

GERONTOLOGY

*for the Health Care
Professional*

FOURTH EDITION

Gerontology for the hea
WT100 R628G 2020



B0053244
bib:13399115740

Regula H. Robnett
Nancy Brossoie
Walter C. Chop

ACCESS
CODE
INSIDE



NAVIGATE²
ADVANTAGE ACCESS™



World Headquarters
 Jones & Bartlett Learning
 5 Wall Street
 Burlington, MA 01803
 978-443-5000
 info@jblearning.com
 www.jblearning.com

Jones & Bartlett Learning books and products are available through most bookstores and online booksellers. To contact Jones & Bartlett Learning directly, call 800-832-0034, fax 978-443-8000, or visit our website, www.jblearning.com.

Substantial discounts on bulk quantities of Jones & Bartlett Learning publications are available to corporations, professional associations, and other qualified organizations. For details and specific discount information, contact the special sales department at Jones & Bartlett Learning via the above contact information or send an email to specialsales@jblearning.com.

Copyright © 2020 by Jones & Bartlett Learning, LLC, an Ascend Learning Company

All rights reserved. No part of the material protected by this copyright may be reproduced or utilized in any form, electronic or mechanical, including photocopying, recording, or by any information storage and retrieval system, without written permission from the copyright owner.

The content, statements, views, and opinions herein are the sole expression of the respective authors and not that of Jones & Bartlett Learning, LLC. Reference herein to any specific commercial product, process, or service by trade name, trademark, manufacturer, or otherwise does not constitute or imply its endorsement or recommendation by Jones & Bartlett Learning, LLC and such reference shall not be used for advertising or product endorsement purposes. All trademarks displayed are the trademarks of the parties noted herein. *Gerontology for the Health Care Professional, Fourth Edition* is an independent publication and has not been authorized, sponsored, or otherwise approved by the owners of the trademarks or service marks referenced in this product.

There may be images in this book that feature models; these models do not necessarily endorse, represent, or participate in the activities represented in the images. Any screenshots in this product are for educational and instructive purposes only. Any individuals and scenarios featured in the case studies throughout this product may be real or fictitious, but are used for instructional purposes only.

15940-0

Production Credits

VP, Product Management: David D. Cella
 Director of Product Management: Cathy L. Esperti
 Product Assistant: Rachael Souza
 Director of Production: Jenny L. Corriveau
 VMO Manager: Sara Kelly
 Vendor Manager: Juna Abrams
 Director of Production: Julie Bolduc
 Senior Production Editor, Navigate: Leah Corrigan
 Director of Marketing: Andrea DeFronzo
 Marketing Manager: Michael Sullivan
 VP, Manufacturing and Inventory Control: Therese Connell

Composition: Exela Technologies
 Project Management: Exela Technologies
 Cover Design: Kristin E. Parker
 Text Design: Kristin E. Parker
 Director of Rights & Media: Joanna Gallant
 Rights & Media Specialist: Robert Boder
 Media Development Editor: Troy Liston
 Cover Image (Title Page, Chapter Opener):
 © patpitchaya/Shutterstock
 Printing and Binding: LSC Communications
 Cover Printing: LSC Communications

Library of Congress Cataloging-in-Publication Data

Names: Robnett, Regula H., editor. | Chop, Walter C., editor. | Brossoie, Nancy, editor.

Title: *Gerontology for the health care professional* / [edited by] Regula H. Robnett, Walter Chop, and Nancy Brossoie.

Description: Fourth edition. | Burlington, MA : Jones & Bartlett Learning, [2020] | Includes bibliographical references and index.

