Contents

Preface		xiii
Acknowledg	gments	XV
ONE	The Graying of America	1
	Issues of Aging	2
	Government-Funded Health Care	3
	Medical Concerns	4
	Ageism—Facts and Myths of Aging	5
	Myths	5
	Ageism	10
	Ethnogeriatrics and Health Care	11
	Cultural Competence	14
	Gerontological Nursing	19
	Theories of Aging	22
	Biological Theories	22
	Psychological Theories	24
	Moral/Spiritual Theories	24
	Sociological Theories	25
	Summary	26
TWO	The Health Care Delivery System	29
	Retirement	31
	Challenges Within the Current Health Care	
	Delivery System	33
	Financing Health Care	38
	Medicare and Related Plans	38
	Medicaid	65
	Private Pay, or Fee for Service	68

	Veteran's Benefits	68
	Long-Term Care Insurance	69
	Payment Options for Older Adults Without	
	Resources for Health Care	71
	Summary	72
THREE	Normal Changes of Aging	75
	Cardiovascular System	77
	Respiratory System	88
	Integumentary System	89
	Gastrointestinal System	91
	Constipation	92
	Bowel Incontinence	93
	Urinary System	94
	Urinary Incontinence	94
	Musculoskeletal System	96
	Sexuality/Reproductive System	98
	Changes in the Senses	100
	Neurological Changes	102
	Summary	103
FOUR	Assessing Older Adults	105
	Systematic Geriatric Assessment	106
	Health History	110
	Reminiscence and Life Review	112
	Physical Assessment	112
	Critical Components of a Comprehensive	
	Geriatric Assessment	115
	Function	116
	Cognition	117
	Summary	118
FIVE	Health Promotion	121
	Primary Prevention	124
	Alcohol Usage Among Older Adults	124
	Smoking	125
	Nutrition and Hydration	126
	Risk Factors for Malnutrition	127
	Failure to Thrive (FTT)	128
	Interventions to Promote Nutrition	129
	Exercise	130
	Sleep	131
	Fall Prevention	131
	Restraint Usage	133
	Adult Immunication	134

	Contents	ix
	Influenza	134
	Pneumonia	135
	Tetanus and Diphtheria	135
	Secondary Prevention	137
	Cardiovascular Disease	137
	Diabetes	138
	Cancer	139
	Summary	142
SIX	Pathological Disease Processes in Older Adults	145
	Musculoskeletal Disorders	147
	Osteoarthritis	147
	Osteoporosis	148
	Cardiovascular and Respiratory Disorders	151
	Hypertension	151
	Congestive Heart Failure (CHF)	152
	Angina and Myocardial Infarction (MI)	155
	Obstructive Airway Diseases	157
	Cerebral Vascular Accident (Stroke)	158
	Diabetes Mellitus	160
	Infectious Diseases	162
	Influenza	162
	Pneumonia	163
	Sexually Transmitted Disease and Human	
	Immunodeficiency Virus/Acquired Immune Deficiency Syndrome	165
	Cancer	168
	Parkinson's Disease	170
	Summary	172
	•	
SEVEN	Medication Usage	175
	Pharmacokinetics and Pharmacodynamics	177
	Medication Absorption	178
	Medication Distribution	180
	Hepatic Metabolism	181
	Renal Elimination	182
	Medication Interactions	183
	Medication–Disease Interactions	183
	Medication–Nutrient Interactions	184
	Generic Medications	185
	Inappropriate Medications Medication Adherence	185 187
	Over-the-Counter and Illegally Obtained	10/
	Narcotics and Herbal Medications	190
	Summary	194
	Switting y	エノエ

Χ

EIGHT	Cognitive and Psychological Issues in Aging	197
	Delirium Depression Suicide	198 205 209
	Dementia Alzheimer's Disease (AD) Summary	210 210 216
NINE	Ethical Issues of Aging and Independence	219
	Ethical Principles Autonomy Beneficence Nonmaleficence Justice Driving Sexuality in Older Adults	221 222 224 224 225 226 229
	Gambling Summary	234 237
TEN	Quality of Life Issues Among Older Adults	239
	Quality of Life (QOL) Elder Mistreatment Pain Grandparenting Spirituality Summary	240 243 247 248 249 252
ELEVEN	Environments of Care	255
	Home Care Caregiving at Home Acute Care Skilled Nursing Facilities Urinary Tract Infections Pressure (Decubitus) Ulcers Assisted Living Continuing Care Retirement Communities Homeless Older Adults Summary	256 260 262 263 264 272 273 274 275 276
TWELVE	End-of-Life Care	279
	Advance Directives Financial Planning for End of Life Dimensions of End-of-Life Care Physical Dimension	280 283 283 285

	Contents	xi
	Psychological Dimension	288
	Social Dimension	288
	Spiritual Dimension	288
	Communication	290
	Grieving	291
	Widowhood	291
	Hospice Care	292
	Summary	293
THIRTEEN	Future Trends and Needs	295
	America Continues to Gray	296
	Changes in the Health Care Delivery System Ethical, Legal, and Financial Issues Related	300
	to Older Adults	302
	Normal Changes of Aging	304
	Wellness, Health Promotion, and Health	
	Education	305
	Medication Management	305
	Geriatric Assessment	307
	Advances in Acute Illnesses and Chronic	
	Disease Management	307
	Special Issues of Aging	309
	Psychological and Cognitive Issues in Aging	309
	Environments of Care	310
	Spirituality and End-of-Life Care	311
	Conclusion	311
Web Resources		313
Index		315