liver, 397
  - Prevention, 397
  - Common Gastrointestinal Symptoms, 397
    - Nausea and Vomiting, 397
    - Anorexia, 398
    - Abdominal Pain, 399
    - Gas, 400
    - Diarrhea, 400
    - Constipation, 400
    - Fecal Incontinence, 401
  - Common Diseases of the Gastrointestinal Tract, 402
    - Gingivitis and Periodontitis, 402
      - Nursing Management, 402
    - Dysphagia, 403
      - Nursing Management, 403
    - Gastroesophageal Reflux and Esophagitis, 404
      - Nursing Management, 404
    - Vitamin B<sub>12</sub> Deficiency, 405
      - Gastritis, 405
        - Nursing Management, 405
      - Peptic Ulcer Disease, 406
        - Nursing Management, 407
      - Enteritis, 407
        - Nursing Management, 408
      - Intestinal Obstruction, 408
        - Nursing Management, 409
      - Diverticula, 410
        - Nursing Management, 411
      - Colon Polyps, 412
        - Nursing Management, 412
      - Hemorrhoids, 412
        - Nursing Management, 413
  - Disorders of the Accessory Organs, 413
    - Cholelithiasis and Cholecystitis, 413
      - Nursing Management, 413
    - Pancreatitis, 414
      - Nursing Management, 414
    - Hepatitis, 415
      - Nursing Management, 416
    - Cirrhosis Secondary to Alcohol Use Disorder, 417
      - Nursing Management, 418
    - Drug-Induced Hepatitis, 419
      - Nursing Management, 419
  - Gastrointestinal Cancers, 419
    - Esophageal Cancer, 419
      - Nursing Management, 420
    - Gastric Cancer, 420
      - Nursing Management, 421
    - Colorectal Carcinoma, 422
      - Nursing Management, 422
    - Pancreatic Cancer, 423
      - Nursing Management, 423
    - Liver Cancer, 424
  - Summary, 424
- 22 Urinary Function, 427**  
*Jennifer J. Yeager, PhD, RN, APRN*
- Age-Related Changes in Structure and Function, 427
  - Prevalence of Urinary Incontinence, 428
    - Myths and Attitudes, 428
  - Common Problems and Conditions, 428
    - Acute Incontinence, 428
    - Chronic Incontinence, 428
      - Nursing Management, 429
  - Age-Related Renal Changes, 436
  - Common Renal Problems and Conditions, 438
    - Acute Kidney Injury, 438
    - Chronic Kidney Disease, 438
      - Nursing Management, 440
    - Urinary Tract Infection, 442
      - Nursing Management, 442
    - Bladder Cancer, 443
      - Nursing Management, 443



