

AGING PHYSIOLOGY/PHARMACOLOGY

- Spectrum of aging
 - Usual Aging → absent of overt pathology but **some functional decline**
 - Successful Aging → maintain physical/cognitive function with low risk of disease/disability
 - Homeostenosis → narrowing of ability to maintain balance in the body → **gradual loss of reserve function and ability to maintain homeostasis under stress**
- Body Composition
 - **Lipid compartment expands** → lipophilic drugs, incr fat, so incr toxicity
 - **TBW (ECF) declines** → diuretics, less ECF, so need lowest possible dose
 - **Lean muscle mass declines** → digoxin binds to muscles, so decr. efficacy
- **DERMATOLOGY**
 - Decrease in apocrine and sebaceous gland function → **decreased antiperspirant/deodorant use (DRY SKIN)**
 - Red plaques along infra-mammary folds → **Candida Interigo**
 - Longer renewal time for wound healing
 - Thinning of skin
 - Dry skin is v common
 - Flattened rete ridges (extension of epidermis into dermis) → prone to skin tears
 - Less responsive to effects of UV light → **DECREASED UV light**
 - **Decreased function and number of eccrine sweat glands** → **MORE SENSITIVE TO TEMPERATURE**
 - Thickened toe nails
- **CARDIOLOGY**
 - Resting HR is unchanged with AGE
 - **MAXIMUM HR = 220 – AGE OR 208 – 0.7(AGE)**
 - Vasculature become stiffer
 - **Decreased elastin & increased tunica media thickness** → **SET UP FOR ATHEROSCLEROSIS**
 - BP becomes HTN at 140/90; **ELDERLY → 150/90 WHEN OLDER THAN 60**
 - Measure BP in elderly, sitting at rest for 5 minutes
 - Postural changes → orthostatic stress can occur and predispose for orthostatic hypotension (feeling light-headed and dizzy) → **NOT NORMAL**
 - **Cardiac wall thickness increases with age**
 - Cardiac ventricular filling rate decreases with age
 - **Elderly become more reliant on atrial kick**

Wold Geriatrics Study Guide

Patricia A. Williams, RN, MSN, CCRN

A red circular graphic with a gradient, appearing as a stylized arrow or a partial circle, located to the right of the author's name.

Wold Geriatrics Study Guide:

Basic Geriatric Nursing - E-Book Gloria Hoffman Wold, 2013-12-27 The bestselling LPN LVN geriatric nursing textbook Basic Geriatric Nursing 5th Edition covers age appropriate nursing interventions in a variety of health care settings. It includes the theories and concepts of aging, covers expected physiologic and psychosocial changes, and highlights delegation, coordinated care, end of life care, patient teaching, quality of life, safety, and home care. This edition is updated with the latest issues and trends in geriatric nursing, including changes to the health care system and demographics. Part of the popular LPN Threads series, Gloria Hoffman Wold's text provides a clear and compassionate introduction to geriatric care. Complete coverage of key topics includes baby boomers and the impact of their aging on the health care system, therapeutic communication, cultural considerations, spiritual influences, evidence-based practice in geriatric nursing, and elder abuse, restraints, and ethical and legal issues in end of life care. UNIQUE Delegation, leadership, and management content is integrated throughout. Nursing Process sections provide a framework for the discussion of the nursing care of the elderly patient as related to specific disorders. UNIQUE A FREE Study Guide in the back of the book reinforces understanding with scenario-based clinical activities and practice questions. UNIQUE Nursing interventions are numbered and grouped according to health care setting, e.g., acute care, extended care, home care, in a patient-centered approach emphasizing the unique needs of the older adult. UNIQUE Nursing Care Plans with critical thinking questions help in understanding how a care plan is developed, how to evaluate care of a patient, and how to apply your knowledge to clinical scenarios. UNIQUE Critical Thinking boxes help you to assimilate and synthesize information. Clinical Situation boxes present patient scenarios with lessons for appropriate nursing care and patient sensitivity. Coordinated Care boxes address such topics as restraints, elder abuse, and end of life care as related to responsibilities of nursing assistants and other health care workers who are supervised by LPN/LVNs. UNIQUE Complementary and Alternative Therapies boxes address specific therapies commonly used by the geriatric population for health promotion and pain relief. Cultural Considerations boxes encourage culturally sensitive care of older adults. UNIQUE Patient Teaching boxes highlight health promotion, disease prevention, and age-specific interventions. UNIQUE LPN Threads make learning easier, featuring an appropriate reading level, key terms with phonetic pronunciations, and text page references. Chapter objectives, special features boxes, and full-color art, photographs, and design.

Basic Geriatric Nursing - E-Book Patricia A. Williams, 2015-07-10 Prepare your students for successful careers in caring for geriatric populations with Williams Basic Geriatric Nursing 6th Edition. This easy-to-read bestseller includes the latest information on health care policy and insurance practices and presents the theories and concepts of aging and appropriate nursing interventions with an emphasis on health promotion. Part of the popular LPN/LVN Threads series, it provides opportunities for enhanced learning with additional figures, an interactive new Study Guide on Evolve, and real-world clinical scenarios that help students apply concepts to practice. Complete coverage of key topics includes baby boomers and

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Geriooperative Nursing Care Raelene V. Shippee-Rice, Susan Fetzer, Jennifer V. Long, Alexandra Armitage, 2011-11-14 The authors of this book share decades of geriatric perioperative nursing care experience with readers in a thorough systematic manner This book would be an excellent addition to the library of any health care professional especially a perioperative nurse who provides care to older adults AORN Journal the official publication of the Association of Perioperative Registered Nurses This is a solid well thought out book The text has a clarity and focus which enhances understanding of the topics presented It is particularly notable for crisp reading and uncomplicated meaningful illustrations Kudos to the authors for presenting such a medically solid book without losing the art of nursing care or the vision of a well tended patient Nursing News This timely volume introduces geriooperative care a new model of surgical care for the elderly designed to improve surgical outcomes and prevent complications through a focus on communication and relationship centered care It is the only book to specifically address the care of older adults undergoing surgery providing practitioners with critical practical and theoretical information from the initial decision to have surgery through the first follow up visit post discharge The text includes the anatomy and physiology of aging preoperative care intraoperative and post anesthesia care postoperative care returning home risk appraisal education prevention early intervention multidisciplinary team collaboration and effective communication across all systems of care Geriooperative Nursing Care is an essential resource for students and practitioners of surgical critical acute care and geriatric nursing along with clinical and case managers The tools presented help to sustain and enhance quality nursing care for older adults

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