

Syllabus

Gerontological Services

(GERS XXXX)

PRACTICAL ELDERCARE SKILLS

SYLLABUS

(GERS XXXX)

Practical Eldercare Skills

COURSE DESCRIPTION:

Introduction to caregiving skills in order to assist an elder needing help with activities of daily living and other health care needs. Training provided in basic nursing skills: personal care; how to monitor the physical condition; home safety provisions; medication administration; health care coordination; communication, mental health conditions and resource training; emergency preparedness; financial and health insurance management; and end of life care planning.

COURSE LEVEL: Beginning

SEMESTER HOURS: 3

MINIMUM/MAXIMUM HOURS: 48

PREREQUISITES: None

RESOURCES: List of suggested texts for student.

Basic nursing assistant text of instructor's choice: See suggested.

Sorrentino, Sheila A. & Gorek, Bernie (1999) Long-Term Care Assistants, 3rd Edition.
St. Louis; Mosby.

Healthcare information organizer: Barton, Kathleen (2004). Health Friend Organizer: Eldercare Version. 2791 Spring Moss, League City, Texas, 77573; Health Friend Organizers.

Eldercare text of instructor's choice: See suggested titles.

Adamek, Chris (1999). The Unofficial Guide to Eldercare. USA; Macmillan.

Beerman, Susan & Rappaport-Musson, Judith (2002). Eldercare 911 The Caregiver's Complete Handbook for Making Decisions. New York; Prometheus Books.

Love, Joy (2000). The Complete Eldercare Planner, 2nd Edition. New York; Three Rivers Press.

Zuckerman, Rachelle (2003). Eldercare for Dummies. New York; Wiley.

WECM LEARNING OUTCOMES: At the completion of this course, students will be able to:

Module 1 - 9 Hours Caregiver Role, Safety Issues and Communication

1. Identify the role, responsibilities and stresses of the eldercare provider in contemporary American society.
2. Recognize home safety hazards for the elderly and perform a home safety screening.
3. Organize essential health information; acquire communication techniques with and knowledge of eldercare resource persons and services.

Module 2 - 30 Hours Basic Nursing skills

4. Demonstrate basic nursing skills in: vital sign monitoring, grooming and dressing, nutrition, mobility, elimination, sleep and comfort, sensory loss adaptation, and mental health care.
5. Demonstrate skills to manage home medication regimen with communication and safety tools.
6. Recognize home emergencies and demonstrate emergency assistance techniques of first aid and CPR.

Module 3 - 9 Hours Financial, Insurance and Legal Aspects

7. Analyze current expenses and financial resources for eldercare.
8. Identify benefits of and advocacy role in health insurance plans.
9. Describe end of life health care issues, preparation of health directives and funeral pre-planning.

COURSE ASSESSMENT:

Student will demonstrate competencies through 45% assignments; 10% multiple-choice exams, 30% short answer essays, and 15% return demonstration of skills.

COURSE SCHEDULE:

Week	Learning Outcome	Assignment
1.	Identify the role, responsibilities and stresses of the eldercare provider in contemporary American society.	Read the following: Optional eldercare text: Adamek: Chapter 1: The Growing Need for Eldercare, p. 3, Chapter 9: It's a Family Affair, p. 157, Chapter 14 Eldercare, Your Elder and You, p. 249 Berman: Chapter 1, 2, 3, 4 and 7 (These discuss caregiver role.) Loverde: Chapter 1 Effective Planning, p. 3, Chapter 2 Caregivers, p. 21. Zuckerman: Introduction and Chapter 1, p. 1–16
2.	Recognize home safety hazards for the elderly and perform a home safety screening.	Read the following: Required reading: Sorrentino: Chapter 8, p. 128 Barton: Home Safety Organizer Section Optional reading: Adamek: Chapter 8 When There's No Place Like Home, p. 139 Loverde: Chapter 9 – Safe and Secure, p. 174 Zuckerman: Chapter 12 – Protective Doohickeys and Thingamajigs, p. 173
3.	Organize essential health information and acquire communication techniques with and knowledge of	Read the following: Required reading: Barton: Short Medical History form, Long

