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POST BASIC DIPLOMA IN GERONTOLOGICAL NURSING

INTRODUCTION

Population ageing is a worldwide phenomenon. Older people constitute about 8% of the total population in India. India has the second largest aged population in the world. The health status of older people vary and it is influenced by many factors such as living conditions, lifestyle and supporting factors of family, community and health care delivery system. The magnitude of the problems of older population is also expected to increase. This invites for promotive, preventive curative and rehabilitative measures. Provision of affordable quality health care to older persons has emerged as a major concern for health system in India. Nurses play an important role in the hospital and community in rendering health care. They need to be prepared for taking care of older persons both in hospital and community by way of undergoing specialized courses in Gerontological Nursing.

This challenge in health care demands for older persons requires adequate number of nurses specially trained in gerontological nursing. It is essential for the health care system to meet such needs effectively.

National policy for older persons (1999) has recognized the older persons' right to health & directed for special provisions for older persons with regard to welfare measures & special provision for health care services.

The National Health Policy (NHP) 2002 focuses on the preventive, curative and palliative aspects of the care. Since 1983 the NHP has guided the health care system in meeting the needs of the people to a great extent. The policy recognizes "the need for establishing training courses for super-specialty nurses required for tertiary care institutions".

Post basic diploma in Gerontological Nursing is designed to develop specially trained Gerontological Nurses. The outcome of the program will be to have more nurses prepared for providing competent care at the institutional and community levels.

PHILOSOPHY

INC believes that registered nurses need to be trained in specialized areas of practice in order to provide competent care to the older persons. Expanding roles of nurses and advances in technology necessitates additional training to prepare them for effective participation in care of older persons.

PURPOSE

The purposes of the course are to:

1. Provide quality care to older persons.
2. Manage & supervise care of older persons at all the three levels of care.
3. Teach nurses, allied health professionals, care providers and communities in areas related to gerontological nursing.
4. Conduct research in areas of gerontological nursing.

COURSE DESCRIPTION

The course is designed to prepare registered nurses (GNM or B. Sc) with specialized knowledge, skills and attitude in providing advance quality care to older persons, their families, caregivers and communities at all the three levels of care.

BUDGET

There should be budgetary provision for staff salary, honorarium for part time teachers, clerical assistance, library and contingency expenditure for the programme in the overall budget of the institution.

PHYSICAL FACILITIES

1. **Class room** – 1
2. **Nursing Laboratory** –1
3. **Library** – Library having current nursing textbooks & journals in medical surgical, orthopaedic, cancer, neuro sciences, rehabilitation, geriatric, community health nursing etc
4. **Teaching Aids** - Facilities for the use of
 - Overhead projector
 - Slide Projector
 - Video viewing
 - LCD projector
 - Computer
 - Equipment for demonstration of skills
5. **Office facilities-**
 - Services of typist, peon, safai karamchari
 - Facilities for office, equipment and supplies, such as
 - Stationary
 - Computer with printer
 - Xerox machine /Risograph
 - Telephone

CLINICAL FACILITIES

Minimum Bed strength

- 250-500 beds and geriatric ward/unit/clinic facility
- Affiliation to old age homes**
- Affiliation to community health centers- urban and rural for geriatric home care

ADMISSION TERMS AND CONDITIONS

The student seeking admission to this course should:

1. Be a registered nurse (R.N & R.M) or equivalent
2. Possess a minimum of one year experience as a staff nurse.
3. Nurses from other countries must obtain an equivalence certificate from INC before admission.
4. Be physically fit.
5. No. of seats –
 - Hospital which is having 250-500 beds with minimum 10% geriatric patients = 5-10 seats
 - Hospital having more than 500 beds with minimum 20% geriatric patients = 10-20 **seats**

ORGANIZATION OF THE COURSE

A. **Duration:** Duration of the course is one academic year.

B. Distribution of the Course:

1. Teaching: Theory & Clinical practice	42 weeks
2. Internship	4 weeks
3. Examination (including preparation)	2 weeks
4. Vacation	2 weeks
5. Public holidays	2 weeks

C. Course objectives:

General Objective

At the end of the course the student will be able to develop an understanding of philosophy, principles, methods and issues, management, education and research in gerontological nursing.

