Preface

When I began my nursing career in 1970, I chose to work in a visiting nurse program that addressed the unique needs of older adults in home settings. When asked why I would want to work full time with the “geriatric population,” I enthusiastically responded that this presented a wide open opportunity to meet the needs of people who were neglected by most health care professionals. At that time, “geriatrics” and “gerontology” were the newcomers in health care, and little was known about the unique nursing care needs of older adults. It would be 4 years before gerontological nursing would be an approved specialization and 5 years before the first gerontological nursing journal would be published. During the past four decades, the percentage of the U.S. population defined as “older adults” has been gradually increasing, with projections that by 2050, 20% of the U.S. population will be aged 65 years and older. Consequently, our knowledge about how to provide evidence-based care for older adults has been expanding at a rapid pace. Thus, it is imperative that nurses keep up-to-date on aging-related research and issues so that they can apply this knowledge to identify and address the unique needs of older adults.

In addition to the increasing focus on care of older adults, “wellness” has been emerging as a major focus of health care in recent years. The concept is usually associated with physical fitness and “preventing aging”; however, a major premise of this text is that there is no age limit to achieving wellness when it is holistically conceptualized in the context of one’s body, mind, and spirit. Another major premise is that nurses have primary roles in promoting wellness for older adults because we holistically address the needs of our patients, which for older adults involves supporting their optimal level of functioning and quality of life. Thus, the intent of this text is to serve as a foundation for providing wellness-oriented nursing care for older adults in any health care setting.

This sixth edition of Nursing for Wellness in Older Adults has been extensively updated to incorporate recent evidence-based information that is pertinent to providing wellness-oriented care for older adults. In addition, a major focus is on the multitude of opportunities that nurses have for promoting health and improving quality of life for older adults. As in previous editions, this text focuses on the aspects of physiologic and psychosocial function that are most relevant to nursing care of older adults. The Functional Consequences Theory provides a framework for identifying the many interacting factors that affect the level of functioning and quality of life of older adults within the context of the nursing process. For each aspect of functioning, nurses can use the assessment and intervention guidelines to identify and address factors that affect the functioning and quality of life of older adults. Evidence-based boxes provide information about recent research that supports assessment of and interventions for conditions commonly addressed when caring for older adults. Nursing interventions focus on health promotion, and many of the intervention guides can be used as health education tools to teach older adults, their families, and their caregivers about actions they can take to promote wellness. Chapters also include information about applicable wellness nursing diagnoses and wellness outcomes. Theory illustrations at the beginning of chapters illustrate how the Functional Consequences Theory is integrated with the nursing process with regard to specific aspects of functioning.

ORGANIZATION

Nursing for Wellness in Older Adults has 29 chapters, organized into five parts. Chapters in Parts 1 and 2 introduce topics relevant to aging, wellness, older adults, and the role of nurses in promoting wellness in older adults. Chapters in Parts 3 and 4 are organized around the Functional Consequences Theory of Gerontological Nursing, so each facet of physiologic or psychosocial function is presented according to age-related changes, risk factors, functional consequences, nursing assessment, nursing diagnosis, wellness outcomes, nursing interventions, and evaluation of nursing care. The three chapters in Part 5 help nurses provide holistic care for older adults during illness.

The intent of Part 1 (Chapters 1 through 4), Older Adults and Wellness, is to help nurses apply a wellness philosophy to their care of older adults. Chapters 1 and 2 integrate the concepts of wellness and aging and provide an overview of characteristics and diversity of older adults. Chapter 3 explicates the Functional Consequences Theory, which is applied throughout this text as a framework for wellness-oriented nursing care of older adults. Chapter 4 provides an overview of theories that are pertinent to aging well.

Part 2 (Chapters 5 through 10), Nursing Considerations for Older Adults, introduces gerontological nursing as a subspecialty within nursing and addresses the unique challenges of caring for older adults, with an extensive discussion of health promotion in relation to older adults. Roles for
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Gerontological nurses are described in relation to diverse settings that comprise the continuum of care for older adults. This section also covers the complex topics of assessment, medications, and legal and ethical concerns because nurses address these aspects of care with the majority of the older adults for whom they provide care. Elder abuse and neglect also is addressed in this section because nurses need to be aware of this concern when caring for older adults.

Part 3 (Chapters 11 through 15), Promoting Wellness in Psychosocial Function, extensively reviews cognitive and psychosocial function and provides guidelines for a comprehensive nursing assessment of psychosocial function, with emphasis on healthy older adults. In addition, this part covers delirium, dementia, and depression, which are three of the most commonly occurring pathologic conditions that have serious psychosocial consequences for older adults.

