nursing – SYDNEY REGION

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| **Student Number** |  | **Student Name** | **Rachel Taylor** |
| **Unit code** | HLTENN013 | **Unit name and release number** | Implement and monitor nursing care for an older person |

**Please note that TAFE NSW is required to retain copies of all completed assessments, where practical, for a *minimum* period of three (3) years (or in accordance with regulatory/licencing requirements) after the completion of a learner’s studies.*Refer to procedure to determine the retention period required.***

| **Assessment Instructions** | **This is assessment event number 1 of 3 assessment events for this unit** |
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| **Type of Assessment** | **Assessment 1** – Written Assessment Task (Short answer questions) |
| **Instructions for Written Assessment** | 1. Students are required to answer the following questions related to the care of an older person. It is suggested that you select an aged person in the workplace, visit the websites referenced in this guide and use hard copy resources to assist you to answer each question 2. References – Use the APA style for referencing 3. Write your name on each page of this assessment task 4. **ALWAYS** keep a copy of your work 5. Assignments are to be submitted by the due date |
| **Submission instructions** | Fill in the assessment cover sheet with signed declaration and submit with your completed assessment task  Submit assessment with the following file naming convention**Surname.Firstname\_Group\_HLTENN013\_dd/mm/yyyy** |
| **What do I need to do to achieve a satisfactory result?** | To successfully complete this assessment event **all questions** must be answered correctly |
| **Due date/time allowed** | As per Assessment Timetable |
| **Assessment feedback, review or appeals** | Feedback must be provided to you no later than 10 days after all assessment activities have been conducted.  If you want a review of your results or if you have any concerns about your results, you can contact the teacher/assessor or your Head Teacher.  You have three weeks from the date you receive your results in which to make an appeal and/or request a review.  You should receive a response within 10 days of the receipt of the request.  Teachers and their Head Teacher will address any appeal in accordance with [Assessment Guidelines for TAFE NSW.](https://staff.tafensw.edu.au/policies-procedures/student-administration/assessment-guidelines/) |

**ASSESSMENT COVER SHEET**

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| **Qualification:** | Diploma Nursing | |
| **Assessment Date/Submission date:** |  |  |

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| **STUDENT DECLARATION:**  This assignment is my original work and no part of it has been copied from any other source except where due acknowledgment is made.  No part of this assignment has been written for me by any other person except where such collaboration has been authorized by the assessor concerned.  I understand that plagiarism in the presentation of the work, idea or creation of another person as though it is your own. Plagiarism occurs when the origin of the material used is not appropriately cited. No part of this assignment is plagiarised. | |
| **Student Name:** | **Rachel Taylor** |
| **Student ID:** |  |
| **Student Signature:** |  |
| **Date:** |  |

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| **Assessment Outcome:** | For UOC being assessed by multiple assessment activities, each activity will be reported as Satisfactory or Not Satisfactory  **🞏 [Satisfactory] 🞏 [Not Satisfactory] X[Resubmission]** | |
| For UOC being assessed for the final result it will be reported as AC (Competent) or NC (Not yet competent)  **🞏 [Competent] 🞏 [Not Yet Competent] X[Resubmission]** | |
| **Assessor Name/ Signature:** | **Carolyn Toolan** |  |
| **Date:** | **5/5/19** | |

**ASSIGNMENT EXTENSION REQUEST:**

A request must be made in writing to the head teacher prior to the assignment due date of submission with reasonable explanations concerning delay. If granted the late submission is limited to a maximum of one (1) week from the original submission date. No assignment will be accepted after the seven (7) day period. Non-submission of the assignment on the due date will result in failure of that unit.

**FEEDBACK:**

**Dear Rachel,**

**You have provided some wonderful responses in this assessment. There are 2 areas that need re-submitting. You need to describe two further health assessment tools that may be used to assess the mental, physical and/or functional ability of the older person. You also need to List and describe three (3) available resources and/or support services for that may be accessed by the elderly that will assist them to remain independent. You haven’t really identified 3 specific resources in this instance. You need to name the specific website useful for older Australians.**

**Assessment activity 1 - Knowledge questions**

*Students can use an ageing person who they have provided care during work experience and write a report that answers the following questions.*

X Satisfactory ☐ Not Satisfactory

**Q1** Discuss common attitudes, values and beliefs towards ageing

**An aged person can acquire negative attitude more than the positive traits. He treats himself as weaker and makes the easy task harder. It is due to the attitude of the whole society who treat aged people as the dependent elements. Therefore, this attitude reflects behavioral, cognitive and affective responses. Beliefs toward ageing are more dependent on the stereotypes rather than the facts. Myths become the values towards ageing which have a negative impact on older adults. Positive stereotypes are also considered for aging to include being happy, wise, and kind. These values and beliefs whether positive or negative have great impact over the attitude of older adults.**

