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# Gerontological Nursing & Healthy Aging



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# Geriatric Nursing Healthy Aging

**Theris A. Touhy, Kathleen F. Jett**



## **Geriatric Nursing Healthy Aging:**

**Geriatric Nursing and Healthy Aging** Priscilla Ebersole, Patricia A. Hess, 2001 Each unit builds the fundamental concepts required to effectively treat older adults and teaches how to help them to reach their highest level of wellness regardless of their physical disorder      **Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book** Theris A. Touhy, Kathleen F Jett, 2021-04-07 Selected for Doody's Core Titles 2024 with Essential Purchase designation in Geriatrics Gain the nursing skills you need to provide wellness based care for older adults Ebersole and Hess Gerontological Nursing Healthy Aging 6th Edition uses a holistic approach to describe compassionate care along a continuum of wellness Designed to promote healthy aging regardless of the patient's situation or disorder this text provides best practice guidelines in covering physical psychosocial spiritual and cognitive health New to this edition are Next Generation NCLEX style case studies updates on measuring clinical judgment expanded coverage of core competencies and more Written by gerontological nursing experts Theris Touhy and Kathleen Jett this concise text provides a solid foundation in every aspect of healthy aging Focus on health and wellness provides the evidence based information and strategies needed to promote healthy aging Key concepts learning activities and discussion questions in every chapter emphasize the information needed to enhance care Recommended competencies from the AACN and the Hartford Institute for Geriatric Nursing are integrated throughout Discussion of disease processes is placed in the context of healthy adaptation nursing support and responsibilities Easy to use information on nursing techniques and communication appears with the associated disorders symptoms and situations Tips for Best Practice and Resources for Best Practice boxes provide insight into proven methods of nursing care Discussions of nursing and interprofessional actions help students learn to enhance wellness maintain optimal function and prevent unnecessary disability Coverage of age cultural racial and gender differences highlights these important considerations in caring for older adults NEW Updates reflect the NCSBN Clinical Judgment Model NEW Next Generation NCLEX NGN style case studies provide optimal preparation for the Next Generation NCLEX Examination NEW Specialized information addresses the unique needs of older adults such as atypical disease presentation geriatric syndromes neurocognitive disorders quality of life with chronic illness legal and ethical issues and mental health challenges such as depression and substance abuse NEW Coverage of competencies of expanding nursing roles in the care of older adults addresses the continuum of care NEW Gerontological expertise is incorporated into nursing actions and complements other nursing texts including med surg community health mental health and assessment books used in programs without a freestanding gerontological nursing course NEW Expanded content includes information on COPD guidelines medication use and misuse Alzheimer's Disease wound care guidelines diagnosis and treatment of sleep disordered breathing joint replacement caregiver strain hospice and transitional care and more      *Toward Healthy Aging - E-Book* Theris A. Touhy, Kathleen F Jett, 2022-07-10 American Journal of Nursing AJN Book of the Year Awards 1st Place in Gerontologic Nursing 2023 Selected

for Doody's Core Titles 2024 in Geriatrics Provide holistic compassionate nursing care for older adults Based on evidence based protocols Toward Healthy Aging 11th Edition helps you master gerontological nursing skills with an approach that focuses on health wholeness and the potential in aging In promoting healthy aging the text emphasizes caring and respect for the person Special sections provide an honest look at the universal experience of aging Written by gerontological nursing experts Theris A Touhy and Kathleen F Jett this classic text helps you learn to apply scientific research build critical thinking skills and prepare for success on the NCLEX exam and in clinical practice Promoting Healthy Aging Implications for Gerontological Nursing sections help you apply concepts to assessments and interventions A Student Speaks and An Elder Speaks sections at the beginning of every chapter provide perspectives of older people and nursing students Nursing Studies provide practice examples designed to assist you in assessment planning interventions and outcomes to promote healthy aging Learning objectives in every chapter introduce important content and define learning goals and expectations Key concepts provide a concise review of the most important points found in each chapter Critical Thinking Questions and Activities help you apply concepts and build clinical judgment skills Safety Alerts emphasize QSEN competencies and safety issues related to care of older adults Tips for Best Practice boxes summarize evidence based nursing interventions for practice Research Highlights boxes summarize important research studies in the field of gerontology Research Questions include suggestions and ideas for pursuing nursing research Healthy People boxes reference the goals cited in Healthy People 2020 NEW Next Generation NCLEX NGN examination style case studies at the end of chapters include questions to help you prepare for the NGN exam NEW Completely updated content helps you develop clinical judgment skills identified by the NCSBN and the AACN as a key attribute of professional nursing NEW Updated topics include COPD guidelines theories of aging medication use and misuse palliative care wound care guidelines genomic research and LGBT family relationships and sexuality in older adults