	eldercare resource persons and services.	<p>Medical History form sections on General Information, Allergies, Immunizations, Childhood Illnesses, Accidents or Injuries, Hospitalizations, Serious and Chronic Illnesses; Health Provider List, and Health Examinations Record.</p> <p>Optional reading: Adamek: Chapter 7 Organizing Your Elder's Medical Affairs, p. 121 Beerman: Chapter 8 Managing Medical Issues, p. 175 Loveerde: Chapter 11 Health and Wellness, p. 199 Zuckerman: Chapter 10 Living Well with Chronic Medical Conditions, p. 133</p>
4.	Demonstrate basic nursing skills in measuring vital signs and monitoring physical condition.	<p>Required reading: Sorrentino: Chapter 21, p. 480 Barton:-Health Diary Section</p>
5.	Demonstrate basic nursing skills in grooming and dressing including bathing, skin, foot and nail care.	<p>Required reading: Sorrentino: Chapter 13: Hygiene, p. 262, Chapter 14: Skin and Nail Care, p. 298, Chap 15: Grooming, p. 326 Optional reading: Zuckerman: p. 91 – 95</p>
6.	Demonstrate basic nursing skills in nutrition.	<p>Required reading: Sorrentino: Chapter 18: Nutrition and Fluids, p. 405 Barton: Complete following sections in Long History: Nutrition History and Dental History. If the patient has particular food preferences, then record them in the Personal Preferences & Quirks portion of the Caregiver Records Optional reading: Zuckerman: Chapter 6: Helping Finicky Eaters P. 81</p>
7.	Demonstrate basic nursing skills in mobility: exercises to maintain strength, walking, transferring, and bathroom mobility.	<p>Required reading: Sorrentino: Chapter 10: Body Mechanics, p. 194 Optional reading: Zuckerman: Chapter 7: Helping Elderly People Be All That They Can Be, P. 96 – 100</p>
8.	Demonstrate basic nursing skills in elimination including problem prevention and continence care.	<p>Required reading: Sorrentino: Chapter 16: Urinary Elimination, p. 346 & Chapter 17: Bowel Elimination, p. 381</p>

		<p>Barton: Complete Urinary and Bowel Elimination Pattern areas of Long History Form.</p> <p>Optional reading: Zuckerman: Chapter 13: Dealing with Leaky Plumbing and Other Incontinence Problems, p. 191</p>
9.	Demonstrate basic nursing skills in activity and sleep care including activities for physical and mental health, promoting a good night's sleep, and night safety measures.	<p>Required reading: Sorrentino: Chapter 19: Exercise and Activity, p. 442, Chapter 20: Comfort, Rest and Sleep, p. 469</p> <p>Barton: Complete Long Health History sections on 1. Health Aides, Prosthesis, and Equipment, 2. Sleep Habits, 3. Social and Leisure Interests, In Caregiver Tools complete: Activities of Daily Living Functional Abilities, Modified Instrumental Activities of Daily Living, and Weekly Activity Routine.</p> <p>Optional reading: Loverde: Chapter 12: Quality of Life, p. 219 Zuckerman: Chapter 5: Sleeping Well Means Doing Well, p. 75, Chapter 14: Getting Out and About, p. 205, Chapter 19: When "The Apple of Your Eye" Needs a Peer, p. 267, Chapter 22: Helping Spiritual and Religious Elderly "Keep the Faith", p. 301</p>
10.	Demonstrate basic nursing skills in comfort and pain management.	<p>Required reading: Sorrentino: Chapter 20: Comfort, Rest and Sleep, p. 465, Chapter 24: Heat and Cold Applications, p. 533</p> <p>Barton: Long History: Complete Pain History, Grief History. Review section on Health Diaries, and Health Fact Sheets</p>
11.	Demonstrate basic nursing skills in communication and mental health.	<p>Required reading: Sorrentino: Chapter 5: Communicating with the Resident, p. 78</p> <p>Barton: Long History sections: Occupational History, Living Circumstances, Financial Security, Family Systems, Spiritual or Religious Resources, Life Attitudes, Alcohol/Substance Use, and Mental Health History sections. Complete Caregiver Tools: Mini Mental Health Status and Depression Scale.</p> <p>Optional reading:</p>

