



# Almustaqbal University College of Nursing

## Elder Health Care Issues lec.5

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## Introduction

Adulthood is period of age from end of adolescence to end of life is often divided into three phases:

- ❖ YOUNG ADULTHOOD 18–40 years.
- ❖ MIDDLE ADULTHOOD 40–65 years.
- ❖ LATE ADULTHOOD 65 years and over.
- ❖ Include loss of health, mobility, independence, and work role.

❖ Long-term illnesses are prevalent among this group, and they frequently require:

- special housing.
- treatment services.
- financial support.
- social networks.

The infirm elderly, considered to be people over age 85.



❖ Also need to feel they are part of a community even though they are approaching the end of their lives. The feeling of being a useful, wanted, and productive citizen is essential to every person's health.

❖ Help the elderly is given as needed with:

- Bathing.
- Toileting.
- Getting dressed.
- Going to bed.



## Normal Aging Changes to Body Systems

- ❖ Physiologic changes are a normal part of aging.
- ❖ All of the vital systems are affected with age including cardiovascular, pulmonary, gastrointestinal, urinary, musculoskeletal, neurological, integumentary, reproductive, and special senses

changes	Subjective and Objective Findings	Health Promotion Strategies
<p><b>Cardiovascular System</b></p> <ul style="list-style-type: none"> <li>➤ Decreased cardiac output.</li> <li>➤ increased blood pressure</li> <li>➤ Stroke</li> <li>➤ Arrhythmias</li> </ul>	<p>Complaints of fatigue with increased activity</p> <p>Optimal blood pressure _120/80 mm Hg</p> <p>Prehypertension _120–139/80–89 mm Hg</p> <p>Hypertension _140/90 mm Hg</p>	<ul style="list-style-type: none"> <li>➤ Exercise regularly; pace activities.</li> <li>➤ Avoid smoking</li> <li>➤ eat a low-fat</li> <li>➤ low-salt diet</li> <li>➤ participate in stress reduction activities.</li> <li>➤ check blood pressure regularly.</li> <li>➤ Medication compliance.</li> <li>➤ weight control</li> </ul>

## **Respiratory System**

Increase in residual lung volume;

- decrease in muscle strength,
- decreased gas exchange
- decreased cough efficiency

- Fatigue and breathlessness with sustained activity;
- less effective exhalation
- difficulty coughing up secretions

- Exercise regularly
- avoid smoking; take
- adequate fluids to liquefy secretions
- receive yearly influenza immunization and pneumonia vaccine at 65 years of age
- avoid exposure to upper respiratory tract infections

## **Integumentary System**

- Decreased subcutaneous fat, interstitial fluid, muscle tone,
- sensory receptors resulting in decreased protection against trauma and sun exposure, and temperature extremes.

- Thin, wrinkled, and dry skin;
- complaints of injuries, and sunburn
- complaints of intolerance to heat;

- Limit solar exposure to 10–15 minutes daily for vitamin D (use protective clothing and sunscreen).
- dress appropriately for temperature; maintain a safe indoor temperature
- take shower rather than hot tub bath if possible; lubricate skin with lotions



## **Musculoskeletal System**

- Loss of bone density
- loss of muscle strength and size;

- Height loss; prone to fractures
- Kyphosis
- back pain
- joint pain

- Exercise regularly
- eat a high-calcium diet
- take calcium and vitamin D supplements

## **Genitourinary System**

**Male:** Benign prostatic hyperplasia

**Female:** Relaxed perineal muscles, (urge incontinence), urethral dysfunction (stress urinary incontinence)

- Urinary retention
- irritative voiding symptoms including frequency, feeling of incomplete bladder emptying
- multiple nighttime voidings.
- decreased “warning time,” drops of urine lost with cough, laugh, position change.

### **Male:**

- Limit drinking in evening (eg, caffeinated beverages, alcohol).
- do not wait long periods between voiding and empty bladder.

### **Female:**

- Wear easily manipulated clothing
- drink adequate fluids
- avoid bladder irritants (eg, caffeinated beverages, alcohol)

## **Gastrointestinal System**

- Decreased sense of thirst, smell and taste;
  - decreased salivation; difficulty swallowing
- Food
- reduced gastrointestinal motility

- Risk of dehydration, electrolyte imbalances, and poor nutritional intake
- complaints of fullness, heartburn, and indigestion; constipation and abdominal discomfort

- receive regular dental care; eat small,
- frequent meals; sit up and avoid heavy activity after eating
- Limit antacids; eat a high-fiber, low-fat diet;
- Limit laxatives; toilet regularly; drink adequate fluids

**Nerves system**

- Reduced speed in nerve conduction
- increased confusion with physical illness
- Reduced cerebral circulation

- Slower to respond and react
- learning takes longer; becomes confused with hospital admission

- Pace teaching; with hospitalization, encourage visitors;
- enhance sensory Stimulation
- encourage slow rising from a resting position

## Special Senses

### Vision:

- Diminished ability to focus on close objects
- decreased ability to distinguish colors
- Holds objects far away from face
- Complains of glare; poor night vision; confuses colors
- Wear eyeglasses, use sunglasses outdoors;
- use large-print books
- avoid night driving
- avoid glare of shiny surfaces and direct sunlight

**Hearing:**

Decreased ability to hear high frequency sounds

- Gives inappropriate responses
- asks people to repeat words
- strains forward to hear

- Recommend a hearing examination
- Reduce background noise
- speak with a low-pitched voice

**Taste and smell:**

Decreased ability to taste and Smell

Uses excessive sugar and salt

- Encourage use of lemon, spices, herbs
- Recommend smoking cessation

- **Health Promotion**
- Health promotion involves making lifestyle and behavior changes in order to move toward optimal health.
- **Health promotion efforts include:**
  - Increasing awareness of health issues
  - Promoting healthier behaviors • Creating supportive environments •
  - Developing preventive strategies
  - Encouraging early detection and treatment

## Why is it important?

- Improve quantity and quality of life •
- Reduce risk of developing chronic conditions
- Reduce the damage or limitations that result

## What can we do to promote health?

- • Stop smoking
- • Get active
- • Eat a healthy diet
- • See a doctor regularly
- • Get immunized
- • Get screened.





**Thank  
you**