Specific Objectives:

At the end of the course the student will be able to

1. Describe the demographic transition of population and its implications for health services.
2. Describe ageing and ageing process.
3. Describe the concepts & principles in caring for older persons
4. Provide high quality evidence based nursing care to older persons and their families including the underprivileged and disabled using nursing process.
5. Communicate effectively, respectfully and compassionately with older adults and their families.
6. Perform assessment of functional, physical, cognitive, psychological, social and spiritual status of older persons by using appropriate tools.
7. Describe the modifications required for age friendly environment in home, community, clinics, institutions & community.
8. Recognize and manage common health problems of older persons including geriatric syndromes.
9. Appreciate the pharmaco dynamics and pharmacokinetics related to common drugs used in disease condition of older persons.
10. Use technology to enhance older persons functional independence and safety.
11. Provide culturally appropriate end of life care to older persons.
12. Teach and supervise nurses, allied health workers & caregivers in

skills necessary to deliver care to older persons.

13. Coordinate with key stakeholders in providing care to older persons in hospital and community.
14. Identify the research priorities in gerontological nursing for evidence based practice & to conduct research
15. Demonstrate skills in management of geriatric services
16. Design a plan for organization of geriatric care units in different settings.

D. Course of Studies:

	Theory	Practical
1. Clinical Nursing-I (Inclusive of foundation courses)	155 Hours	Integrated Clinical Practice
2. Clinical Nursing-II	155 Hours	
3. Supervision & Management, Clinical Teaching, Elementary Research & Statistics (i) Supervision & Management (ii) Clinical Teaching (iii) Elementary Research & Statistics	30 Hours 30 Hours 30 Hours	1280 Hours
4. Internship		160 Hours
TOTAL	400 Hours	1440 Hours

- Hours distribution for theory and practice 42 weeks X 40hours/week
= 1680 hours
 - Block classes 4 weeks X 40 hours/week
= 160 hours
 - Integrated theory & clinical practice 38 weeks X 40 hours/week
= 1520 hours
 - (Theory 400 hrs)* Theory 6 hours /week 38 weeks X 6 hours/week
= 240 hours
 - Clinical experience 34 hours/weeks 38 weeks X 34 hours/week
= 1280 hours
 - Internship: 4 weeks x 40 hours = 160 hours

E. Clinical Experience

Areas of clinical experience required

***Geriatric Services**

- 38 weeks

Medical wards/geriatric ward	- 6 weeks
Surgical wards	- 6 weeks
Intensive care units/CCU	- 2 weeks
Geriatric clinic	- 4 weeks
Psychiatric OPD	- 1 week
Neuro OPD	- 1 week
Physiotherapy/rehabilitation Unit	- 4 weeks
Community/medicare clinics/follow up services	- 6 weeks
Day Care Center*	- 2 weeks
Old Age Home	- 6 weeks
Hospice*	- 2 weeks

*modify the nature and duration of the experience mentioned above as per the availability of clinical facilities

Two weeks evening and two weeks night

EXAMINATION SCHEME

	Int. Ass. Marks	Ext. Ass. Marks	Total marks	Duration (in hours)
<i>A. Theory</i>				
Paper I- Clinical Nursing I	50	150	200	3
Paper II- Clinical Nursing II	50	150	200	3
Paper III- Supervision & Management, Clinical Teaching, Elementary Research & Statistics	50	150	200	3
<i>B. Practical</i>				
Clinical Nursing (teaching & supervision to be integrated)	100	100	200	
Grand Total	250	550	800	

C. Conditions for Admission to Examination

The Student:

1. Has attended not less than 75% of the theoretical instruction hours in each subject during the year.
2. Has done not less than 75% of the clinical practical hours. However, students should make up 100% of attendance for integrated practice experience and internship in term of hours and activities before awarding the certificate.

EXAMINATION

The examination to be conducted by the State Nursing Registration Council/State Nursing Examination Board/University recognized by the Indian Nursing Council.

Standard of Passing

- 1 In order to pass a candidate should obtain at least 50% marks separately in internal Assessment and external examination in each of the theory practical and papers.
- 2
 - a) Less than 60% is Second division,
 - b) 60 % and above and below 75% is First division,
 - c) 75 % and above is Distinction.
3. Students will be given opportunity of maximum of 3 attempts for passing

CERTIFICATION

A. TITLE - Post Basic Diploma In Gerontological Nursing.

B. A diploma is awarded upon successful completion of the prescribed study programme, which will state that

- i) Candidate has completed the prescribed course of Gerontological Nursing.
- ii) Candidate has completed prescribed clinical experience.
- iii) Candidate has passed the prescribed examination.