**Ebersole and Hess' Gerontological Nursing & Healthy Aging** Theris A. Touhy, DNP, CNS, DPNAP, Kathleen F Jett, PhD, GNP-BC, 2013-03-11 Ebersole Hess Gerontological Nursing and Healthy Aging is the only gerontological nursing text that follows a wellness based holistic approach to older adult care Designed to facilitate healthy aging regardless of the situation or disease process this text goes beyond simply tracking recommended treatments to address complications alleviate discomfort and help older adults lead healthy lives Featuring evidence based practice boxes safety alerts expanded tables and careful attention to age gender and cultural differences Ebersole Hess Gerontological Nursing and Healthy Aging is the most complete text on the market Focus on health and wellness helps you gain an understanding of the patient's experience AACN and the Hartford Institute for Geriatric Nursing core competencies integrated throughout Consistent chapter organization and pedagogy including Learning Objectives Glossary and Research and Study Questions Activities Evidence Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown ineffective or harmful effects Careful attention to age cultural and gender differences

helps you understand these important considerations in caring for older adults Expanded tables boxes and forms including the latest scales and guidelines for proper health assessment make information easy to find and use Activities and discussion questions at the end of every chapter equip you with the information you need to assess the patient UPDATED Healthy People 2020 boxes integrate information about healthy aging NEW Safety Alerts highlight safe practices and quality of care QSEN competencies NEW Chapter on Neurologic Compromise expands content on stroke and Parkinson s disease

**Ebersole & Hess' Toward Healthy Aging - E-Book** Theris A. Touhy, Kathleen F Jett, 2013-08-07 Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing Ebersole Hess Toward Healthy Aging 8th Edition is the most comprehensive resource on health promotion and maintenance for older adults and their caregivers With coverage of communication safety and ethical considerations new genetic research key aging issues and common and uncommon conditions you will have the knowledge you need to promote healthy lifestyle choices properly address end of life issues and provide effective holistic care for older adults Consistent chapter organization with objectives case studies with critical thinking questions and research questions make information easy to access and use A strong focus on health and wellness emphasizes a positive approach to aging Disease processes are discussed in the context of healthy adaptation nursing support and responsibilities Research highlights help incorporate the latest research findings into practice Nutrition chapter includes the most current guidelines for older adults and addresses patients dietary needs Scales and guidelines for proper health assessment provide the essential information for assessing the older adult patient Case studies with critical thinking questions offer realistic situations to expand your knowledge and understanding Careful attention to age cultural and gender differences are integrated throughout and highlight important considerations when caring for older adults Content grounded in the core competencies offers the knowledge needed to achieve the National League for Nursing ACES program s Essential Nursing Actions and meets the Recommended Baccalaureate Competencies and Curricular Guidelines for the Nursing Care of Older Adults the Geriatric Nursing Education State of the Science Papers and the Hartford Institute for Geriatric Nursing Best Practices in Nursing Care to Older Adults NEW QSEN content highlights quality and safety issues students need to know when treating older patients NEW Chapter covering the role of communication emphasizes the importance of communication in improving care NEW Focus on genetics highlights the vast amount of new genetic research and its effects on all aspects of health and aging NEW Information on ethical considerations explores and illustrates potential issues when dealing with older adults NEW Healthy People 2020 information assists your students in integrating their knowledge about healthy aging considerations into care **Geriatric Nursing** Priscilla Ebersole, RN, PhD, FAAN, Theris A. Touhy, ND, APRN, BC, 2006-02-01 Designated a Doody s Core Title Named an Outstanding Academic Title for 2006 by CHOICE Those who are interested in the care of older individuals will find this book thoughtful exciting and useful Highly recommended CHOICE Learn the history of the development of geriatric nursing as a