☒ Satisfactory ☐ Not Satisfactory

**Q2** Identify and describe two (two) theories of ageing

**There are two major theories of ageing that are activity theory and disengagement theory. Activity theory describes ageing as positive aging well and keeping active. It means with the growth in age, adults stay active and show their participation in various social interactions. It is also known as the implicit theory of ageing. Disengagement theory defines ageing as a negative ageing. In other words, it is opposite to activity theory and shows the negative relationship between aging and being active. It indicates the fall in social interaction with the increase in ageing. Older adults avoid activities which require more energy and start becoming anti-social. Wonderful**

X Satisfactory ☐ Not Satisfactory

**Q3**Discuss the aspects of Advocacy, stereotyping and elder abuse and how these can impact the person

**With ageing, different stereotypes both positive and negative impact the physical and psychological health of the older adults. For instance, negative stereotypes like "he cannot do it", can have an adverse impact while positive stereotypes like "he is an experienced man", gives positivity to older adults. Similarly, with ageing older adults feel dependent on others and thus requires advocacy for their rights. Besides these, older adults often experience elder abuse in the form of neglect, emotional abuse, financial abuse, abandonment, psychological abuse, physical abuse, and even sexual abuse. These negative stereotypes, abuse, and advocacy have a negative impact on not only physical health but the psychological health of the ageing person. Please note abuse can also include sexual abuse**

X Satisfactory ☐ Not Satisfactory

**Q4** Identify and describe at least four (4) age-related pathophysiological disorders and how these may affect the person.

**There are various age-related pathophysiological disorders, the most common include; Alzheimer’s disease, Osteoporosis, Presbycusis, and metabolic problem. Alzheimer's disease is one of the common disorder among adult older in which he starts losing his memory and become more forgetful. It makes older adults more confused and makes them feel annoyed often. Osteoporosis is the problem related to the bones weakness. With ageing, bones of a person start shrinking and become weak which decrease their physical activities. Presbycusis is related to the hearing problem. Due to this disorder, older adults face difficulties in hearing and hearing sense becomes weaker. Metabolic problem is another problem in the older adult where the digestive system shows disturbance and metabolism declines.**

X Satisfactory ☐ Not Satisfactory

**Q5** Identify at least three (3) co-existing health problems associated with the body systems of an aged person and describe the related pathophysiology.

Various organs receive the adverse impact and their function start decreasing with ageing. Aging **effect musculoskeletal system that involves the function of eyes and ears. After thirty, this system starts declining and pathophysiological disorder like presbycusis becomes a problem for the older adult. Other organs like the brain start losing cell and may cause Alzheimer or Parkinson disease. In addition to the decline in the number of cells, many other organs including kidney, liver, ovaries, and testes work slower with ageing and face different problems and disorders. For instance, with a liver problem, low metabolism becomes an issue.**

X Satisfactory ☐ Not Satisfactory

**Q6**a) Describe one (1) aged related physiological change to the oral health in the aged client and its associated disorder.

b) Describe two (2) nursing actions to enhance the oral health of the aged person.

**Oral health is a crucial issue. The aged client also faced the issue related to oral health. The tooth of the client was becoming weaker and the client faced difficulty while chewing hard things. It was possible that he may have faced tooth decay in the next few years. The two main nursing actions that were useful for his oral health were including proper dental treatment with time to time and providing a helpful guide regarding self-care as daily brushing. For good oral health tap water is useful and effective however some patients face dry mouth symptoms. For the person with dry mouth problem artificial saliva is effective to maintain the oral health. and use of artificial saliva for rinsing to enhance oral health it is more effective to use tap water with fluoride to rinse after brushing teeth. Artificial saliva may be used for individuals with dry mouth symptoms. The client understood the importance of treatment by the dentist along with the self-care through guidance he got.**

X Satisfactory ☐ Not Satisfactory

**Q7**Discuss the social, emotional and psychological symptoms that impact on the person’s ability to achieve maximum performance in ADLs. Consider and describe the impact on the person’s family and significant others.

**With ageing various social, psychological and emotional issues enter into their lives. For instance, older adult face problem with physical health. They lose their body strength due to which they become dependent on their family member. These weaknesses in physical health create emotions of guilt and anger and sometimes shame and depression as well. These emotional issues lead to the psychological issues and at the end social life of a person gets limited. The family of the person also gets affected, but if the family helps the person and makes him feel independent, it can increase a person's ADLs performance. It is also significant for the family environment and connection with the person. Excellent response**

☐ Satisfactory ☐ Not Satisfactory

**Q8** List and describe three (3) health assessment tools that may be used to assess the mental, physical and/or functional ability of the older person

**There are various health assessment tools which can be used to improve the mental and physical ability of older adults. It includes giving the response to the special health requirement, contributing to developing an effective nursing care plan, and arranging different activities to improve the overall health of older adults. It means every older adult has different problems and improvement will power therefore, giving a response to health requirement can be useful. In addition, the provision of an efficient health plan and through different activities that involve both physical and mental involvement can prove productive. Diet plan assessment developed by the nurse is also efficient as with aging immune system get weaker and person requires a special dietary plan which is easy to digest and keep the body healthy. Another assessment tool shall be monthly check-up by the doctor, it makes easier in understanding the change in both physical and psychological health of the person. In addition, symptoms of any unusual disease can be identified on time. You need to think of 2 more assessments please.**