CURRICULUM

CLINICAL NURSING - I (Including Foundation Courses)

Description:

This course is designed to develop an understanding of the principles of related biological and behavioral sciences, and gerontological nursing

Objectives:

At the end of the course the student will be able to:

1. Describe the principles of behavioral, biological and nursing sciences as applied to gerontological nursing.
2. Describe ageing & ageing process.
3. Describe the physical, physiological and emotional changes occurring during ageing process.
4. Communicates effectively, respectfully and compassionately with older adults and their families.
5. Describe the policy & welfare programs for older persons.
6. Describe the concepts & principles of gerontological Nursing.
7. Describe Nursing process pertaining to geriatric care.
8. Explain concept & components of healthy ageing & role of the nurse in promoting active/healthy ageing
9. Describe characteristics of age friendly environment in home, institutions & community.
10. Explain principles of administration of drugs to older persons.

Theory = 155 hours

Subject	Hours	Content
Unit I Psychology	10	Review <ul style="list-style-type: none"> • Individual differences • Learning, Motivation, attention & perception • Emotions • Developmental needs of older adults • Psychological changes in ageing • Human behavior & needs in crisis • Stress & coping in crisis situations • Leadership • Communication and IPR • Counselling • Attitudes and humanizing care
Unit II Sociology	10	Review <ul style="list-style-type: none"> • Social organization & community resources • Leadership roles in community, • Social roles & aspects in care of older persons • Family and family relationships • Socio cultural influences on care of older persons • The personal & social problems of the family.
Unit III	5	Demography and Demographic transition <ul style="list-style-type: none"> • ageing population • Definition, meaning, population trends – global and Indian

Unit IV	10	<p>Ageing & ageing process</p> <ul style="list-style-type: none"> • What is ageing? • Ageing theories • Ageing process • Psychosocial aspects of ageing
Unit V	15	<p>Applied Anatomy & Physiology</p> <p>Review: age related changes in</p> <ul style="list-style-type: none"> • Nervous system • Respiratory system • Cardiovascular system • Gastro intestinal system • Endocrine system • Musculoskeletal system • Genitourinary system • Reproductive system • Sensory organs
Unit VI	10	<p>Communication Skills & IPR</p> <p>Process & methods</p> <ul style="list-style-type: none"> • Establishing & maintaining good IPR & communication with family, staff and colleagues • Multidisciplinary team & role of nurses <p>Guidance & Counseling</p>
Unit VII	10	<p>Social support & services for ageing</p> <ul style="list-style-type: none"> • Implementation of National policy and National Health policy for older persons • Ageing & society • Role of governmental organizations & NGOs • Agencies working for elderly: national & state: • Social support & social networking, self help groups, elderly clubs, role of police • Welfare measures & provisions for the older persons

Unit VIII	10	<p>Introduction to Gerontological nursing</p> <ul style="list-style-type: none"> • Definition, concepts and principles of gerontological nursing • Definition of terms • Nursing process • Levels of gerontological care and role of nurse • Principles of prevention of infections in older persons • Standard safety measures & biomedical waste management
UNIT IX	30	<p>Geriatric nursing Assessment</p> <ul style="list-style-type: none"> • Baseline • Evaluation of newly –worsened health status or newly discovered risk factor • Components <ul style="list-style-type: none"> ○ Clinical ○ Functional ○ Activities of Daily Living(ADL) ○ Environment ○ Social support ○ Mini mental status examination • Multi disciplinary geriatric assessment • Geriatric nursing Assessment • Tools & scales for assessment
UNIT X	10	<p>Healthy ageing</p> <ul style="list-style-type: none"> ○ Health risks in older persons- Smoking, Alcohol • Health promotion: <ul style="list-style-type: none"> ○ Nutrition ○ Exercise ○ Screening ○ Prevention of accidents ○ Prevention of substance use-alcohol, drugs etc ○ Smoking cessation

