UNIVERSITY OF FLORIDA

COLLEGE OF NURSING

COURSE SYLLABUS

SUMMER/2015

COURSE NUMBER NGR 6255, Section 7717

COURSE TITLE Advanced Nursing Care of the Older Adult

# CREDITS 2

# PLACEMENT Required Course in Adult-Gerontology Primary Care Nurse Practitioner

Elective Course for all other Tracks

# PREREQUISITES NGR 6241 Common Adult Health Problems

NGR 6241L Common Adult Health Problems: Clinical

NGR 6172 Pharmacotherapeutics for Advanced Practice

# Nursing

or

Permission of the Instructor

CO-REQUISITES NGR 6244 Complex Adult-Gerontology Health Problems

NGR 6244L Adult-Gerontology Primary Care Nurse Practitioner Clinical 2

# FACULTY Cynthia Figueroa PhD, ARNP, ANP-BC

[cindiarn@ufl.edu](mailto:cindiarn@ufl.edu)

HPNP 3239, (352) 273-6424 office, (352) 682-6363 cell

Office hours: Thursday 1300 – 1500 and by appointment

COURSE DESCRIPTION

This course provides the student with knowledge to care for the health care problems that result from normal and pathologic aging. The emphasis will be on gaining the knowledge necessary to prevent, diagnose and manage both acute and chronic age-related health problems. The focus is on management of older adults from diverse backgrounds with health problems that are caused or exacerbated by the processes of normal and pathologic aging in the primary care setting.

COURSE OBJECTIVES

Upon completion of this course, the student will be able to:

1. Integrate knowledge from health, psychological, and social sciences in the clinical reasoning process and advanced nursing management of older adults with health problems related to normal or pathologic aging.
2. Develop diagnostic plans based on holistic health assessment data for older adults with health problems related to normal or pathologic aging.
3. Utilize critical thinking and current research to develop management plans for disease prevention and treatment of older adults with health problems related to normal or pathologic aging.
4. Formulate strategies to evaluate the effectiveness of health promotion, disease prevention, and management plans in older adults with health problems related to normal or pathologic aging.

COURSE SCHEDULE

This course is a web-based course that requires a computer to access and use online resources and to interact with the course content, other students, and the faculty member. E-Learning in Canvas is the course management system that you will use for this course. To access Canvas, you will go to the E-learning site at <http://lss.at.ufl.edu> and sign into Canvas using your Gatorlink account name and password. There are several tutorials and student help links on the E-Learning login site. If you have technical questions or problems, call the UF Computer Help Desk at 352-392-HELP or send email to [helpdesk@ufl.edu](mailto:helpdesk@ufl.edu).

It is important that you regularly **check your Gatorlink account email** for College and University wide information **and the course E-Learning in Canvas site** for announcements and notifications. All feedback will be given on the web via E-Leaning in Canvas and occasional direct emails, including grades and comments on assignments. Course websites are generally made available on the Friday before the first day of classes.

TOPICAL OUTLINE

1. Theories of aging (physiologic, psychological, social)
2. Aspects of assessment, diagnostic testing, and pharmacology unique to the older adult.
3. Prevention, diagnosis, and management of common health problems of normal and pathologic aging.
4. Cognitive impairment
5. Genito-urinary alterations
6. Musculoskeletal problems
7. Mental health alterations
8. Symptom management
   * 1. Pain

ii. Fatigue

iii. Altered sleep

iv. Inadequate nutrition

* + - 1. Sensori-neuro problems
      2. End-of-life issues

# TEACHING METHODS

Lecture, collaborative discussion, case studies, quizzes, and audiovisuals.

# LEARNING ACTIVITIES

Reading, online discussions, article reviews, reflection paper, and quizzes.

# EVALUATION METHODS/COURSE GRADE CALCULATION

Each student is expected to (1) comprehensively read and critically analyze materials assigned for each class topic, (2) actively participate in weekly discussions of class topics, and (3) successfully complete all assignments. Evaluation will be based on the achievement of these criteria.