specialty as well as the current state of geriatric nursing from the stories of pioneers in this field Through the history of those who laid the foundations for the profession to the geriatric nurse leaders who continue the specialty today see first hand how geriatric nursing began evolved and continues to flourish Covering the scope of the specialty How to become a geriatric nurse Geriatric nursing organizations and publications Standards of practice Certification and licensure Future directions This text provides both inspirational stories of nursing and practical information on how you can find resources develop ideas and access research in order to become a successful geriatric nurse **Ebersole & Hess' Toward Healthy Aging** Theris A.

Touhy,Kathleen Freudenberger Jett,2015-10-01 *Ebersole & Hess' Toward Healthy Aging - E-Book* Theris A. Touhy,Kathleen F Jett,2015-08-06 Get all the knowledge you need to provide effective care for adults as they age Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing Ebersole Hess Toward Healthy Aging 9th Edition is the only comprehensive text to address all aspects of gerontological nursing care The new ninth edition has been extensively revised and updated and now includes shorter more streamlined chapters and pedagogical features to facilitate learning covering the areas of safety and ethical considerations genetics communication with the patient and caregiver promoting health in persons with conditions commonly occurring in later life world wide addressing loss and palliative care and much more This new edition considers the experience of aging as a universal experience and the nurse s role in the reduction of health disparities and inequities as a member of the global community Plus it contains a variety of new learning features that focus the readers attention on applying research and thinking critically in providing care to aging adults across the care continuum **Ebersole and Hess' Gerontological Nursing and Healthy Aging in Canada E-Book** Veronique Boscart,Lynn McCleary,Linda Sheiban Taucar,Theris A. Touhy,Kathleen F

Jett,2022-02-02 Gain the knowledge and skills you need to care for older adults in Canada Ebersole and Hess Gerontological Nursing Healthy Aging in Canada 3rd Edition uses a wellness based holistic approach to older adult care from a distinctly Canadian perspective Designed to promote healthy aging regardless of the patient s situation or disorder this book provides best practice guidelines to help you identify potential problems address complications and alleviate discomfort An Evolve website includes new Next Generation NCLEX style case studies and PN competencies case studies to enhance your skills in clinical judgement Written by a team of gerontological nursing experts led by Veronique Boscart this concise guide covers health care in the context of the cultural and socio economic issues unique to Canada Core competencies identified by the CGNA are integrated throughout the book reinforcing the standards of the Canadian Gerontological Nursing Association Assessment guidelines and tools are featured in tables boxes and forms including the latest scales and guidelines for proper health assessment Focus on health and wellness highlights all aspects of the aging process Attention to age cultural and gender differences helps you care for different population groups Evidence informed Practice boxes summarize research findings and identify those practices with unknown ineffective or harmful effects and examine topics such as culturally safe

health initiatives for Indigenous Peoples lifelong learning and its effects on the wellbeing of older adults challenges in home care and long term care homes and improving outcomes and improving outcomes for seniors living with a stroke or dementia Activities and discussion questions at the end of every chapter help you understand the material and apply concepts in clinical situations