- Benign Prostatic Hypertrophy, 444*
  - Nursing Management, 444
- Prostate Cancer, 445*
  - Nursing Management, 445
- Summary, 446
- 23 Musculoskeletal Function, 449**
  - Laurie Kennedy-Malone, PhD, GNP-BC, FAANP, FGSA*
  - Age-Related Changes in Structure and Function, 449
  - Common Problems and Conditions of the Musculoskeletal System, 451
    - Hip Fracture, 451*
      - Nursing Management, 452
    - Colles Fracture, 454*
    - Clavicular Fracture, 455*
    - Osteoarthritis, 456*
      - Nursing Management, 456
    - Spinal Stenosis, 458*
      - Nursing Management, 459
    - Rheumatoid Arthritis, 459*
      - Nursing Management, 460
    - Gouty Arthritis, 463*
      - Nursing Management, 463
    - Osteoporosis, 464*
      - Nursing Management, 467
    - Paget's Disease, 468*
      - Nursing Management, 468
    - Osteomyelitis, 469*
      - Nursing Management, 469
    - Amputation, 470*
      - Nursing Management, 470
    - Polymyalgia Rheumatica, 472*
      - Nursing Management, 472
  - Foot problems, 474
    - Corns, 474*
    - Calluses, 474*
    - Bunions, 474*
    - Hammertoe, 474*
    - Nail Disorders, 475*
    - Patient Education, 475*
  - Muscle Cramps, 475
  - Summary, 475
- 24 Cognitive and Neurologic Function, 479**
  - Jennifer J. Yeager, PhD, RN, APRN*
  - Structural Age-Related Changes of the Neurologic System, 479
    - Cellular and Structural Changes, 480*
    - Cerebrospinal Fluid and Ventricular System, 480*
  - Assessment of Cognitive Function, 484
    - Selected Cognitive Function Screening Instruments, 484*
    - Cognitive Function and Memory in Typical Aging, 485*
  - Cognitive Disorders Associated With Altered Thought Processes, 485
    - Depression, 485*
    - Delirium, 486*
    - Dementia, 487*
      - Alzheimer Disease, 487*
  - Nursing Management, 490
    - Vascular Dementia, 490*
    - Lewy Body Dementia, 490*
    - Frontotemporal Dementia, 491*
    - Other Dementia-Related Diseases, 491*
  - Diagnostic Assessment of Cognitive Disorders, 492
    - Examination, 492*
    - Diagnostic Studies, 492*
    - Laboratory Studies, 492*
    - DSM-5 Criteria, 492*
  - Treatment of Behavioral and Psychological Symptoms of Dementia, 493
    - Nonpharmacological Measures, 493*
    - Pharmacotherapy, 493*
    - Nursing Management, 494*
  - Challenges in the Care of Older Adults With Cognitive Disorders, 499
    - Sundown Syndrome, 499*
    - Wandering, 500*
    - Paranoia or Suspiciousness, 500*
    - Hallucinations and Delusions, 500*
    - Catastrophic Reactions, 500*
    - Resources, 500*
  - Other Common Problems and Conditions, 501
    - Suicide, 501*
      - Nursing Management, 502
    - Parkinson's Disease, 503*
      - Nursing Management, 504
    - Cerebrovascular Accident, 506*
  - Nursing Management, 508
    - Anxiety, 509*
  - Nursing Management, 509
    - Schizophrenia, 510*
  - Nursing Management, 510
    - Delusional Disorders, 511*
    - Intellectual Disability, 511*
  - Nursing Management, 511
  - Drug Management, 512
    - Psychotropic Drugs, 512*
    - Side Effects, 514*
    - Other Psychoactive Drugs Used in Older Adults, 514*
  - Mental Health Care Resources, 515
    - Human Resources, 515*
    - Physical Resources, 515*
  - Trends and Needs, 515
  - Summary, 516
- 25 Endocrine Function, 521**
  - Mary B. Winton, PhD, RN, ACANP-BC*
  - Endocrine Physiology in Older Adults, 521
    - Andropause and Menopause, 523*
    - Adrenopause, 524*
    - Somatopause, 524*
  - Common Endocrine Pathophysiology in Older Adults, 524

- Metabolic Syndrome—Diabetes Continuum*, 524
- Type 2 Diabetes Mellitus*, 526
  - Nursing Management, 528
- Hyperthyroidism*, 534
  - Nursing Management, 534
- Hypothyroidism*, 535
  - Nursing Management, 536
- Primary Osteoporosis*, 536
  - Nursing Management, 538
- Sexual Dysfunction*, 538
  - Nursing Management, 539
- Summary, 539

## PART VI Health Care Transitions

### 26 Health Care Delivery Settings and Older Adults, 544

*Linda Bub, MSN, RN, GCNS-BC*

- Characteristics of Older Adults in Acute Care, 544
- Characteristics of the Acute Care Environment, 545
  - Philosophy of Care*, 545
  - Risks of Hospitalization*, 545
  - Safety Features*, 546
- Nursing in the Acute Care Setting, 546
  - Nursing-Specific Competency and Expertise*, 547
  - Critical Care and Trauma Care*, 547
- Home Care and Hospice, 548
- Factors Affecting the Health Care Needs of Noninstitutionalized Older Adults, 549
  - Functional Status*, 549
  - Cognitive Function*, 549
  - Housing Options for Older Adults*, 549
- Community-Based Services, 550
  - Use of Community- and Home-Based Services by Older Adults*, 550
  - Profile of Community- and Home-Based Services*, 551
- Home Health Care, 553
  - Home Health Agency*, 553
  - Proprietary Agencies*, 553
  - Facility-Based Agencies*, 553
  - Visiting Nurse Associations*, 554
  - Benefits of Home Care*, 554
- Continuity of Care, 554
  - Role of the Home Care Agency*, 555
- Implementing the Plan of Treatment, 555
  - The Nurse's Role*, 555
  - Role of the Home Health Aide*, 556
- OASIS, 556
- Hospice, 556
  - Hospice Philosophy*, 557
- Overview of Long-Term Care, 558
  - Definition*, 558
  - Factors Associated With Institutionalization*, 558
  - Medical and Psychosocial Models of Care*, 559
- Clinical Aspects of the Nursing Facility, 559
  - Resident Rights*, 559