The elements that contribute to the final course grade and their relative weights are as follows:

Assignment % of Final Grade

Quiz, Weeks 1-4 15%

Article Review 15%

Quiz, Weeks 5-8 15%

Reflection Paper 15%

Pain Course 10%

Discussion Board Participation 30%

100%

A 1-2 week grading turnover period is expected following the assignment due date.

MAKE UP POLICY

Instructors will make an effort to accommodate reasonable requests regarding due dates of assignments.

GRADING SCALE/QUALITY POINTS

A 95-100 (4.0) C 74-79\* (2.0)

A- 93-94 (3.67) C- 72-73 (1.67)

B+ 91-92 (3.33) D+ 70-71 (1.33)

B 84-90 (3.0) D 64-69 (1.0)

B- 82-83 (2.67) D- 62-63 (0.67)

C+ 80-81 (2.33) E 61 or below (0.0)

\* 74 is the minimal passing grade

For more information on grades and grading policies, please refer to University’s grading policies: http://gradcatalog.ufl.edu/content.php?catoid=4&navoid=907#grades

REQUIRED TEXTBOOKS

Ham, R.J., Sloane, P.D., Warshaw, G.A., Potter, J.F., and Flaherty, E. (2014) *Ham’s Primary care geriatrics: A case-based approach (6th ed)*. Philadelphia, PA: Elsevier Saunders.

RECOMMENDED TEXTBOOKS

Boltz, M., Capezuti, E., Fulmer, T., Zwicker, D. (2012). *Evidence-based geriatric nursing protocols for best practice*. New York, NY: Springer Publishing Company.

**And all texts required for:**

* NGR 6002C Advanced Health Assessment and Diagnostic Reasoning
* NGR 6636 Health Promotion and Role Development in Advanced Practice Nursing
* NGR 6140 Physiology and Pathophysiology for Advanced Nursing Practice
* NGR 6101 Theory and Research for Nursing
* NGR 6172 Pharmacotherapeutics for Advanced Practice Nursing
* NGR 6052C Adult Nursing: Diagnostics & Procedures