		<ul style="list-style-type: none"> ○ Prevention of adverse drug reactions ○ Immunization
UNIT XI Community Health	15	<p>Health services and programs for older persons</p> <ul style="list-style-type: none"> • Types of services for care of older persons: • Health promotion & disease prevention: <ul style="list-style-type: none"> □ Health education □ Screening of general health □ Screening for cancer of uterine cervix □ Specific health promotion programs (smoking cessation, immunization) • Curative: <ul style="list-style-type: none"> □ Early diagnosis & treatment of day to day ill health in PHC, medicare/mobile clinics □ Health insurance/securities □ Diagnosis & treatment of serious ill health in secondary & tertiary care hospitals □ Chronic care in home/ long term care institutions, • Rehabilitative: physiotherapy, restorative surgery, Prosthesis, occupational therapy • Mental health services: counseling services for retirement, relocation, widowhood & bereavement, drug & substance abuse, ambulatory treatment for mental diseases • Organization of services for older people • Health education: concepts, principles, approaches and methods <p>Contents of health education for older persons</p>

Unit XII	10	<p>Age friendly environment</p> <ul style="list-style-type: none"> • Safety considerations, prevention of risks, falls injuries • Modifications in home, institutions & community: roads, buildings, hospitals, public places, old age homes • Technology to enhance independence • Assisting devices • Role of society, neighbours, police
Unit XIII Pharmacology	10	<p>Review</p> <ul style="list-style-type: none"> • Pharmacodynamics & Pharmacokinetics of common drugs used in management of health problems of older persons • Principles of drug administration in older persons, role of nurses and care of drugs

CLINICAL NURSING – II

Description:

This course is designed to develop an understanding of etiology, pathophysiology, symptomatology, diagnostic measures and nursing management of patients with geriatric problems including rehabilitation.

Objectives:

At the end of the course the student will be able to:

1. Describe the morbidity & mortality in old age.
2. Apply nursing process in the management of common medical, surgical & psychiatric problems in older persons.
3. Identify older abuse & counsel old persons, families & community.

4. Provide culturally sensitive end of life care to older persons.
5. Identify caregiver stress & provide support.

Total Hours: 155

Unit	Hours	Subject
UNIT I	15	<p>Introduction</p> <ul style="list-style-type: none"> • Morbidity & mortality in old age • Stereotyping of ageing- common myths & facts • Nursing process in caring for older persons • Challenges in caring for older persons • Role of nurses in supporting older persons
UNIT II	60	<p>Management of common diseases of older persons</p> <p>Etiology, pathophysiology, signs & symptoms, medical & nursing diagnosis, treatment & Management including nursing management of common diseases of ageing persons</p> <ul style="list-style-type: none"> - CVS – hypertension, IHD, CCF, other common problems, syncope - Endocrine- DM, hypo/hyperthyroidism, pituitary disorders - GI- Hernia, GERD, peptic ulcer, non ulcer dyspepsia, cancers of GIT, constipation, hepato-biliary disease nutritional assessment - CNS-, 3D- Dementia delirium, depression, CVA, Parkinsons’, Alzheimer’s - Respiratory- COPD, pneumonia, tuberculosis, bronchial asthma, lung cancer - Genito urinary- UTI, BPH, urinary incontinence, prostatic Ca, Ca cervix - Musculo skeletal: osteoporosis, osteoarthritis, rheumatoid arthritis, falls, injuries, fractures

		<ul style="list-style-type: none"> - Eye- cataract, glaucoma, macular degeneration, diabetic retinopathy, blindness - ENT – Hearing problems, Presbycusis (age related loss of hearing), ear wax - Dermatological problems: skin infections- herpes, scabies, pyoderma, leprosy, decubitus ulcers, pruritis, Xerosis, seborrheic dermatitis, drug reactions <p>Taste & smell: loss Dental problems</p>
NIT III	10	<p>Psychiatric problems of older persons</p> <ul style="list-style-type: none"> • Depression • Sleeping disorders • Self neglect • Alcoholism • Drug & substance abuse • Cognitive impairment & Dementia • Other disorders
Unit IV	15	<p>Malignancies of ageing</p> <ul style="list-style-type: none"> • Cancers in old age • Principles of management: surgery, radiotherapy, chemotherapy • QOL in older persons with cancer • Palliative care, • Hospice care • Care of terminally ill- End of life care
Unit V	20	<p>Counseling the older person</p> <p>Definition, principles, dimensions, process & techniques of counseling</p> <ul style="list-style-type: none"> - Counseling the older person - Common problems requiring counseling - Special considerations in counseling the older persons: retirement, relocation, widowhood & bereavement, climacteric,