Identifiers: LCCN 2018013913 | ISBN 9781284140569 (pbk. : alk. paper)

Subjects: | MESH: Geriatrics | Aged | Aging—physiology | Geriatric Assessment

Classification: LCC RA564.8 | NLM WT 100 | DDC 618.97—dc23 L.C. record available at <https://lccn.loc.gov/2018013913>

เลขหมู่ WT 100
 R 628 G 2020
 เลขทะเบียน 00053244
 ธันวาคม ๒๕๖๓

6048

Printed in the United States of America
 22 21 20 19 18 10 9 8 7 6 5 4 3 2 1

Contents

Introduction	xii	Vaccinations	17
How to Use This Text	xiv	Self-Rated Health	17
About the Authors	xvii	Caregivers	17
Acknowledgments	xviii	Long-Term Care Services	18
Contributors	xix	Death	18
Reviewers	xx	Causes	19
 		Aging Successfully	20
Chapter 1 Age Matters: Profiles of an Aging Society	1	Successful Aging	20
<i>Nancy Brossoie, PhD</i>		Quality of Life in Old Age	20
<i>Regula H. Robnett, PhD, OTR/L, FAOTA</i>		Summary	22
<i>Walter C. Chop, MS, RRT</i>		Case Studies	22
Introduction	2	Test Your Knowledge	23
Global Aging	3	References	24
Age, Sex, and Distribution	3		
Fertility Rates	5	Chapter 2 Social Gerontology	27
Longevity	6	<i>Nancy Brossoie, PhD</i>	
Migration	7	<i>Walter C. Chop, MS, RRT</i>	
Aging in the United States	9	Gerontology	28
Age and Age Groups	9	Historical Perspectives on Aging	29
Geographic Distribution	9	Theories About Aging	29
Sex	10	Ageism	30
Race	10	Ageist Stereotypes	31
Marital Status	11	Myths About Aging	31
Living Arrangements	11	Ageist Language	32
Economic Status	12	Ageist Attitudes of Healthcare Professionals	32
Poverty	12	Media Stereotyping of Older Adults	33
Income	13	Social Roles in the Second Half of Life	33
Sources of Income	13	Retiree	34
Work and Retirement Status	15	Grandparent	34
Health Status	15	Surrogate Parent	35
Chronic Health Conditions	16	Caregiver	35
Functional Limitations	16	Social Roles in Context	36
		Social Relationships	37
		Personal Relationships	37

Computers and Social Media38
 The Aging Couple38
 Aging Parent and Adult Child40
 Never Married or Childless in Late Life40
 Friendships41
 Elder Abuse42
 Victims of Abuse42
 Self-Neglect Among Older Adults43
 Perpetrators of Abuse44
 Signs of Abuse44
 Mandated Reporting44
 Employment and Civic Engagement46
 Workplace Discrimination46
 Retirement47
 Summary49
 Case Studies51
 Test Your Knowledge52
 References53

Chapter 3 Aging in Place and the Continuum of Care 57

Ann O’Sullivan, OTR/L, LSW, FAOTA
Nancy Brossoie, PhD
Regula H. Robnett, PhD, OTR/L, FAOTA
 Introduction58
 Aging in Place59
 Independence59
 Productive Aging60
 Competency60
 Person-Centered Care60
 Technology-Based Services60
 Universal Design61
 Continuum of Care62
 Independent Living63
 Active Adult Communities64
 Congregate Living Arrangements66
 Community-Based Services and Supports68
 Home and Community-Based Services68
 Home Health Services68
 Program of All-Inclusive Care for the Elderly69
 Aging Network Services69
 Service-Enriched Communities71
 Continuing Care Retirement Community71
 Assisted Living Facility71

Nursing Facilities72
 Rehabilitation72
 Person-Centered Approaches to Institutional Care73
 Hogeweyk74
 Eden Alternative74
 Special Topics and Issues76
 Telehealth76
 Paying for LTCSS76
 Homelessness76
 Home Modifications77
 Reverse Mortgages79
 Summary79
 Case Studies80
 Test Your Knowledge81
 References82

Chapter 4 Loss, Grief, Death, and Dying 85

Regula H. Robnett, PhD, OTR/L, FAOTA
Nancy Brossoie, PhD
 Introduction86
 Loss and Grief86
 Loss86
 Grief87
 Theories on Managing Grief88
 Attachment Theory89
 Stage Process Model89
 Phase Process Model90
 Coping with Loss and Grief92
 Complicated Grief92
 Supporting a Person Who Has Sustained a Loss93
 Rituals93
 Burnout94
 Compassion Fatigue95
 Death and Dying95
 Death95
 Perspectives on Death96
 Seeking a Good Death97
 Advanced Directives99
 End-of-Life Care Options101
 Hospice101
 Working with Dying Patients103
 Summary103

