Discussion 2

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 Aging is a natural process that takes place with the passage of time with every thing. This term is mostly used for living things, especially humans and the physical and mental changes that they go through with the passage of time. It also refers to the way we, humans take care of ourselves during the phase of the time (Connidis, & Barnett, 2018). It can simply be defined as the impact of time on the human body, which occurs on multiple levels. There are different theories of aging that have been presented to explain the process of aging in humans (Bengtson, & Settersten Jr, 2016). Two of the most prominent among them is the Programmed Theory and the Error Theory.

 The Programmed Theory of aging states that the human body is designed to age and there is a certain biological clock that they follow. Another theory of aging called “Error Theory” explains that aging is the result of the wear and tear that human bodies go through due to environmental damage. This damage keeps accumulating in our bodies over a period of time and shows up once the body has no longer the strength to bear it.

 There are a number of valuable things that I learned in the nursing profession but the most useful knowledge that I got was regarding the various disorders that come with the old age (De, & Ghosh, 2017). I already knew about some of them but did not have much knowledge, especially in such depth. This knowledge will help me greatly in my nursing practice as I will have to deal with elderly patients with multiple sorts of disorders. Understanding of these disorders will help me understand the condition of the patient in a much better way and then provide therapy or treatment according to that understanding in a much professional and better manner.

**References**

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