The Nurse's Role in Promoting Optimal Health of Older Adults Jean W Lange, 2011-09-02 Awarded a 2012 AJN Book of the Year Award Why focus on the negative aspects of growing old while most older adults are leading positive fulfilling and active lives even while dealing with the changes associated with aging and chronic illnesses Promote healthy aging learn what it means to age successfully and develop the tools and resources that can optimize well being during the later years in life with the guidance you ll find inside The author a nationally recognized expert in the field of gerontology addresses the physical psychosocial and spiritual needs of older adults based on a holistic mid range nursing theory of successful aging Contributions from healthcare professionals in exercise physiology nutrition pharmacy and elder law help you understand how these disciplines work together to benefit patients

**Ebersole and Hess' Gerontological Nursing and Healthy Aging** Theris A. Touhy, Kathleen F Jett, 2009-04-01 This is a Pageburst digital textbook With a strong focus on health and wellness this gerontological nursing text offers you a holistic perspective to caring for older adults Designed to facilitate the healthiest adaptation possible this text identifies potential problems that may occur and the means to address complications alleviate discomfort and help older adults lead healthy lives Disease processes are discussed in the context of healthy adaptation nursing support and nursing responsibilities to help you gain an understanding of your clients experience Focus on health and wellness establishes a positive perspective to aging Careful attention to age cultural and gender differences are integrated throughout to help you understand these important considerations when caring for older adults Healthy aging strategies maximize the healthiest behaviors of clients with dementia and their caregivers Consistent chapter organization includes learning objectives research and study questions activities to make information easy to find and use Incorporates assessment guidelines throughout provide useful tools for practice End of chapter activities and discussion questions help you expand your knowledge and understanding of the content Resource lists provide you with additional means to explore ways to care for the older adult Incorporates the core competencies identified by the AACN and the Hartford Foundation Institute for Geriatric Nursing Healthy People 2010 boxes assist you in integrating knowledge about healthy aging considerations Evidence Based Practice boxes summarize research findings that confirm effective practices or identify practices with unknown ineffective or harmful effects Expanded sexuality related content includes older adults living with AIDS and STDs Genetics section reflects the emergence of the role of genetics in gerontological assessment

Toward Healthy Aging Priscilla Ebersole, Patricia A. Hess, Ann Schmidt Luggen, 2004 Toward Healthy Aging is a definitive comprehensive source for health promotion and health maintenance in gerontologic nursing education Noted for its use of Maslow s hierarchy of needs this resource and its author team have been praised for the text s wellness based and holistic

approach comprehensive coverage of common as well as not so common conditions in the older adult accuracy of content and pedagogic aids that promote student understanding This popular resource provides a solid understanding of how to effectively provide holistic care promote healthy lives and address end of life issues and concerns Instructor resources are available please contact your Elsevier sales representative for details [Gerontological Nursing: Competencies for Care](#)

Kristen L. Mauk,2022-03-29 The Fifth Edition of Gerontological Nursing takes a holistic approach and teaches students how to provide quality patient care for the older adult preparing them to effectively care for this population **Toward Healthy Aging** Priscilla Ebersole,Patricia A. Hess,1985 This text is divided into two parts The first deals with the geriatric nurse and the care of the aged The second part provides the information necessary to understand the issues in aging and to understand our conceptual framework and philosophy of aging *Ebersole & Hess' Gerontological Nursing & Healthy Aging* Theris A. Touhy,Theris Touhy,Kathleen F. Jett,2009-05 This money saving package is a must have for nursing students It includes Ebersole Hess s Gerontological Nursing Healthy Aging 3rd edition and an electronic version of the textbook that allows students to search highlight information take notes share notes and more This package makes it simple for students to make the most of their study time and get more use out of their textbooks *Ebersole and Hess' Toward Healthy Aging* Theris A. Touhy,Kathleen F. Jett,2019-10 Ensure you thoroughly understand the intricate details of providing effective care for adults as they age Ebersole Hess Toward Healthy Aging 10th Edition is the only comprehensive gerontological nursing text that effectively communicates how to provide holistic care promote healthy lives and address end of life issues and concerns Grounded in the core competencies recommended by the AACN in collaboration with the Hartford Institute for Geriatric Nursing the tenth edition has been extensively revised and updated with shorter more streamlined chapters and pedagogical features to facilitate learning It covers the areas of safety and ethical considerations genetics communication with the patient and caregiver promoting health in persons with conditions commonly occurring in later life world wide addressing loss and palliative care and much more Special sections provide an honest look at the universal experience of aging and the nurse s role in the reduction of health disparities and inequities as a member of the global community Plus it contains a variety of new learning features that focus on applying research and thinking critically in when providing care to aging adults across the care continuum UPDATED COPD guidelines ensure you understand the latest information used by clinicians UPDATED Theories of Aging chapter discusses the latest covers current findings on this timely issue UPDATED Information on medication use and misuse instructs you in what to look for when working with prescription medications UPDATED chapters incorporate the latest information on timely topics such as Palliative Care and Sleep UPDATED Wound care guidelines reflect nationally recognized standards UPDATED Information on LGBT family relationships and sexuality in older adults A Student Speaks and An Elder Speaks sections at the beginning of every chapter provide honest and candid thoughts from students and elders Learning objectives found at the beginning of every chapter help you to identify the primary take away messages



