

# Ebersole and Hess' Gerontological Nursing and Healthy Aging: A Comprehensive Guide to Caring for the Elderly

Ebersole and Hess' Gerontological Nursing and Healthy Aging is the leading textbook for gerontological nurses. This comprehensive guide provides nurses with the knowledge and skills they need to care for the elderly, including information on aging-related changes, common health problems, and end-of-life care.



## Ebersole and Hess' Gerontological Nursing & Healthy Aging - E-Book by Theris A. Touhy

★★★★☆ 4.5 out of 5

Language : English

File size : 36277 KB

Screen Reader : Supported

Print length : 456 pages

X-Ray for textbooks : Enabled



## Aging-Related Changes

As people age, they experience a number of physical, cognitive, and emotional changes. These changes can affect their ability to perform everyday activities, such as bathing, dressing, and eating. Gerontological nurses need to be aware of these changes and how they can impact the care of the elderly.

- **Physical changes:** As people age, their bodies undergo a number of physical changes. These changes include decreased muscle mass and strength, decreased bone density, and decreased flexibility. These changes can make it difficult for the elderly to perform everyday activities, such as walking, climbing stairs, and getting out of bed.
- **Cognitive changes:** As people age, they may experience a decline in cognitive function. These changes can include memory loss, decreased attention span, and difficulty with problem-solving. These changes can make it difficult for the elderly to learn new things, make decisions, and manage their finances.
- **Emotional changes:** As people age, they may experience a variety of emotional changes. These changes can include depression, anxiety, and loneliness. These changes can be caused by a number of factors, such as the loss of loved ones, retirement, and declining health. Gerontological nurses need to be aware of these changes and how they can impact the care of the elderly.

## **Common Health Problems**

The elderly are at risk for a number of health problems, including heart disease, stroke, cancer, and diabetes. Gerontological nurses need to be familiar with these health problems and how to manage them.

- **Heart disease:** Heart disease is the leading cause of death in the United States. The risk of heart disease increases with age. Gerontological nurses need to be aware of the risk factors for heart disease and how to prevent and manage it.

- **Stroke:** Stroke is the third leading cause of death in the United States. The risk of stroke increases with age. Gerontological nurses need to be aware of the risk factors for stroke and how to prevent and manage it.
- **Cancer:** Cancer is the second leading cause of death in the United States. The risk of cancer increases with age. Gerontological nurses need to be aware of the risk factors for cancer and how to screen for and manage it.
- **Diabetes:** Diabetes is a chronic disease that affects the body's ability to use glucose. The risk of diabetes increases with age. Gerontological nurses need to be aware of the risk factors for diabetes and how to prevent and manage it.

## **End-of-Life Care**

End-of-life care is a specialized area of nursing that focuses on the care of patients who are nearing the end of their lives. Gerontological nurses need to be familiar with the principles of end-of-life care and how to provide compassionate and supportive care to patients and their families.

- **Principles of end-of-life care:** The principles of end-of-life care include respecting the patient's wishes, providing comfort and support, and helping the patient and their family to cope with the dying process.
- **Providing compassionate and supportive care:** Gerontological nurses can provide compassionate and supportive care to patients and their families by listening to their concerns, providing information and support, and helping them to create a comfortable and meaningful environment.

Ebersole and Hess' Gerontological Nursing and Healthy Aging is a comprehensive guide to caring for the elderly. This textbook provides nurses with the knowledge and skills they need to care for the elderly, including information on aging-related changes, common health problems, and end-of-life care. Gerontological nurses play a vital role in the care of the elderly, and this textbook is an essential resource for nurses who want to provide the best possible care to their patients.



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