		<p>Adamek: Chap 4: Denial and Other Emotional Issues, p. 63, Chap 5: Strategies for Coping, p. 79, Chap 14: Eldercare, Your Elder and You, p. 249</p> <p>Beerman: Chap 11: Dealing with Serious Illness, p. 233, Chap 12: Coping with Alzheimer’s Disease, p. 259</p> <p>Loveerde: Chapter 3: Communicaring, p. 47</p> <p>Zuckerman: Chap 3: Old Age Is a Family Affair: Deciding Who, What, Where, and When, p. 37, Chap 8: Sharing the Caring, p. 103, Chap 9: Growing Closer and Dearer: Improving Relationships, p. 123, Part IV: The Blues, the “Good Old Days,” and Other Senior Moments, Chap 15 to 19 (Depression, Anxiety, Alzheimers, Distressing Behavior and Confusion), p. 219, Chapter 25: Ten Ways (More or Less) That Elders Hide Their Feelings, p. 333</p>
12.	Demonstrate skills to manage home medication regimen with communication and safety tools.	<p>Required reading: Barton: Medication Management section</p> <p>Optional reading: Adamek: p. 123 Beerman: Chapter 9: Overseeing Medications, p. 197 Loveerde: Chapter 4: Emergency Preparedness, p. 85 to 91. Zuckerman: Chapter 11: Saying “Yes” to Health-Giving Drugs, p. 157</p>
13.	Recognize home emergencies and demonstrate emergency assistance techniques of first aide and CPR.	<p>Required reading: Sorrentino: Chapter 31 Basic Emergency Care, p. 662 Barton: Emergency Information Section</p> <p>Optional reading: American Red Cross first aide and CPR training guides. Beerman: Chapter 13: When Hospitalization is Necessary, p. 282 Loveerde: Chapter 4: Emergency Preparedness, p. 82. Zuckerman: p. 152 – 153</p>
14.	Analyze current financial expenses and resources for eldercare.	<p>Required reading: Barton: Financial Management section</p> <p>Optional Reading: Adamek: Chapter 6: Organizing Your Elder’s Finances, p. 101</p>

		<p>Beerman: Chap 4: p. 99-102 Loverde: Chap 5: Money Matters, p. 102 Zuckerman: Chap 21: Keeping the Bill Collector from the Door, p. 291 – 300</p>
15.	Identify benefits of and advocacy role in health insurance plans.	<p>Required reading: Barton: Insurance Information & Tools section Optional reading: Adamek: Chapter 7: Organizing Your Elder’s Medical Affairs, p. 130 – 133 and Chapter 12: Managing Eldercare Costs, p. 213 Beerman: Chapter 10: Managing Benefits and Insurance, p. 213 Loverde: Chapter 7: Insurance, p. 138 Zuckerman: Chapter 21: Keeping the Bill Collector from the Door, p. 287</p>
16.	Describe end of life health care issues, preparation of health directives and funeral pre-planning.	<p>Required reading Sorrentino: Chapter 32: The Dying Person, p. 681 Barton: End of Life Care Section Optional reading: Beerman: Chapter 19: Death and Dying, p. 429. Loverde: Chapter 13: Death and Dying, p. 239. Zuckerman: Chapter 23: Ensuring a Good Death, p. 307.</p>

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