Infusing Geropsychiatric Nursing into Curricula:
Associated Resources and Guidelines for Their Use

Key Concept Product Series

Key Concept IA. Assessment: Normal Aging: Biopsychosocial Theories

Background

The National Institute of Mental Health predicts that by 2030, the numbers of older adults (age 65+) with mental illness will likely strain the nation’s health care system. In addition to mental disorders, physical illness often precipitates and/or is accompanied by psychiatric symptoms in late life. Nurses care for older adults across the full range of health care settings and will unavoidably encounter such older patients. Thus, it is imperative that nursing education programs prepare nurses to care for older adults with mental health concerns and psychiatric/substance misuse disorders.

The Geropsychiatric Nursing Collaborative has developed the following resources to draw attention to the special mental health issues of older adults and assist faculty to address them.

- Geropsychiatric Nursing Competency Enhancements (Product 20660)
- Definition of Geropsychiatric Nursing (Product 20660)
- Video: Discover Mental Health The Forgotten Piece in Elder Care (Product 20893)
- A series of Key Concept Products*

*See Appendix for complete list of Key Concepts
About the Key Concept Product Series

The 27 Key Concepts in the Key Concept Product Series are organized into four domains:

I. Assessment,
II. Management,
III. Approach to Older Adults, and
IV. Role.

Each of the Key Concept Products provides access to curriculum/teaching resources identified as appropriate to assist faculty to infuse the geropsychiatric nursing competency enhancements into course objectives, teaching strategies, didactic content, and/or clinical experiences in relevant nursing education programs. These include entry level and advanced practice nursing programs in psychiatric-mental health, adult/gerontological, family, women’s health and acute care or stand-alone geropsychiatric nursing or continuing education courses. The resources may be adapted by faculty for use with a range of learners, as indicated in each description.

About this Key Concept

Key Concept Assessment IA: Normal Aging: Biopsychosocial Theories

The biopsychosocial model provides an integrated approach to understanding the normal aging process. It assumes that there is interplay between biological, psychological and social factors that influence late life development, health, function and quality of life. Nurses caring for older adults must be aware of these aspects as they act to facilitate healthy aging.

Other Key Concepts in the Assessment Domain

A. [this product]
B. Appropriate Instruments/clinical evaluation tools
C. Adapting assessment procedures
D. Atypical presentations; Co-occurring illness; Psychiatric manifestations
E. Common mental disorders
F. Comprehensive assessment
G. Stressors affecting mental health

Accessing the Resources

The GPNC summarized each resource and included information such as estimated time to complete, educational objective[s], learning resource type, and intended audience. Technical requirements for use and suggestions for best use are also included.

The resources are organized both in alphabetical order and by learner resource type (e.g., case study). Links in each of these sections provide quick access within this document to the resource. [Note that the URL link in each resource description brings the user directly to the original material.]
Index of Associated Resources (IN ALPHABETICAL ORDER)

- Caregiving of an Elderly Parent
- Hospital Competencies for Care of Older Adults
- Introduction to Aging
- Normal Aging and Usual Aging
- Syllabus-NUSC 5463:Geropsychiatric Nursing Theory
- The Geriatric Mental Health Training Series
- Try This Series on Assessment
## Index of Associated Resources (BY LEARNER RESOURCE TYPE)

<table>
<thead>
<tr>
<th>LEARNER RESOURCE TYPE</th>
<th>RESOURCE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Case Study</td>
<td>• Normal and Usual Aging</td>
</tr>
</tbody>
</table>
| Didactic Module       | • Normal and Usual Aging  
                       | • The Geriatric Mental Health Training Series |
| DVD/Video             | • Try This Series on Assessment |
| Evaluation Tool       | • Hospital Competencies for Care of Older Adults |
| Lecture/Presentation  | • Introduction to Aging  
                       | • Normal and Usual Aging  
                       | • The Geriatric Mental Health Training Series |
| PDF                   | • Caregiving of an Elderly Parent |
| PowerPoint            | • The Geriatric Mental Health Training Series |
| Simulation            | • Normal and Usual Aging |
| Syllabus              | • Syllabus-NUSC 5463:Geropsychiatric Nursing Theory |
| Quick Reference/Pocket Card | • Try This Series on Assessment |

**Note:** The content contained in each of these resources has been produced by the respective authors, not the Geropsychiatric Nursing Collaborative. Thus, any feedback on specific resources should be provided directly to the original author/website.

