

Geriatric Care Assistance

PRACTICAL BOOK



JSS KARNATAKA OPEN SCHOOL

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MODULE II

PRACTICAL BOOK

INTRODUCTION

In your study of theoretical lesson on introduction to geriatric medical illness you have studied about the concept of diseases in the elderly, the age related problems and pattern of presentation of medical problems in the elderly. Following activity has to be carried out in this lesson.

Activity - I

AIM

Approach to a elderly

OBJECTIVES

At the conclusion of this activity, you should be able to

- Ask about the medical problems
- Ask about the medications
- Carry out basic examination and bed side observations

RESOURCES REQUIRED

Field trip to hospitals , old age homes

1.3.1 Approaching the elderly patient

- Ask for name, age, place of origin
- Living arrangement
- Who gives them medication.

MODULE-2



- Brief history ; Fall , Fatigue , fever . incontinence constipation ,pain, appetite, cough .
- History of medications

Basic examination

- Pulse : the usual site to check is right hand radial pulse. Count the rate and see if it regular. Normal pulse is 70 to 85 beats per minute
- Blood pressure ;It is measured by blood pressure apparatus called the Sphygmomanometer. The cuff is tied firmly above the elbow joint in the right hand. The cuff is inflated till radial pulse is not felt and then slowly the mercury level is brought down till pulse is felt. This is systolic Blood pressure recording . Now place the stethoscope on the arm below the cuff . You will hear the heart sounds . Now bring the blood pressure down further till sound disappears. This is diastolic blood pressure. Normal blood pressure is 120/80 mmhg in lying down position. In the elderly it is good to take the blood pressure in sitting position.
- Respiration : count the respiration for full one minute . Before counting distract the patients attention from his breathing. Observe patients abdomen for counting the respiratory rate. Each time the patients abdomen rises it is counted as one. Normal respiratory rate is 14 to 18 per minute. Anything above 25 inform the doctor.
- Temperature :This is done using the thermometer . In conscious patient oral temperature recording is preferable. Thermometer is kept under the tongue for one minute. Temperature below 35degrees centigrade, and above 41.6 degree centigrade. Older patients are particularly prone to both these conditions .
- Gait and balance: observe when patient walks whether he sways o.
- Faces : **observe the face for pain** , swelling yellowish discoloration of the eyes , Blush discoloration of the tongue.

PROCEDURE

Sl.No	Activity	Observation
1)	Talking to an elderly patient	
2)	Number of medical problems the elderly has	i) ii) iii)
3)	Number of age related problems the elderly has	i) ii) iii)
4)	Basic examination	
5)	Observe the face	

**CONCLUSION**

Write down all the vital signs you checked.

Write the list of medications the patient has received

Write down all the medical problems this patient has



BEDSIDE PROCEDURE

INTRODUCTION

You have learn how to do a assessment of an elderly patient . In this chapter you will learn how to carry out some basic procedures at bed side.

Activity - I

AIM

Make a list of all bed side procedures

OBJECTIVES

At the end of this activit+y, you should be able to

- Perform few important bed side procedures
- List all the main procedures

RESOURCES REQUIRED

- Few equipments
- Patients

PROCEDURES

Ryles tube feeding : This is a tube inserted into the stomach for feeding of patients in certain conditions.Observe whether the tube is in proper position.

The patient is propped up at 45 degrees and only free flowing liquids are fed through Ryles tube

Attach a 60cc syringe to the end of feeding tube.

Pull back on the plunger. You should see some gastric juices (yellow-green fluid). This is stomach content and tells you the tube is in your stomach.

If you pull back more than 150cc of fluid, do not give food. Inject the stomach content, which contains important minerals, back into the tube.

Then flush with water. Wait for a few hours and check again.

Mouth and Tube Care

Brush teeth at least twice daily .

Clean the area where the NG tube goes into nostrils daily. Use a cotton-tip applicator moistened with warm water

Change your nasal tape every other day or when it is loose.

Make sure the nasal tape is secure at all times. If the feeding tube falls out, call your doctor as soon as possible.

To prevent a clogged feeding tube, flush the tube with water each time after giving a feeding or medication.

If tube becomes clogged, you can use these methods:

Place the syringe into the feeding tube, and pull back on the plunger.

Flush tube with warm tap water.

If you cannot unclog tube, call doctor immediately. It is important not to miss prescribed liquid food and water.

Bladder catheterization: this is introduced to relieve acute block of passing of urine, In critically ill patients.

Care to be taken

- Check whether the catheter is in place.
- There should be urine in the tube if not then the tube may be blocked.
- Check if the urine is bloody.
- Check for the colour of urine.
- Empty the urine bag regularly at least twice a day.

Enema : this is given for patients who have had constipation.

These are liquid preparation injected into the rectum



MODULE-2



Types of enema are Warm water, Soap water, Glycerine, Dulcolax suppository inertion.

PROCEDURE

The patient is brought on the right side of the bed and turned to his left side with knee bent up.

