



Geriatric Nursing Care for Older Adults

An Online Certificate Course on Geriatric Mental Health

(An initiative by Department of Psychiatric Nursing & MEET LGBRIMH)

CURRICULUM

Background

Gerontological nursing is the specialty of nursing pertaining to older adults. Gerontological nurses work in collaboration with older adults, their families, and communities to support healthy aging, maximum functioning, and quality of life. Gerontology nursing is a unique nursing field requiring nurses to focus their care on the older population. Certificate courses in Geriatric care are developing to train the registered nurses on geriatric care to provide competent care at the institutional and community levels.

Course Overview

This course is designed by the Department of Psychiatric Nursing of LGBRIMH as a Certificate Course. It is an eLearning computer-based online program, largely self-taught, complemented with recorded online lectures, didactic presentations, comprehensive study materials, and case-based discussions using ECHO Model. The course includes the unique healthcare needs of older adults, common physical and mental health problems, and nursing management. The course is designed for Registered ANMs / GNMs / BSc Nursing Graduates.

Goals and Objectives

The course aims to provide an overview of old age's common physical and mental health problems, their clinical presentation, how to approach an elderly patient with mental health problems, and develop skills to plan a need-based intervention. At the end of the course, the participants will be able to recognize the unique healthcare needs of older adults.





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Objectives:

- i. Enhance nurses' knowledge and skills in assessing the needs of older adults.
- ii. Help to formulate a plan for need-based nursing intervention.
- iii. Develop nurses' competency in providing quality care for older adults.

Course Administration & Language

The Department of Psychiatric Nursing will offer this Certificate Course in “Geriatric Nursing Care for Older Adults” via the MEET LGBRIMH (Digital Academy) of Lokopriya Gopinath Bordoloi Regional Institute of Mental Health. The medium of instruction will be English.

Training Method

This blended training program combines both synchronous and asynchronous learning methods. The total duration of the course is for 3 months, comprising three modules. Self-paced e-learning materials, assignments, video lectures, and discussion forums will be provided using iECHO platform. Multipoint Videoconference via **Zoom** will be conducted regularly using digital devices, such as laptops, smartphones, desktop PCs, etc., to clarify doubts, give questions and answers, didactic lectures, and case-based learning. A Learning Management System would monitor participation in the course.

Eligibility Criteria

Registered ANMs / GNMs / BSc Nursing Graduates can join the course.

Number of Participants

A single batch will comprise not more than 20 participants and a minimum of 10 participants.





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Overview of Course Content

Modules	Sections
1 <i>Basic Concepts of Geriatric Care</i>	<p>Ageing and the Ageing Process</p> <ul style="list-style-type: none"> • Ageing Theories • Normal Ageing process (Biological, Psychological, Sociocultural, and Sexual aspect of aging) <p>Special Concerns of Older Adults</p> <ul style="list-style-type: none"> • Retirement, Long term care • Elder Abuse, Legal Aspects <p>Communication with Older Adults</p> <ul style="list-style-type: none"> • Review of communication process • Skills and Barriers of Communication • Role of Nurses <p>Health Promotion</p> <ul style="list-style-type: none"> • Nutrition, Exercise, Prevention of Accidents, Substance abuse and Adverse drug reaction <p>Age Friendly Environment</p> <ul style="list-style-type: none"> • Safety Considerations, Prevention of Falls • Modification at home, institutions and community
2 <i>Physical and Mental Health Problems of Older Adults</i>	<p>Common Physical Illness of Older Adults</p> <p>Mental Health Problems of Older Adults</p> <p>Malignancies of Ageing</p>
3 <i>Geriatric Nursing Care</i>	<p>Gerontological Nursing</p> <ul style="list-style-type: none"> • Definition, Concepts and Principles • Levels of Gerontological Care, nursing process and Role of a Nurse • Principles of Prevention of Infections <p>Geriatric Nursing Assessment</p> <ul style="list-style-type: none"> • Clinical and Functional Assessment • Activities of Daily Living (ADL) • Environment and Social Support • Mini Mental State Examination • Tools and Scales for Assessment <p>Nursing Management</p> <ul style="list-style-type: none"> • Nursing Management of common physical and mental illness • Counselling for an older adult
FINAL ONLINE ASSIGNMENT	





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Course Completion Criteria

The following criteria are to be fulfilled to be eligible for the award of Certificate

Completion of All Assignments
+
At least 80% participation in Case-Based Discussion and Live Sessions
+
A Score of $\geq 50\%$ in Each Assignment and the Final Assignment

Assignments would be in the form of multiple-choice questions, descriptive questions, based on clinically relevant case scenarios, and management oriented.

**A certificate will be awarded to Course Completers.
No certificate for only Participation.**

Course Fee: NIL

Team

- Program Co-Ordinator: Dr. Juhi Gupta, Asst. Professor, Psychiatry
- Course Co-Ordinator: Mrs. Chitra Bora, Nursing Tutor, Psychiatric Nursing
- Course Mentor: Dr. Arunjyoti Baruah, Professor & Head. Dept. of Psychiatric Nursing
Dr. Kunjalata Gogoi, Asst. Professor, Psychiatric Nursing
Mr. Sandeep Kollipara, Nursing Tutor, Psychiatric Nursing
Dr. Angshu Lama, Assistant Professor (NMHP)