Part 4 (Chapters 16 through 26), Promoting Wellness in Physical Function, includes chapters that address each of the following specific aspects of functioning in older adults: hearing, vision, digestion and nutrition, urinary function, cardiovascular function, respiratory function, mobility and safety, integument, sleep and rest, thermoregulation, and sexual function. Selected common pathologic conditions also are addressed in these chapters when these conditions affect a particular aspect of functioning in older adults.

Part 5 (Chapters 27 through 29), Promoting Wellness in All Stages of Health and Illness, has been added to address topics of caring for older adults during illness and when they are experiencing pain or are at the end of life.

NEW AND SPECIAL FEATURES

Special features from past editions have been retained in this edition, and several new features have been added.

Pedagogical Features

- **Learning Objectives** help the reader identify important chapter content and focus his or her reading.
- **Key Terms** listed at the beginning of the chapter and bolded in the text highlight important vocabulary.
- **Theory Illustrations** at the beginning of each chapter on specific aspects of functioning present an overview of the Functional Consequences Theory in the context of the nursing process.
- **Icons** identify the five major components of the Functional Consequences Theory:
  - Age-related changes
  - Risk factors
  - Functional consequences
  - Nursing assessment
  - Nursing interventions
- **Progressive Case Studies** provide real-life examples of the effects of age-related changes and risk factors, beginning in young-old adulthood and continuing through all the stages of later adulthood. **Thinking Points** after each segment of the case assist the student in applying the content of the chapter to the case example. Many chapters include a concluding Case Study with a sample Nursing Care Plan.
- **Chapter Highlights** in an easy-to-read bulleted format facilitate review of the material.
- **Critical Thinking Exercises**, at the end of each chapter, help readers to gain insight and develop problem-solving skills through purposeful, goal-directed thinking.
- **References** give readers additional information about the most up-to-date research that supports evidence-based practice.

Practice-Oriented Features

- **NEW! Evidence-Based Practice** boxes are included in clinically oriented chapters to summarize guidelines for evidence-based care of older adults.
- **Wellness Opportunities** are sprinkled throughout the clinically oriented chapters to draw attention to ways in which nurses can promote wellness during the usual course of their care activities.
- **A Student’s Perspective** provides reality-based stories written by nursing students that illustrate the application of wellness concepts in clinical practice.
- **Cultural Considerations** boxes help the reader appreciate cultural differences that may influence his or her approach to a patient, resident, or client.
- **Diversity Notes** give brief information about differences among specific groups (e.g., men and women, whites and African Americans).
- **Assessment Boxes** provide the reader with specific approaches for nursing assessment. Commonly used assessment tools are described (and, in many cases, illustrated).
- **Interventions Boxes** provide succinct guides for nursing interventions, with a strong focus on health promotion. Guides for “best practices” in nursing interventions are given. Many of the interventions boxes can be used as tools for teaching older adults and their caregivers about how to improve functional abilities. Interventions boxes that double as teaching tools can be downloaded from thePoint, at http://thepoint.lww.com/miller6e.
- **Resources** sections direct the reader to sources for clinical tools, evidence-based practice, and health education.

TEACHING AND LEARNING PACKAGE

Instructor Resources

Tools to assist you with teaching your course are available upon adoption of this text on thePoint, at http://thepoint.lww.com/miller6e. Many of these tools are also included on the Instructor’s Resource DVD-ROM.
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- An E-Book allows access to the book’s full text and images online.
- The Test Generator lets you generate new tests from a bank of NCLEX-style questions to help you assess your students’ understanding of the course material.
- PowerPoint Presentations provide an easy way for you to integrate the textbook with your students’ classroom experience, either via slide shows or handouts. Multiple-choice and True/False questions are integrated into the presentations to promote class participation and allow you to use i-clicker technology.
- A sample Syllabus provides guidance for structuring your course.
- An Image Bank contains illustrations from the book in formats suitable for printing and incorporating into PowerPoint presentations and Internet sites.
- Journal Articles, corresponding to book chapters, offer access to current research available in Lippincott Williams & Wilkins journals.
- Access to all student resources.

Student Resources
Students can also visit thePoint® at http://thePoint.lww.com/miller6e and access the following tools and resources using the codes printed in the front of their textbooks:
- An E-Book allows access to the book’s full text and images online.
- Journal Articles, corresponding to book chapters to offer access to current research available in Lippincott Williams & Wilkins journals.
- Internet Resources, include links to clinical tools, evidence-based practice, and health education materials.
- Plus NCLEX alternate-item format tutorial, a Spanish–English audio glossary, Learning Objectives, and Interventions Boxes from the textbook.

SUMMARY

Providing wellness-oriented nursing care for older adults is an opportunity to care for people who are striving to meet the challenges of remaining healthy and functional as they cope with age-related changes and risk factors that affect their functioning and quality of life. The goal of Nursing for Wellness in Older Adults is to provide nurses and nursing students with a practical approach to assisting older adults in meeting the many challenges of older adulthood in positive and creative ways.

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