- Resident Assessment*, 560
- Skin Care*, 561
- Incontinence*, 562
- Nutrition*, 562
- Medications*, 563
- Rehabilitation*, 563
- Infection Control*, 564
- Mental Health*, 564
- End-of-Life Care*, 565
- Management Aspects of the Nursing Facility, 565
  - The Nursing Department*, 565
  - Nursing Care Delivery Systems*, 565
- Specialty Care Settings, 566
  - Assisted Living Programs*, 566
  - Special Care Units*, 566
  - Subacute Care*, 566
- Innovations in the Nursing Facility, 567
  - Creativity in "Everyday" Nursing Facilities*, 567
  - Nurse Practitioners in the Nursing Facility*, 567
- The Future of the Nursing Facility, 567
- Summary, 568

### 27 Chronic Illness and Rehabilitation, 572

*Beth Culross, PhD, RN, GCNS-BC, CRRN, FNGNA*

- Chronicity, 572
  - Prevalence of Chronic Illness*, 573
  - Cultural Competency*, 574
  - Quality of Life and Health-Related Quality of Life*, 575
  - Adherence in Chronic Illness*, 575
  - Psychosocial Needs of Older Adults With Chronic Illness*, 576
  - Physiologic Needs of Chronically Ill Older Adults*, 578
  - Effect of Chronic Illness on Family and Caregivers*, 579
  - Nursing Implications of Caregiver Stress*, 579
- Rehabilitation, 580
  - Care Environments*, 580
  - Reimbursement Issues*, 580
  - Public Policy and Legislation*, 580
  - Enhancement of Fitness and Function*, 581
  - Functional Assessment*, 581
  - Keys for Completing a Functional Assessment*, 581
  - Health Promotion*, 581
  - Management of Disabling Disorders*, 582
  - Life Issues*, 582
  - Nursing Strategies*, 583
- Summary, 583

### 28 Cancer, 586

*Jennifer J. Yeager, PhD, RN, APRN*

- Incidence, 586
  - Racial and Ethnic Patterns*, 587
- Aging and Its Relationship to Cancer, 588
  - Aging and Cancer Prevention*, 590
- Common Malignancies in Older Adults, 590

- Lung Cancer, 590*
  - Breast Cancer, 590*
  - Prostate Cancer, 592*
  - Colorectal Cancer, 593*
  - Screening and Early Detection: Issues for Older Adults, 593**
  - Major Treatment Modalities, 595**
    - Surgery, 595*
    - Radiation Therapy, 596*
    - Chemotherapy, 597*
    - Targeted Therapy, 597*
    - Immunotherapy, 597*
  - Common Physiologic Complications, 599**
    - Bone Marrow Suppression, 599*
    - Nausea and Vomiting, 600*
    - Chemotherapy-Induced Oral Mucositis, 600*
    - Anorexia, 601*
    - Diarrhea, 602*
    - Alopecia, 602*
  - Older Adults' Experience of Cancer, 602**
    - Quality of Life, 602*
    - Depression, 604*
    - Grief and Loss, 604*
    - Social Isolation, 605*
    - Resources and Support, 605*
  - Summary, 606**
- 
- 29 Loss and End-of-Life Issues, 609**  
*Linda Bub, MSN, RN, GCNS-BC*
  - Definitions, 609**
  - Losses, 609**
    - Bereavement, 610*
    - Grief, 610*
  - Mourning, 612**
    - Stage or Phase Perspectives, 613*
    - Nursing Care, 614*
  - Approaching Death: Older Persons' Perspectives, 617**
    - Psychological Aspects, 617*
    - Spiritual Aspects, 617*
    - Social Aspects, 618*
    - Physical Aspects, 618*
    - General Health Care Needs, 618*
    - Effects of Age-Related Changes, 619*
    - Nursing Care, 619*
    - Environment and Care Services, 623*
    - Legislative Initiatives, 624*
  - Summary, 625**
- 
- Appendix A: Values History Form, 628
  - Appendix B: U.S. Advocacy Organizations for Older Adults, 630
  - Appendix C: Chronic Illness and Rehabilitation Resources, 631
  - Index, 632