**Note:** Website links are current as of 2011. Please contact the author of the resource if a link is broken.
<table>
<thead>
<tr>
<th><strong>Title of resource</strong></th>
<th>Introduction to Aging</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Source</strong></td>
<td>East Texas Geriatric Education Center</td>
</tr>
<tr>
<td><strong>Summary of resource</strong></td>
<td>Two videos and accompanying PDF provide an overview of the aging process, in particular the physiological changes that occur with aging.</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://etgec.utmb.edu/Modules/Activity14.html">http://etgec.utmb.edu/Modules/Activity14.html</a></td>
</tr>
<tr>
<td><strong>Estimated time to complete</strong></td>
<td>1 hour per video, pdf 31 pages</td>
</tr>
</tbody>
</table>
| **Educational objective** | - Differentiate among various terms and concepts related to aging, such as chronological vs. functional age, life course perspectives, and the differences among longevity, life span, and life expectancy.  
- Discuss the demographic imperative for increased care of the elderly.  
- Discuss if there is truth in the statement "we all age the same."  
- Differentiate between normal aging and diseases. What are some physiological changes which occur during the "normal aging" process?  
- Discuss myths and stereotypes about aging.  
- Describe how advanced age affects the presentation and treatment of common diseases, which translates into the need for new models of nursing care for the elderly.  
- Describe the molecular changes, genetics and epigenetic factors associated with normal aging and longevity. |
| **Related Key Concepts** | - Assessment: Normal aging: biopsychosocial theories |
| **Learning resource type** | Lecture/Presentation |
| **Intended audience** | Entry level nursing student  
Advanced practice nursing student |
| **Requirements** | Real Player required to view videos |
| **Suggestions for best use** | Classroom/lecture  
Web assisted learning |
<table>
<thead>
<tr>
<th><strong>Title of resource</strong></th>
<th>Hospital Competencies Evaluation Tool</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Source</strong></td>
<td>Hartford Institute for Geriatric Nursing</td>
</tr>
<tr>
<td><strong>Summary of resource</strong></td>
<td>The Hartford Institute for Geriatric Nursing has developed a core set of nursing competencies expected of hospital nurses who care for older adults. This resource is a self assessment if competence for use in identifying areas for further development. The age appropriate competencies cover such areas as communication, physiological and psychological age changes, pain, skin integrity, functional status, restraints and discharge planning.</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://consultgerirn.org/resources/hospital_competencies/">http://consultgerirn.org/resources/hospital_competencies/</a></td>
</tr>
</tbody>
</table>
| **Related Key Concepts** | • Assessment: Normal aging: biopsychosocial theories  
• Management: Behavioral, environmental and pharmacological interventions and communications for behavior  
• Management: Ethical/Legal and socioeconomic factors  
• Approach to Older Adults; Age/culturally appropriate interventions and communications  
• Role: Promotion of safety and risk factor reduction |
| **Learning resource type** | Evaluation  
PDF |
| **Intended audience** | Entry level nursing student  
RN |
<p>| <strong>Suggestions for best use</strong> | Clinical laboratory |</p>
<table>
<thead>
<tr>
<th><strong>Title of resource</strong></th>
<th>Normal Aging and Usual Aging</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Source</strong></td>
<td>University of Iowa Geriatric Education Center</td>
</tr>
<tr>
<td><strong>Summary of resource</strong></td>
<td>Learning Module directed at understanding the anatomical, physiological, sensory and cognitive changes that occur with the aging process. Case studies and simulations are included which highlight potential impact of these changes as they relate to the older adult.</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://www.healthcare.uiowa.edu/igea/resources-educators-professionals/geriatric-consult-service-curriculum/demographic.asp">http://www.healthcare.uiowa.edu/igea/resources-educators-professionals/geriatric-consult-service-curriculum/demographic.asp</a></td>
</tr>
<tr>
<td><strong>Estimated time to complete</strong></td>
<td>1 hour</td>
</tr>
</tbody>
</table>
| **Educational objective** | • Distinguish normal (healthy) aging and usual aging.  
• Describe successful aging.  
• Apply the concept of successful aging to people and patients you know.  
• Define the concept of homeostenosis.  
• Describe normal anatomical, physiological, sensory and cognitive changes that occur with aging.  