X Satisfactory ☐ Not Satisfactory

**Q9** Identify three (3) specific nursing interventions that are relevant for the aged person and state the rationale for each intervention

**The three nursing interventions that are relevant for the older adult include physical therapy, diet plan, and regular assessment. Physical therapy practice helps the older adult to avoid all physical health problem. It is useful for physical health. Diet plan is also useful; nurses can provide proper plan and guidance about the food that is healthy for the older adults and along with the suitable amount and timing to enhance the health of the person. Regular assessment is the most important practice that can be useful for older adults. It helps nurses to identify the physical and psychological problems of the person on time. Therefore useful prevention can be applied to avoid any further health issue.**

X Satisfactory ☐ Not Satisfactory

**Q10** What is polypharmacy and what effects does this have on the aged person with chronic conditions?

**Ageing results in multiple issues for both physical and psychological health. It often results in multiple medications at the same time for the same person. The individual is on 5 or more medications, these multiple medications are known as polypharmacy. For older adults, polypharmacy is useful because due to ageing person often faces various chronic diseases like blood pressure issue, diabetes, and heart problem. In this condition when an older adult has more than one chronic health issue, polypharmacy is required to control all the problems at the same time. Polypharmacy requires special care as it needs proper medication with a prescribed amount of medicine with proper timing.**

☐ Satisfactory ☐ Not Satisfactory

**Q11** List and describe three (3) types of restraint. What are the legal ramifications of using restraint on a person displaying challenging behaviours?

**The three types of restraints include physical restraints, environmental restraints, and chemical restrains. Physical restraints include restriction over the behaviour and movement of older adults. Environmental restraints limited the surrounding for the person and chemical restraints include the modification over the medication or restrict behaviour. This restriction can also be harmful to the freedom of the person. For instance, physical restraint may result in some kind of psychological issues like depression. The main aim of the restraint is to keep older adults away from the physical injury but it is equally necessary to keep him psychological healthy. Therefore, there are some legal ramifications for the use of these restrictions. For instance, restraints can be used for the patient of Alzheimer and older adults who lose their eyesight. These restraints can be used only when physicians prescribe them to the family of the patient. Proper guidance and documentation should be used while using any restraint to avoid the side effect of these restraints especially physical restraints.**

**Please also note some specifics in terms of restraints; a restraint-free environment is the recommended standard of care for aged care facilities. Current research indicates that physical restraints can cause harm. Aged care facilities should consider alternatives to using restraints. Restraints should only be used after a comprehensive assessment, and following preventative strategies and all reasonable alternative options have been exhausted. Restraints can only be used to protect the individual/ and with consent and agreement of the person, their doctor, carers and/or guardian. Restraints are only used as a last resort and extensive consultation needs to take place with the client or their legal representative, the client's family/carer/ medical officer and other relevant health professionals. Documentation of the restraint measures must include the type of restraint to be used, time limits for restraint release, regularly assessing the person's health and wellbeing and documentation of the timeframes for release and restraint application. (Reference: Aged Care in Australia, TAFE, 2016) CT**

☐ Satisfactory ☐ Not Satisfactory

**Q12** List and describe three (3) available resources and/or support services for that may be accessed by the elderly that will assist them to remain independent.

**Australia has provided the number of services for the health care of older adults. For instance, the Australian Institute of health and welfare THE AIHW provides publications relating to Australian health outcomes and is not a specific service provider. For instance, ageing and aged care provide resources, tools, and information to support the care sector of aged people with the help of evidence-based policy. In addition, it supports best practice regulation and targeted programs for older adults. Productivity Commission also provides service to the older adults across Australia. It focuses on the state breakdown of data. This does not really provide specific services to Support for the community. Care is provided to the Australian residents by the ageing website (name please) and department of health. Websites include; like my aged care website, bladder bowel website, and national public toilet map website. In addition, active ageing Australia is the non-governmental service that promotes physical activities for supporting and making older adult person independent. All these services are promoting the best healthcare services and implementations to assist older adults and to make them healthy and active with their social life. Please fix up this response**

**END OF WRITTEN QUESTIONS**

**References**

“**Caring for the Elderly” - an Overview of Aged Care Support and Services in Australia – Parliament of Australia. https://www.aph.gov.au/About\_Parliament/Parliamentary\_Departments/Parliamentary\_Library/Publications\_Archive/archive/agedcare. Accessed April 3, 2019.**

**2. The use of restrictive practices in Australia | ALRC. https://www.alrc.gov.au/publications/use-restrictive-practices-australia. Accessed April 3, 2019.**