The temperature of the solution is tested and tip of catheter is lubricated. Place the catheter into the rectum . Raise the can at least a foot above the level of the patient for 5 mts.

After given take out the tube

Hold a towel to the rectum to preven the flow out of the enema.

Note the result of the enema.

Nebulisation : This is prescribed for breathlessness. Follow doctors orders.

Sl.No	Activity	Observation
1)	List all procedures performed	i) ii) iii)
2)	List uses of each procedure	i) ii) iii)
3)	Identify the problems of the patient.	i) ii) iii) iv)

CONCLUSION

Summarize and write down your observation



ASSESSMENT OF IMPORTANT MEDICAL CONDITIONS

INTRODUCTION

In your study of lesson on Medical conditions and symptom management you have studied about the concept geriatric assessment , . Following activity has to be carried out in this lesson.

Activity - I

AIM

List out all gastrointestinal problems

OBJECTIVES

At the completion of this activity, you should be able to

- Able to to recognize gastrointestinal problems
- Understand some emergency conditions in the elderly

RESOURCES REQUIRED

- Patients

PROCEDURE

Sl.No	Activity	Observation
1)	Examine the abdomen of the patient	
2)	Listen to the bowel sounds	

CONCLUSION

Write down the summary of your observation

MODULE-2



Activity - II

AIM

List out the causes of vomiting and diarrhea and first aid

OBJECTIVES

At the completion of this activity, you should be able to

- Identify all medications causing vomiting
- Immediate care for vomiting

RESOURCES REQUIRED

Patients

PROCEDURE

Sl.No	Activity	Observation
1)	List all measures done to stop vomiting	
2)	List all the ingredients in ORS	

CONCLUSION

Write down the summary of your observation

Activity - III



AIM

Make a list of all respiratory problems in the elderly and understand the bedside technique of approaching elderly

OBJECTIVES

At the completion of this activity, you should be able to

- Clinical skills to pick up respiratory problems in the elderly like cough, breathlessness wheezing chest pain.
- Practice immediate care of acute respiratory problems and use of respirometer for chest physiotherapy, and pulse oximetry
- Practise of giving home nebulisation
- Oxygen therapy use of mask and nasal prongs
- Use of inhalers

RESOURCES REQUIRED

Patients, Respirometer, Pulse oximeter., Oxygen cylinder, nasal prongs and masks, Inhalers

PROCEDURE

Sl.No	Activity	Observation
1)	Arrange the equipment for respiratory problems	
2)	Assess the type of breathing in 5 patients with difficulty in breathing	
3)	Observe how Oxygen is given to patients and amount of Oxygen given giving oxygen	
4)	Observe patients receiving nebulisation And practice giving nebulisation	
5)	Practice teaching patients use of inhalers	
6)	Use of respirometer and pulse oximetry	

CONCLUSION

Write down the summary of your observation

MODULE-2



Activity - IV

AIM

Checking blood sugar and , insulin injection and other oral medications

OBJECTIVES

At the completion of this activity, you should be able to

- Check blood sugar
- Recognize hypoglycemia
- Use of all modes on insulin injection and storage
- Use of accucheck

RESOURCES REQUIRED

Glucometer, Insulin with syringes, Insulin pen

PROCEDURE

Sl.No	Activity	Observation
1)	List out all types of insulin injection	
2)	Practice use of glucometer	i) ii) iii) iv)
3)	Practice giving subcutaneous insulin injection.	
4)	List out all oral medication for diabetes	
5)	State what is the safe blood glucose level	

CONCLUSION

Write down the summary of your observation

Activity - V



AIM

Make a list of equipment needed for monitoring vital signs and perform vital signs procedure.

OBJECTIVES

At the completion of this activity, you should be able to

- Accurately check and record Temperature, Pulse, Respiration and Blood pressure.

RESOURCES REQUIRED

Laboratory with needed equipment for checking vital signs and clinical posting to monitor vital signs of patients.

PROCEDURE

Sl.No	Activity	Observation
1)	Examine the variety of thermometers available in the hospital /lab setting	
2)	Practice handling thermometer that you will be using in the hospital setting	i) ii) iii) iv)
3)	Practice procedure for taking temperature by using digital thermometer	
4)	Locate the following sites for pulse assessment • Carotid, brachial, radial, temporal and dorsalispedis	
5)	Practice the technique of obtaining radial and brachial pulse.	

MODULE-2



Sl.No	Activity	Observation
6)	Practice the technique of assessing respiration	
7)	Examine aneroid and mercury sphygmomanometers.	
8)	Practice handling the parts of each type with particular attention to reading the scale, and opening and closing the bulb.	
9)	Practice the technique for blood pressure assessment.	
10)	Practice recording the vital signs in the TPR chart	

CONCLUSION

Write down the summary of your observation

Activity - VI



AIM

Make a list of equipment needed for feeding the patients and practice giving tube feeding on a dummy in the laboratory and in hospital.