• Identify the potential impact that changes related to normal aging may have upon a patient’s management and prognosis while hospitalized.  
• Describe interventions useful in helping patients cope with and/or overcome some of the changes wrought by normal aging. |
| **Related Key Concepts** | • Assessment: Normal aging: biopsychosocial theories |
| **Learning resource type** | Case Study/Case Series  
Lecture/Presentation  
Simulation  
Didactic Module |
| **Intended audience** | Entry level nursing student  
Advanced practice nursing student |
| **Suggestions for best use** | Classroom/lecture  
Web assisted learning  
Self study |
<table>
<thead>
<tr>
<th><strong>Title of resource</strong></th>
<th>Now It’s Your Turn: Caregiving For Your Elderly Parent</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Source</strong></td>
<td>The University of Utah</td>
</tr>
<tr>
<td><strong>Summary of resource</strong></td>
<td>PowerPoint slides providing information about issues surrounding caregiving for an elderly parent. Advance care planning and resources for caregivers are also addressed.</td>
</tr>
<tr>
<td><strong>URL</strong></td>
<td><a href="http://nursing.utah.edu/hartford/Resources/Caring%20for%20Parents1.pdf">http://nursing.utah.edu/hartford/Resources/Caring%20for%20Parents1.pdf</a></td>
</tr>
</tbody>
</table>
| **Related Key Concepts** | • Assessment: Normal aging: Biopsychosocial theories  
• Assessment: Common Disorders  
• Management: Referrals  
• Management: Patient/family/peer education: Mental and physical health interactions  
• Management: Ethical/legal and socioeconomic factors  
• Approach to Older Adults: Sensitivity: End of life |
| **Learning resource type** | PowerPoint  
PDF |
| **Intended audience** | Entry level nursing student  
RN  
Advanced practice nursing student  
APRN  
Nurse educators |
<p>| <strong>Suggestions for best use</strong> | Classroom/lecture |</p>
<table>
<thead>
<tr>
<th>Title of resource</th>
<th>Syllabus-NURSC 5463: Geropsychiatric Nursing Theory</th>
</tr>
</thead>
<tbody>
<tr>
<td>Source</td>
<td>University of Arkansas for Medical Sciences School of Nursing</td>
</tr>
<tr>
<td>Summary of resource</td>
<td>The course outlined in this syllabus provides an overview of the sociocultural context of aging, promotion of mental health in older adults, diagnostic methods, and content on major mental health problems, their treatment, and legal issues for nurse practitioners treating older adults. This course builds upon baccalaureate nursing education and reflects the College of Nursing mission and philosophy by providing opportunities for students to apply theory to advanced practice nursing in a variety of settings with elders who have mental health needs. The philosophy and organizing framework are reflected through course content on health promotion, alterations in health patterns, legal and ethical practice standards, therapeutic advanced practice nursing interventions, and role development. The course addresses the outcome criterion of critical thinking through continued development of advanced knowledge and skills necessary to assess, plan, and manage commonly occurring acute and chronic cognitive and emotional changes that occur with normal aging and disease. Additionally, skills in selecting and developing appropriate advanced therapeutic nursing interventions are enhanced by examinations, case study analyses, and discussion of topics. The outcome criterion of communication is addressed through online discussion and analyses of case studies.</td>
</tr>
<tr>
<td>URL</td>
<td><a href="http://www.pogoe.org/productid/20962">http://www.pogoe.org/productid/20962</a></td>
</tr>
<tr>
<td>Estimated time to complete</td>
<td>More than 3 hours</td>
</tr>
</tbody>
</table>
| Educational objective | - Upon completion of this course, the student will be able to:  
- Analyze the interface among normal aging, biopsychosocial problems, and selected mental illness in older adults.  
- Apply critical thinking skills necessary to assess, diagnose, and treat the older adult with selected mental illness.  
- Plan care for the older adult with a cognitive or mental disorder using pertinent research findings, theory-based interventions, and recommendations from guidelines.  
- Examine selected mental health problems and their legal implications in older adults.  
- Recognize and examine intervention strategies with individuals experiencing caregiver stress. |
| Related Key Concepts | - Assessment: Normal aging: biopsychosocial theories |
| Learning resource type | Curriculum/Syllabus |
| Intended audience | Advanced practice nursing student  
Nurse Educator |
### Title of resource
The Geriatric Mental Health Training Series