Case Studies..... 104
 Test Your Knowledge 104
 References 105

Chapter 5 Health Literacy and Clear Communication: Keys to Engaging Older Adults and Their Families..... 109

Audrey Riffenburgh, PhD
Sue Stableford, MPH, MSB

A Patient’s Experience of Health Communication 110

Understanding and Using Health Care:
 Why Older Adults Often Struggle..... 111
 Health Literacy Challenges..... 111
 Organizational Barriers 112
 Individual Factors..... 112

Literacy, Numeracy, and Health Literacy
 Challenges 113
 Literacy 113
 Numeracy 113

Impacts of Literacy and Health Literacy
 Skills: Two Major Keys to Good Health 114

The Impact of National Policies on Health Literacy Practice 114

Accrediting, Standard Setting, and Policy Organizations 115

Federal Government Agencies 116

The Business and Legal Case for Health Literacy ... 117

Clear Health Communication:
 An Often Overlooked Necessity 118

What Is Plain Language? How Will I Know It If I Hear It?..... 118

What Is Plain Language? How Will I Know it if I See it?..... 120

A Call to Action 121

Case Studies..... 122

Test Your Knowledge 123

References 125

Chapter 6 Policy Issues for Older Adults..... 129

Laney Bruner Canhoto, PhD, MSW, MPH

Introduction..... 130

Policy Overview 130

The Ever-Evolving Nature of Policy 130

Historical Perspectives on Elder Policy..... 131

Policy Issues 132
 Income Policies..... 132
 Healthcare Policies 136
 Older Adults and Disabilities
 Policies 142
 Long-Term Services and Supports 144

Summary..... 147

Case Studies..... 148

Test Your Knowledge 149

Resources 150

References 150

Chapter 7 The Physiology and Pathology of Aging..... 153

Kimberly Wilson, DNP, RN

Introduction..... 154

Theories of Aging..... 157
 Programmed Theories of Aging..... 158
 Environmental Theories of Aging 158

Physiological Changes of Aging..... 160
 Cardiovascular System 160
 Respiratory System 162
 Gastrointestinal System 164
 Genitourinary System..... 167
 Musculoskeletal System 169
 Nervous System 171
 Endocrine System 173
 Immune System 175
 Integumentary System 176
 Sensory Organs..... 179

Summary..... 182

Case Studies..... 182

Test Your Knowledge 183

References 184

Chapter 8 Cognitive and Psychological Changes Related to Aging ... 189

Regula H. Robnett, PhD, OTR/L, FAOTA

Introduction..... 191

Typical Cognitive Changes of Aging..... 191
 Typical Cognition Overview..... 192

Crystallized and Fluid Intelligence 192
Processing Speed 193
Learning in Late Life 193
Specific Factors Impacting Cognition 193
Specific Aspects of Cognition 196
Assessing Cognition 202
Interventions to Maintain or Enhance
Cognition in Older Adults 203
The PACES Program to Promote
Brain Health 204
Atypical Changes of Cognitive Aging 207
Risk Factors for Cognitive Decline 208
Minor Neurocognitive Disorders
(Mild Cognitive Impairment [MCI]) 208
Overview of DSM-V Major
Neurocognitive Disorders 209
Working with Persons Who Have
Major NCD 212
Comparing Dementia with Depression
and Delirium 214
Related Potentially Reversible Disorders 218
Personality Development 220
Five-Factor Model of Personality 220
Personality Summary 222
Behavior Change 222
Summary 224
Case Studies 225
Test Your Knowledge 226
References 227

Chapter 9 Functional Performance in Later Life: Basic Sensory, Perceptual, and Physical Changes Associated with Aging 233

Jessica J. Bolduc, DrOT, MS, OTR/L
Introduction 234
Vision 235
Visual Perception 237
Hearing 238
Smell 239
Taste 240
Physical Changes 240
Range of Motion 240
Strength 241
Endurance 242