		relationships, drug & substance use, death & dying, ambulatory treatment for mental diseases
Unit VI	10	Elder Abuse & violence <ul style="list-style-type: none"> • Definition & spectrum • Identification of elder abuse • Likely victims • Prevention & Management • Counseling clients, abuser/ family
Unit VII	5	Care giver stress <ul style="list-style-type: none"> • Burden of care giving • Assessment of care giver burden • Supporting the care giver
UNIT VIII	20	Rehabilitation & Occupational therapy <ul style="list-style-type: none"> • Needs • Principles • Components • assisting devices • innovations

Supervision & Management, Clinical Teaching, Elementary Research & Statistics

Total Hours: 90

Section-A	Supervision & Management	-30 HRS
Section-B	Clinical Teaching	-30 HRS
Section-C	Elementary research & Statistics	-30 HRS

Description:

This course is designed to develop an understanding of the principles of supervision and management, clinical teaching and research.

Objectives:

At the end of the course the student will be able to:

1. Describe Professional trends.
2. Describe role of nurse in management and supervision of nursing personnel in geriatric care.
3. Teach nurses and allied health workers about gerontological nursing.
4. Describe research process and perform basic statistical tests.
5. Plan and conduct research in gerontological nursing

Unit	Hours	Subject
UNIT I	20	<p data-bbox="555 725 1114 761"><u>SUPERVISION & MANAGEMENT</u></p> <p data-bbox="555 779 788 815">Management</p> <ul style="list-style-type: none"> <li data-bbox="619 833 1046 869">• Definition & Principles <li data-bbox="619 887 1458 1030">• Elements of management of care:-Planning, Organizing, Staffing, Reporting, Recording and Budgeting <li data-bbox="619 1048 1449 1245">• Management of service settings for elderly e.g. geriatric clinics, wards, hospitals, mobile clinics, old age homes etc. Time, material & personnel <li data-bbox="619 1263 1442 1352">• Layout and Design of units for care of elderly: home, institution <p data-bbox="555 1415 912 1451">Clinical supervision</p> <ul style="list-style-type: none"> <li data-bbox="619 1469 1359 1559">• Introduction, definition and objectives of supervision <li data-bbox="619 1576 1302 1612">• Principles & Functions of supervision <li data-bbox="619 1630 1066 1666">• Qualities of supervisors <li data-bbox="619 1684 1315 1720">• Responsibilities of clinical supervisors <li data-bbox="619 1738 1283 1935">• Practice Standards of care of elderly <ul style="list-style-type: none"> <li data-bbox="702 1783 1155 1818">- Policies and Procedures <li data-bbox="702 1836 1490 1872">- Establishing Standing orders and Protocols <li data-bbox="702 1890 1430 1926">- Orientation programme for new recruits

		<ul style="list-style-type: none"> • Quality Assurance Programme in geriatric units • Nursing audit • Performance Appraisal <p>Principles of performance evaluation</p> <ul style="list-style-type: none"> • Tools of performance appraisal <ul style="list-style-type: none"> - Rating scales - Checklists - Peer reviews - Self appraisals • Staff development • Introduction & purposes • In-service education • Continuing education
UNIT II	5	<p>Professional trends</p> <ul style="list-style-type: none"> • Introduction • Code of Ethics, code of professional conduct and practice standards of Nursing in India • Ethical issues in care of older persons • Expanding role of the nurse: Specialist nurse, Nurse Practitioner etc • Professional organizations
UNIT III	5	<p>Legal aspects</p> <ul style="list-style-type: none"> • Provisions, Legislations and regulations related to services for older adults <ul style="list-style-type: none"> - Constitutional - Legal - National policy for older persons - Plan of action • Consumer Protection act (CPA) • Negligence & Malpractice • Legal responsibilities of nurses <ul style="list-style-type: none"> - Case studies of judgment to negligence of

