



Gerontological Nursing Growth and its Adaptation

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ABSTRACT

Policymakers in wealthy and emerging nations alike face significant challenges as a result of the continuing growth of older adult populations. The JAHF is one of America's top philanthropies today with a continuous interest in ageing and health2 centred on age-friendly health systems, family caregiving, major illnesses, and end-of-life care. This demographic imperative has sparked many problems and innovative health care initiatives. The JAHF has taken the lead in ensuring that geriatrics training was provided to our country's clinicians and educators in medicine, nursing, and social work who offer care to older individuals as part of their professional education. Gerontology nursing is a special area of nursing that calls for nurses to concentrate their care on the elderly. This population has a higher prevalence of comorbid illnesses such as diabetes, heart disease, high blood pressure, etc. Complex care is needed in this profession to meet their needs. For tailored care, nurses must be aware of their extensive histories. In order to educate and promote well-being in the geriatric population, nurses use evidence-based practise in their treatment. Clinical expertise is delivered by professional nurses using scientific knowledge and care that is culturally sensitive. Nursing professionals that work with the elderly are required to have expertise in patient care, treatment planning, education, mental health, and rehabilitation.

Keywords: High blood pressure • Rehabilitation • Clinical expertise

Introduction

Gerontological nursing makes use of knowledge of intricate elements that influence older individuals' health. Chronic health issues, such as diabetes, cardiovascular disease, cancer, arthritis, hearing loss, or a form of dementia like Alzheimer's disease, are more common in older persons than in younger adults. Additionally, as people age, their drug metabolism alters, further complicating their health requirements. A nursing profession grounded in scientific evidence, gerontological nursing attends to the distinct physiologic, social, psychological, developmental, economic, cultural, spiritual, and advocacy requirements of senior citizens. The nursing profession is concerned with the ageing process, the preservation, enhancement, and optimization of health and generalised functions, the prevention of illness and injury, the promotion of healing, the reduction of suffering by identifying and treating human responses, and advocacy for the care of older people, caregivers, families, groups, communities, and populations. Nurses at all academic levels provide gerontologic nursing care in a range of practise settings, including hospitals, institutional skilled nursing facilities, ambulatory care, the home, and the community [1-3].

Vision, hearing, dental, incontinence, and an increased risk of falling are just a few of the problems that can develop as we age.

Gerontological nursing is complex and necessitates numerous treatments to keep the elderly safe. The ability to accommodate patients' dental problems, hearing loss, and vision impairment is a must for nurses. For elderly people with poor vision, larger-font reading materials, magnifying glasses, and brighter lighting can be provided. Interventions for hearing loss include finding a quiet place to talk with each other, speaking louder but not shouting, facing the person, speaking clearly, and using gestures. Nursing may need to give patients dentures if teeth are missing to help the patient with chewing their food.

Acute care hospitals, rehabilitation centres, nursing homes (also known as long-term care homes and skilled nursing facilities), assisted living communities, retirement communities, community health agencies, and the patient's home are among the settings where gerontological nurses can practise. The state of the patient's health dictates the type of facility they should live in. Senior retirement homes and assisted living facilities both offer care services based on individual patient needs. A skilled nursing facility, also referred to as a nursing home, is a location where they can live and get care around-the-clock. Gerontological nursing specialists have referred to older individuals as "the core business of healthcare". Population ageing and the complexity of some older adults' health care demands mean that older adults are more important in healthcare. [4,5]

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Conclusion

Older persons are more likely than younger people to need healthcare services due to the ageing population and the complexity of some older adults' health care needs. Older folks make up the majority of patients in various settings. Therefore, experts advise that all nurses—not just those who are designated as gerontological nurses—need to have particular understanding about older people. There are 55 US nursing specialty organisations that support this position. It is essential to include geriatric education in nursing if you want to see more nurses choose to specialise in geriatrics. In addition to focusing on the care of the old population, nursing school curricula should also be offered on-site at facilities for the elderly. The nursing home setting can benefit from having nurse educators and nurse leaders in these key positions. In addition to being acutely aware of the need for geriatrics training among employees, nurse leaders play a crucial role in serving as a mediator between owners-managers and facility workers. Nursing home environments can benefit from geriatric training for nurses and nursing assistants by improving employee retention rates and patient care quality.

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Conflict of Interest

There are no conflicts of interest by author.

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