they should learn from the chapter Promoting Healthy Aging Implications for Gerontological Nursing sections provide best practice guidelines for management and promotion of wellness for older adults with chronic illness and those at the end of life Key concepts are bulleted at the end of every chapter to provide a quick review of the most important concepts found in the chapter Nursing Studies provide practice examples designed to assist you in assessment planning interventions and outcomes to promote healthy aging Critical Thinking Questions and Activities assist you in developing critical thinking skills related to chapter and nursing study content and include suggestions for in classroom activities to enhance learning Content consistent with the core competencies for geriatric nursing incorporates the Recommended Baccalaureate Competencies and Curricular Guidelines for the Nursing Care of Older Adults the Geriatric Nursing Education State of the Science Papers and the Hartford Institute for Geriatric Nursing Best Practices in Nursing Care to Older Adults The latest information on biological theories of aging and evolving genomic research covers current findings on these timely issues Research Highlights Boxes highlight important research studies in the field of gerontology Research Questions found at the end of chapters gives you a chance to do further research outside of your book study to give you a better grasp of the field as a whole Safety Alert Boxes emphasize important safety tips to consider while working in a clinical setting Resources for Best Practice boxes contain suggestions for further information on various chapter topics and tools for practice Tips for Best Practice boxes feature summarized lists of evidence based nursing interventions for practice Healthy People boxes reference the goals cited in Healthy People 2020 NEW Additional coverage of frailty in older adults helps you to understand the precautions you need to take when working with this population NEW Increased information on Health Literacy assists you in learning the right terms to promote healthy aging NEW Added information on herbs supplements includes essential oils and green tea

**Gerontological Nursing** Charlotte Eliopoulos, 2020-12-22 Gerontological Nursing Tenth Edition focuses on the content that students need to know for effective practice offering engaging evidence based coverage of the aging process factors contributing to healthy aging and unique aspects of disease presentation and management in older adults The tenth edition retains the text's acclaimed holistic approach and logical overview of the aging process with updated content throughout to help students confidently care for an increasingly diverse population This edition also includes Next Generation NCLEX Style Case Studies and Questions which help students review important concepts and practice for the next generation NCLEX as well as Unfolding Patient Stories that correlate directly to simulated patient scenarios in vSim for Nursing for enhanced preparation for practice

*Gerontological Nursing* Kristen Mauk, 2010-10-25 Gerontological Nursing Competencies for Care Second Edition is a comprehensive and student accessible text that offers a holistic and interdisciplinary approach to caring for the elderly The framework for the text is built around the Core Competencies set forth by the American Association of Colleges of Nursing AACN and the John A Hartford Foundation Institute for Geriatric Nursing Building upon their knowledge in prior medical surgical courses this text gives students the skills and theory needed to

provide outstanding care for the growing elderly population It is the first of its kind to have more than 40 contributing authors from many different disciplines Some of the key features include chapter outlines learning objectives discussion questions personal reflection boxes and case studies      *Gerontological Nursing & Healthy Aging* Priscilla Ebersole,2005