**Highly recommended to begin purchasing various Adult-Gerontology Nurse Practitioner Certification Review Books**

WEEKLY CLASS SCHEDULE

| DATE | TOPICS | READINGS | LECTURES/VIDEOS | ASSIGNMENTS |
| --- | --- | --- | --- | --- |
| Module 1    May 11 | Course Overview  Aging Demographics  Theories of Aging | *Ham’s Primary Care Geriatrics*  Chapter 1  Read the following sections of the *Older Americans 2012: Key Indicators of Well-Being* Report, Population, pages 2-10 Health Status, pages 24-32  Read *NGR 6255* *Frequently Asked Questions* document | Review the AGS-GRS *Demography* and *Biology* slides  Watch Adobe Connect Lecture of Key Points | Familiarize yourself with resources on the course website.  **Post on Discussion Board**  A brief description of yourself: nursing interests/track, where you live, your ideal job when you graduate. Add your photo to your profile.  Post by Thursday, 11:59 pm. |
| Module 2  May 18 | Physiological Changes of Aging  Geriatric Assessment  Role of the ARNP | *Ham’s Primary Care Geriatrics*  Chapter 2-3  Depending on your track, read the AACN, *Adult-Gerontology Acute-Care* **or** *Primary Care Nurse Practitioner Competencies* | Review the AGS-GRS *Assessment* slides  Watch Adobe Connect Lecture of Key Points  Watch the YouTube video, *What is a Nurse Practitioner?* at: <http://youtu.be/F91gqaQs7Lc>  Watch the YouTube video, *Physical Exam on the Older Adult*, with Dr. Douglas Drummond at: <https://www.youtube.com/watch?v=OeXVV3elJx8> | **Post on Discussion Board**  The population is aging. Florida has the highest percentage of elderly residents. Gerontological nursing includes comprehensive assessment and care. Discuss one of your strengths in the holistic assessment of older adults? Are there any physical exam pearls specific to older adults you would recommend to your colleagues (include references or resources)?  Post by Thursday, 11:59 pm. Respond to two of your colleagues’ comments by Sunday at 11:59 pm. |
| Module 3  May 25 | Appropriate Prescribing  Medication Management | *Ham’s Primary Care Geriatrics*  Chapter 6  Read the AGS-GEM on *Appropriate Prescribing* | Review the AGS-GRS *Pharmacotherapy* slides  Watch Adobe Connect Lecture of Key Points  Watch the YouTube video, *Deprescribing 101* with Dr. Douglas Drummond at: <http://youtu.be/ubum-IJMxAE>  Print the AGS Beers Criteria of Potentially Inappropriate Medications. Keep this as a reference for your clinical practice. | **Post on Discussion Board**  Find a recent research or clinical practice article (2010-2015) on inappropriate prescribing, medication management, or the untoward effects of polypharmacy in older adults.  Discuss your plan as a nurse practitioner to reduce inappropriate prescribing and polypharmacy in older adults.  Post by Thursday, 11:59 pm. Respond to two of your colleagues’ comments by Sunday at 11:59 pm. |
| Module 4  June 1 | Falls and Frailty  Dermatology | *Ham’s Primary Care Geriatrics*  Chapter 20, 29, 54  Read the Health Affairs Blog on *Measuring Quality Care for Older Adults with Serious Illness* at: <http://healthaffairs.org/blog/2014/01/22/measuring-quality-of-care-for-older-adults-with-serious-illness/>  Read the NY Times article, *For the Very Old, a Dose of ‘Slow Medicine’* <http://www.nytimes.com/2008/02/26/health/views/26books.html> | Review the AGS-GRS *Falls, Frailty,* and *Dermatology* slides  Watch Adobe Connect Lecture of Key Points  Review the Choosing Wisely website at: <http://www.choosingwisely.org/>  **Click on *Lists* to find AGS**  You may wish to sign up for *Derm Dx*, a free monthly dermatology photo quiz at: <http://www.clinicaladvisor.com/> | **Post on Discussion Board**  Which of the *Choosing Wisely* recommendations is relevant to your clinical practice? Provide a rationale for your answer. Discuss how you might apply the concept of *slow medicine* to the care of older adults. You may choose any of the *Choosing Wisely* recommendations from the specialty societies or select one from the American Geriatrics Society (AGS) list.  Post by Thursday, 11:59 pm. Respond to two of your colleagues’ comments by Sunday at 11:59 pm. |
| Module 5  June 8 | Sensory Changes  Assessing Driving Ability | *Ham’s Primary Care Geriatrics*  Chapter 25-26, 35 | Review the AGS-GRS *Hearing Impairment* and *Vision Impairment* slides  Watch Adobe Connect Lecture of Key Points  Review the *Fitness-to-Drive* website at: <http://ftds.phhp.ufl.edu/>  Watch the YouTube news story by clicking on the tab on the upper right side of the screen. | **Quiz on Modules 1-4**  Quiz opens in Canvas (under *Quizzes*) **June 8th at 0800 until 2000**. You may use your books for the quiz. Please note there is a 90-minute time limit.  Please be ready to take the exam when you open it – you may only open it once. |