OBJECTIVES

At the completion of this activity, you should be able to

- Assist in feeding the helpless patient.
- Arrange equipment for providing tube feeding.

RESOURCES REQUIRED

Laboratory with needed equipment for checking vital signs and clinical posting to monitor vital signs of patients.

PROCEDURE

Sl.No	Activity	Observation
1)	Arrange the equipment for providing tube feeding.	
2)	Practice the technique of checking for feeding tube placement.	i) ii) iii) iv)
3)	Prepare different liquid feeds.	
4)	Practice the technique for administering tube feeding in the lab,	
5)	Perform tube feeding for the needy person	
6)	Feed the helpless person	

CONCLUSION

Write down the summary of your observation

MODULE-2



Activity - VII

AIM

Meet the elimination needs properly in order to provide comfort to the person and to prevent infection.

OBJECTIVES

At the completion of this activity, you should be able to

- Handle the bedpan and urinal
- Provide catheter care

RESOURCES REQUIRED

Laboratory with needed equipment for meeting the elimination needs and clinical posting to perform catheter care and offer bed pan and urinals for bed ridden patients.

PROCEDURE

Sl.No	Activity	Observation
1)	In the lab and hospital setting examine the various types of urinals and bed pans available.	
2)	Practice providing bed pan /urinals for needed clients,	
3)	Arrange equipment needed for catheter care.	
4)	Practice catheter care in the lab	
5)	Perform catheter care in the hospital.	

CONCLUSION

Write down the summary of your observation

Activity - VIII

AIM

Make a list of equipment needed for administering medications and perform oral medication and insulin injection.

OBJECTIVES

At the completion of this activity, you should be able to

- Administer oral medication
- Give insulin injection

RESOURCES REQUIRED

Laboratory with needed equipment for administering medications and clinical posting to observe the technique of giving insulin injection.

PROCEDURE

Sl.No	Activity	Observation
1)	<p>Oral medication</p> <p>In the laboratory practice each of the technique.</p> <ul style="list-style-type: none"> • Removal of tablets /capsules from the strips and transferring it to the medicine cup • Pouring of liquid medications from the bottle 	
2)	List the rights of administering medication	i) ii) iii) iv) v)
3)	Practice the technique of administering oral medication	
4)	<p><u>Insulin injection</u></p> <p>In the laboratory observe and handle the different types of insulin syringes.</p>	



MODULE-2



Sl.No	Activity	Observation
5)	Identify the following parts of the syringe Bevel, barrel, needle shaft, plunger, hub, milliliters scale	
6)	Practice handling the syringes, changing the needle while maintaining aseptic technique,	
7)	Examine the different types of insulin prepa- rations	
8)	Practice drawing of accurate amount of in- sulin from the vial/ adjusting the required dose of insulin in the insulin pen	
9)	Practice the locating the site for insulin injec- tion in legs, arms and abdomen.	
10)	Practice the technique of giving insulin injec- tion	

CONCLUSION

Write down the summary of your observation.

Activity - IX



AIM

Make a list of all dermatological conditions

OBJECTIVES

At the completion of this activity, you should be able to

- Identify some common skin conditions in the elderly
- Relief measures

RESOURCES REQUIRED

Patients
medication.

PROCEDURE

Sl.No	Activity	Observation
1)	Examine 5 patients with skin diseases	
2)	Check all medications given to these patients	
3)	List the types of wounds	
4)	Observe the care that they receive.	

CONCLUSION

Write down the summary of your observation

MODULE-2



Activity - X

AIM

Understand the common hearing disorders and know about hearing aids

OBJECTIVES

At the completion of this activity, you should be able to

- Help patients use hearing aids
- Rid the ear of Wax collection

RESOURCES REQUIRED

Clinical posting in the ENT department

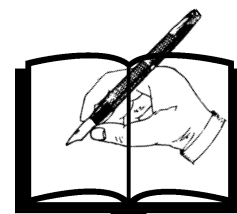
PROCEDURE

Sl.No	Activity	Observation
1)	List out all ear problems in the elderly	
2)	Observe patients with hearing aids and assess their difficulties	
3)	Talk to patients who complain of dizziness and check their medications	

CONCLUSION

Write down the summary of your observation.

UNDERSTANDING PRESCRIPTION IN THE ELDERLY



INTRODUCTION

You have understood the term polypharmacy in the elderly. It is important to know the names of some common medications and how they are given.

Activity - I

AIM

Make a list of important medications given in the elderly

OBJECTIVES

At the conclusion of this activity, you should be able to

- Understand and read the prescription
- Identify the drugs which is causing reaction in the elderly

RESOURCES REQUIRED

Visit to a hospital

PROCEDURE

Sl.No	Activity	Observation
1)	Observe and look at 100 0 Prescriptions in the elderly	
2)	Write down the indications for the medication	
3)	Observe if there are any adverse drug reaction and how it was taken care of	
4)	Write down 5 common conditions and three medications for each and two medication which are given before food	

CONCLUSION

Write down the summary of your observation

MODULE-2