*Gerontological Nursing Healthy Aging* provides thorough coverage of promoting healthy aging when caring for older adults The intent throughout the book is to facilitate the healthiest adaptation possible for any older adult regardless of the situation and disease process The majority of the book is devoted to discussing the significant problems that may occur and methods that nurses may use to make these problems more bearable to solve some and to help the elder find the best possible resolution towards healthy aging Incorporates healthy aging strategies to maximize the healthiest behaviors of clients patients with dementia and their caregivers Disease processes are discussed in the context of healthy adaptation nursing support responsibilities to help the reader gain an understanding of their client s experience Focus on health and wellness establishes a positive perspective to aging Careful attention to age cultural and gender differences are integrated throughout to help the nurse understand these important considerations in caring for older adults Each chapter provides a consistent organization including learning objectives research study questions activities Assessment guidelines are incorporated throughout as tables boxes and forms to provide useful tools for practice Activities and discussion questions at the end of every chapter provide situations to expand student knowledge and understanding Appendices and resource lists assist in further exploration of material Text correlates with federal guidelines for Healthy People 2010 to assist the student in integrating knowledge about healthy aging considerations Expanded content on pharmacologic and nonpharmacologic pain management in Chapter 15 and integrated within appropriate content sections Completely revised Culture and Aging chapter includes discussions of health disparities and working with interpreters to help identify nursing care interventions appropriate for ethnic elders New author team with Theris Touhy and Kathleen Jett adds a wealth of experience related to gerontological nursing education and research      Evidence-Based Geriatric Nursing Protocols for Best Practice Marie Boltz,Marie P. Boltz,Elizabeth Capezuti,DeAnne Zwicker,Terry T. Fulmer,2020-03-31 Note to Readers Publisher does not guarantee quality or access to any included digital components if book is purchased through a third party seller AJN Book of the Year 2016 First Place Winner in Gerontological Nursing The evidence based protocols are designed as a primary reference and are useful substantive and timely The broader contributions of useful format and succinct review of the evidence make it likely that this text will continue to be the leading resource in nursing education and practice The Gerontologist As a gerontological clinical educator research nurse I will often use this as a reference The format and the content are good and the explanations of how to best use the evidence simplify the process of sifting through mountains of information to figure the best practice Score 97 Doody s The newest edition of this distinguished reference in geriatric nursing delivers updated guidelines new illustrative case studies and the latest evidence based protocols developed by

leading researchers educators and practitioners in each topic area The sixth edition includes new approaches devoted to supporting LGBTQ elders persons living with dementia and their families and older adults living with HIV New operational strategies provide guidance in using the electronic health record implementing improved person centered care approaches and maintaining age friendly atmospheres Using evidence derived from all levels of care this text offers developed guidelines for improving both quality and outcomes when caring for older adults in multiple disciplines including interprofessional team members long term care and other staff educators social workers dietitians and physicians Chapters provide assessment and management principles clinical interventions specialty practice and models of care They consistently feature chapter objectives annotated references evidence ratings for each protocol and resources for further investigation Each protocol is embedded within the chapter content to provide context and detailed evidence The protocols consistently include an overview evidence based assessment intervention strategies and a supporting case study with discussion PowerPoint presentations and a test bank are available as instructor s resources New Chapters Informational Technology Embedding CPGs Organizational Approaches to Promote Person Centered Care Environmental Approaches to Support Aging Friendly Care HIV Prevention and Care for the Older Adult LGBTQ Perspectives Key Features Best practices for in patient in home and long term care settings Case studies with discussions in each chapter to illustrate application of clinical practice and related Nursing Standard of Practice Protocol The AGREE systematic method was used to evaluate each protocol and validate this book s content Instructor s resources including PowerPoints and a Test Bank Purchase includes digital access for use on most mobile devices and computers

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