### Source
University of Iowa College of Nursing Hartford Center of Geriatric Nursing Excellence

### Summary of resource
This website contains six modules, each designed to be taught as a one-hour educational program for care providers in long-term care (LTC) settings. The six core topics address common problems faced in LTC. The care providers' own feelings and behaviors in response to problem behaviors are examined, including the role of values and beliefs, personal needs, and stress in the work place.

### URL
http://www.nursing.uiowa.edu/hartford/nurse/core.htm

### Estimated time to complete
One hour per module

### Educational objective
Increase knowledge about the causes of "problem behaviors" and about techniques to manage those troubling behaviors.

### Related Key Concepts
- Assessment: Normal aging: biopsychosocial theories
- Assessment: Appropriate instruments/clinical evaluation tools
- Assessment: Common disorders
- Assessment: Stressors affecting mental illness
- Management: Care transitions
- Management: Behavioral, environmental and pharmacological interventions and communication for behaviors
- Management: Patient/family/peer education: mental and physical interactions
- Management: Ethical/legal and socioeconomic factors
- Approach to Older Adults: Age-related adaptations
- Approach to Older Adults: Age/culturally appropriate interventions and communications
- Role: Knowledge of geriatric mental health/illness

### Learning resource type
Lecture/Presentation
Didactic Module
PowerPoint

### Intended audience
RN
APRN
Nurse educators

### Suggestions for best use
Classroom/lecture
Self study

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IA. Assessment: Normal Aging: Biopsychosocial Theories
Try This Series on Assessment

New York University Hartford Institute for Geriatric Nursing

The Try This series offers a range of assessment tools for nurses caring for older adults. A "Dementia Series" is included that provides tools and strategies for assessment of older adults with dementia. Each tool is accompanied by a description and instructions for use.

http://hartfordign.org/Resources/Try_This_Series/

Not applicable

- Assessment: Normal Aging: Biopsychosocial theories
- Assessment: Appropriate instruments/clinical evaluation tools
- Assessment: Adapted assessment procedures
- Assessment: Atypical presentations, Co-occurring illness, Psychiatric manifestations, medical conditions
- Assessment: Common disorders
- Assessment: Stressors affecting mental health
- Management: Care transitions
- Management: Behavioral, environmental and pharmacological interventions and communication for behaviors.
- Management: Influences from decisional capacity, health literacy
- Management: Patient/family/peer education: mental and physical health interactions
- Management: Ethical/legal and socioeconomic factors
- Approach to Older Adults: Age-related adaptations
- Approach to Older Adults: Age/culturally appropriate interventions and communications
- Approach to Older Adults: Recognition of personal and societal biases
- Role: Promotion of safety and risk factor reduction

Quick Reference/Pocket Card
DVD/Video

Entry level nursing student
RN
Advanced practice nursing student
APRN
Nurse educators

Classroom/lecture
Clinical laboratory
Self Study
APPENDIX

This Key Concept in the Context of All Key Concepts

I. Assessment
   A. Normal aging: biopsychosocial theories
   B. Appropriate instruments/clinical evaluation tools
   C. Adapting assessment procedures
   D. Atypical presentations; Co-occurring illness; Psychiatric manifestations: medical conditions
   E. Common disorders
   F. Comprehensive
   G. Stressors affecting mental health

II. Management
   A. Care transitions
   B. Behavioral, environmental and pharmacological interventions and communication for behaviors
   C. Pharmacotherapeutics
   D. Referrals
   E. Influence: Decisional capacity, health literacy
   F. Patient/family/peer education: Mental and physical health interactions
   G. Ethical/legal and socioeconomic factors

III. Approach to OA
   A. Age-related adaptations
   B. Age/culturally appropriate interventions and communications
   C. Recognize suggestion: personal & societal biases
   D. Sensitivity: end of life

IV. Role
   A. Promotes safety and risk factor reduction
   B. Knowledge of geriatric mental health/illness
   C. Lifelong learning
   D. Policy/advocacy
   E. Research participation/utilization
   F. Quality improvement initiatives
   G. Interdisciplinarity
   H. Delivery systems
   I. Service barriers

IA. Assessment: Normal Aging: Biopsychosocial Theories