		<p>services in the Hospital</p> <ul style="list-style-type: none"> - Medico legal aspects – elder abuse, • End of life issues; Making a will, organ donations, advance directives, funerals etc. • Records and Reports • Role of the nurse in Legal issues
UNIT IV	30	<p>Teaching learning process</p> <ul style="list-style-type: none"> • Introduction and concepts • Principles of teaching and learning • Formulation of learning objectives • Lesson Planning • Teaching methods <ul style="list-style-type: none"> - Lecture - Demonstration, Simulation - Discussion - Clinical teaching methods - Micro teaching - Self learning • Evaluation <ul style="list-style-type: none"> - Assessment of Students <ul style="list-style-type: none"> ○ Purposes ○ Type ○ Steps ○ Tools for assessing knowledge, skill and attitude • Use of media in teaching learning process
UNIT V	30	<p>Research</p> <ul style="list-style-type: none"> • Research and research process • Types of Research • Research Problem/ Question • Review of Literature • Research approaches and designs • Sampling • Data collection: Tools and techniques

		<ul style="list-style-type: none"> • Analysis and interpretation of data: • Communication and utilization of Research • Research priorities in gerontological care <p>Statistics</p> <ul style="list-style-type: none"> • Sources and presentation of Data <ul style="list-style-type: none"> - qualitative and quantitative - Tabulation; frequency distribution, percentiles - Graphical presentation • Measures of central tendency– mean; median, mode • Measures of variance • Normal Probability and tests of significance • Co-efficient of correlation. • Statistical packages and its application • Preparing a research proposal <p>Application of computers</p>
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Teaching Learning Activities

(i) Methods of Teaching:

- √ Lecture
- √ Demonstration & Discussion
- √ Supervised practice
- √ Seminar
- √ Role play
- √ Workshop
- √ Conference
- √ Skill training
- √ Simulations
- √ Field visits
- √ Research project

(ii) A.V Aids:

- √ Over head projector
- √ Slide Projector
- √ Black board
- √ Graphic Aids
- √ Programmed – Video shows
- √ Models & Specimens
- √ LCD projector
- √ Computer

METHODS OF ASSESSMENT:

- √ Written examination
- √ Objective type
- √ Short notes
- √ Assignments
- √ Case studies/care notes
- √ Clinical presentation
- √ Seminars
- √ Project

ESSENTIAL CLINICAL/PRACTICAL ACTIVITIES

- Patient Care Assignments
- Writing of Nursing care plan for assigned patients
- Writing case studies - **5**
- Case presentations - **5**
- Writing Observation report
- Planned health teaching - **5**
- Project - **1**
- Clinical teaching - **3**
- Conduct bedside rounds
- Prepare clinical rotation plan

- Prepare clinical teaching plan for students
- Perform clinical evaluation of students/staff
- Unit management plan- Designing
- Supervision techniques- Writing unit report, Performance appraisal, Guidance, Staff assignment, Material management
- Maintenance of Records and Reports

Essential gerontological nursing skills

No. of times

I. Procedures Assisted:

- i. Advanced life support
- ii. Lumbar Puncture
- iii. Arterial Blood Gas
- iv. ECG Recording
- v. Arterial B P monitoring
- vi. Blood transfusion
- vii. IV cannulation & therapy
- viii. Arterial catheterization
- ix. Chest tube insertion
- x. Endotracheal intubation
- xi. Ventilation
- xii. Insertion of long line

II. Procedures Performed:

- i. Airway management**
 - a) Application of Oro Pharyngeal Airway
 - b) Oxygen therapy
 - c) Care of Tracheostomy
 - d) Endotracheal Intubation
- ii. Cardio pulmonary Resuscitation
- iii. **Monitoring**– clinically & with monitors, ECG
- iv. Geriatric Nursing Assessment:**
- v. **Feeding** - management of OG tube insertion, gavage feeding, TPN,

- vi. **Administration of Drugs:** I/M, IV injection, IV Cannulation & fixation infusion pump Calculation of dosages, Monitoring fluid therapy, Blood administration.
- vii. **Procedures for prevention of infections:** Hand washing, disinfections & sterilization, surveillance, fumigation
- viii. Collection of specimens
- ix. **Setting, Use & maintenance of basic equipment:** Ventilator, O₂ analyzer, monitoring equipment, Infusion pump,
- x. **Use of assisting devices**
- xi. Physiotherapy, exercise program for older persons
- xii. Helping older persons with mobility problems
- xiii. Communicating with older persons with hearing & visual problems

III. Other Procedures: