

COURSE OUTLINE **The Older Woman**

Course Description

NR 228. The Older Woman. 2 hours credit. Prerequisites: NR 105 with a C or better, or RN/ LPN, or prior approval of instructor. This course will enable the student to analyze health care issues specific to the older woman. The student will then be able to identify and implement appropriate nursing interventions for the older woman. Butler Community College is approved as a provider of continuing education by the Kansas State Board of Nursing. This course may be taken for continuing education credit in lieu of college credit hours.

Course Relevance

The older woman is the fastest growing segment of the older adult population in the United States. There is very little known about the characteristics of the older woman. The inequality in healthcare services provided to the older woman is significant. It is imperative that nurses acquire the specialized knowledge and critical thinking skills required for the care of the older woman.

Required Materials

Ebersole, P., Hess, P., & Luggen, A.S. (2004). *Toward healthy aging: Human needs and nursing response* (6th ed.). St. Louis, MO: Mosby.

Learning Outcomes

The intention is for the student to be able to

1. Identify unique characteristics of the older woman
2. Describe health care issues specific to the older woman
3. Develop a plan and nursing interventions designed to optimize the health of the older woman

Primary Learning PACT Skills that will be DEVELOPED and/or documented in this course

Through the student's involvement in this course, he/she will develop his/her ability in the following PACT skill areas:

1. Critical Thinking
 - The student will develop critical and analytical skills through written assignments and other activities conducted in this course.

Secondary skills (developed but not documented):

Health Management
Internet Use
Computer Literacy
Teamwork

Major Summative Assessment Task(s)

These learning outcomes and the primary Learning PACT skills will be demonstrated by

1. Presenting a topic specific to the characteristics and health care issues of the older woman through a written teaching plan and audio visuals

Course Content

- I. Themes – Key recurring concepts that run throughout this course:
 1. Unique characteristics of the older woman
 2. Health care issues of the older woman
- II. Issues – Key areas of conflict that must be understood in order to achieve the intended outcome:
 - A. Lack of knowledge related to the care of the older woman among nursing professionals
- III. Concepts – Key concepts that must be understood to address the issues.
 - A. Five theoretical themes related to the resilient older woman
 - B. Health care issues specific to the older woman
 - C. Nursing process
- IV. Skills/Competencies – Actions that are essential to achieve the course outcomes:
 - A. Discuss theoretical concepts related to the older woman
 1. Equanimity
 2. Self-reliance
 3. Existential aloneness
 4. Perseverance
 - B. Describe unique characteristics of the older woman
 1. Independence
 2. Interests outside of self
 3. Gratifying social relationships
 - C. Older women and crime
 1. General victimization statistics
 2. Impact of crime on the older woman
 3. Abuse and domestic violence
 4. Fraudulent crimes
 - D. Health care issues specific to the older woman
 1. Hormone replacement therapy
 2. Osteoporosis
 3. Breast health
 4. Bowel and bladder health
 5. Heart health
 6. Sexuality
 7. Depression and loneliness

Learning Units

- I. Theoretical concepts of the older woman
- II. Characteristics of the older woman

- III. Crime and the older woman
- IV. Hormone replacement therapy
- V. Osteoporosis
- VI. Breast health
- VII. Bowel and bladder health
- VIII. Heart health
- IX. Sexuality
- X. Depression and loneliness

Learning Activities

Independent study of materials supported by additional materials as required by the instructor as well as discussion of case studies, examination of professional journals, collaboration and interactive participation among class members and instructor.

Grade Determination

The student will be graded on completion of assessment tasks, class participation and discussion, as well as other methods of evaluation determined at the discretion of the instructor.