| Module 6  June 15 | Delirium and Dementia | *Ham’s Primary Care Geriatrics*  Chapter 16-17  Read the AGS-GEM on Delirium and Dementia | Review the AGS-GRS *Delirium* and *Dementia* slides  Watch Adobe Connect Lecture of Key Points  Watch the YouTube video, *The Aging Brain: Dementia, Delirium, and Depression* with Dr. Douglas Drummond at: <http://youtu.be/AjQQkx-zw4A> | See assignment under Module 7. |
| June 22 | Summer Break (June 22-26) |  |  |  |
| Module 7  June 29 | Depression  Elder Abuse | *Ham’s Primary Care Geriatrics*  Chapter 18, 33  Read the AGS-GEM on Depression | Review the AGS-GRS *Depression and Other Mood Disorders* and *Elder Mistreatment* slides  Watch Adobe Connect Lecture of Key Points | **Article Review**  Choose one of the three peer-reviewed research articles on delirium, dementia, and depression in older adults posted under Module 7 resources. These studies utilized the one of the assessment tools listed in the GEMs for Delirium, Dementia, or Depression.  Write a one-page description of the study, what was the research question, which tool was used and why, comment on the stated validity/reliability, and discuss the findings pertaining to the utilized assessment tool.  Due: July 5th, 11:59. |
| July 4 | Holiday |  |  |  |
| Module 8  July 6 | Sleep and Fatigue | *Ham’s Primary Care Geriatrics*  Chapter 31 | Review the AGS-GRS *Sleep Problems* slides  Watch Adobe Connect Lecture of Key Points | **Post on Discussion Board**  Discuss the difference between normal sleep changes associated with aging and sleep disorders. Investigate a clinical measure of sleep and discuss how you could implement this measure in clinical practice.  Post by Thursday, 11:59 pm. Respond to two of your colleagues’ comments by Sunday at 11:59 pm. |
| Module 9  July 13 | Nutrition | *Ham’s Primary Care Geriatrics*  Chapter 28 | Review the AGS-GRS *Malnutrition* slides  Watch Adobe Connect Lecture of Key Points | **Quiz on Modules 5-8**  Quiz opens in Canvas (under *Quizzes*) **July 13th at 0800 until 2000.** You may use your books for the quiz. Please note there is a 1-hour time limit.  Please be ready to take the exam when you open it – you may only open it once. |
| Module 10  July 20 | Pain | *Ham’s Primary Care Geriatrics*  Chapter 27 | Review the AGS-GRS *Persistent Pain* slides  Watch Adobe Connect Lecture of Key Points  Watch the YouTube video, *Understanding Pain: What to do about it in less than five minutes?* at: <http://youtu.be/4b8oB757DKc> | **REMS Course**  Complete the *Emerging Solutions in Pain Responsible Opioid Prescribing Initiative* course at:  <http://www.emergingsolutionsinpain.com/rems>  Course registration is free. You may register as a “nurse practitioner” or “nurse.” The course contains six modules. You do not have to complete the course in one sitting.  Submit the PDF of course completion to me via email by the due date.  Due: July 26th, 11:59 pm |
| Module 11  July 27 | Palliative Care | *Ham’s Primary Care Geriatrics*  Chapter 14 | Review the AGS-GRS *Palliative Care* slides  Watch Adobe Connect Lecture of Key Points  Watch the movie *Wit,* available on YouTube at: <https://youtu.be/u0PPvYlGqL8>  The movie is available to purchase on Amazon.com ($5.11). It is also available on Netflix and may be available at your local library. | **Reflection Paper**  Write a 3-page reflection paper on the movie *Wit*. Reflections are subjective – I am looking for a thoughtful commentary on the issues presented in the movie.  Discussion Questions and grading rubric in Module 11.  Due: August 2nd, 11:59 pm |
| August 3 | Palliative and End-of-Life Care  ***Last class*** |  | Watch the video, *Ten Steps for What to Say and Do*, featuring palliative care expert, Dr. Diane Meier, at <http://www.capc.org/capc-resources/capc-videos/>  Watch Adobe Connect Lecture of Key Points | **Post on Discussion Board**  Discuss your reaction to the *Ten Steps* video. Have you ever had to share bad news with a patient, or witnessed it? Share one thing you learned in this course that will influence your advanced practice.  Post by Thursday, 11:59 pm. Respond to two of your colleagues’ comments by Sunday at 11:59 pm. |

NOTE: There may be additional readings from selected journal articles and websites.

University and College of Nursing Policies:

Please see the College of Nursing website for a full explanation of each of the following policies - <http://nursing.ufl.edu/students/student-policies-and-handbooks/course-policies/>.

Attendance

Academic Honesty

UF Grading Policy

Accommodations due to Disability

Religious Holidays

Counseling and Mental Health Services

Student Handbook

Faculty Evaluations

Student Use of Social Media

Approved: Academic Affairs Committee: 04/02

Faculty: 09/02

UF Curriculum: 01/03