Physical Exercise 242
Praxis 243
Physical Performance 243
Reaction Time 243
Motor Coordination 243
Work Performance 244
Sleep 245
Normal Sleep 246
Impact of Sleep on Older Adults 246
Sleep Disorders 248
Treatment of Sleep Disorders 249
Summary 250
Case Studies 251
Test Your Knowledge 252
References 253

Chapter 10 Drugs and the Older Adult ... 257

David J. Mokler, PhD
Introduction 258
Pharmacokinetics 259
Drug Absorption 259
Drug Distribution 260
Drug Metabolism 260
Drug Excretion 262
Pharmacodynamics 263
Pharmacogenomics 263
Anticholinergic Syndrome 264
Other Syndromes 266
Drug Dependence, Misuse, and Addiction 266
Beers List and STOPP/START 268
Herbal Medicines and Supplements 269
Polypharmacy 270
Summary 272
Case Studies 272
Test Your Knowledge 273
References 274

Chapter 11 Nutrition and Aging 275

Kathryn H. Thompson, PhD, RD
Introduction 276
Screening 277
The Nutrition Screening Initiative 277
Undernutrition: Weight and Malnutrition 280

Treatment of Weight Loss and Other
 Nutritional Problems Related to Aging..... 283
 Weight Loss 283
 Treatment of Gastrointestinal Problems... 284
 Overnutrition..... 285
 Cardiovascular Disease 286
 Diabetes..... 286
 General Nutrition Recommendations 286
 Drug and Nutrient Interactions 290
 Alcohol..... 291
 Summary..... 292
 Case Studies..... 292
 Test Your Knowledge 293
 References 294

Chapter 12 Perspectives on Oral Care in Healthy Aging and Prevention for the Older Adult 297

Marji Harmer-Beem, RDH, MS
 Introduction..... 298
 Oral Health in America: A Report of the Surgeon General 299
 Oral Structures and Chronic Oral Diseases..... 299
 Separating Oral Aging from Disease 302
 Recognizing Barriers to Care 305
 The Interprofessional Role in Oral Care and Prevention 306
 Prevention 306
 Simple Oral Screening 307
 New Models of Care 308
 Summary..... 308
 Case Studies..... 309
 Test Your Knowledge 309
 References 310

Chapter 13 Sexuality and Aging 313

Nancy MacRae, MS, OTR/L, FAOTA
 Introduction..... 314
 Sex and Sexuality 315
 Aging and Sexuality 316
 Intimacy..... 318
 Physiologic Changes in Sexual Functioning 319
 Women 319
 Men 320

Gender Differences 322
 Raising the Subject of Sexual Functioning..... 323
 Assessing and Addressing Sexual Functioning... 324
 Sexual Functioning and Health Problems... 326
 Medication Effects..... 329
 Inappropriate Sexual Behaviors Toward Practitioners 329
 Special Populations..... 331
 Older Lesbians and Gay Males 331
 Transgender Adults 333
 Adults with Physical Disabilities 333
 Adults Living in Institutions..... 335
 Adults Infected with HIV..... 336
 Summary..... 337
 Case Studies..... 338
 Test Your Knowledge 338
 References 340

Chapter 14 Reframing Aging Issues to Ensure a Better Future... 345

Raven H. Weaver, PhD
 Aging: A Global Perspective..... 346
 Aging as a Social Enterprise..... 348
 Structural Inequalities 349
 Socioeconomic Security 350
 Health Inequalities..... 352
 Aging as a Family Affair 354
 Family Caregiving 354
 Formal Caregiving 358
 Aging as an Individual Experience 360
 Self-Perceptions and Attitudes 360
 Health Behaviors 361
 Aging and the Healthcare Workforce..... 362
 Responsibilities of Healthcare Professionals... 363
 Summary..... 365
 Case Studies..... 365
 Test Your Knowledge 366
 References 367

Epilogue..... 373

Answers to Review Questions..... 379

Glossary..... 381

Index 393