

NORMAL AGEING PROCESS

INTRODUCTION:

Ageing is a normal universal, progressive, irreversible process.

The human life span follows a recognized pattern from birth to the death.

Over time it is easy to visually notice changes & decline with advancing age.

As the aging process progresses mental capabilities such as memory & physical abilities further deteriorates

AGE RELATED BODY SYSTEM CHANGES:

The loss of some body cells & reduced metabolism in other cells characterize aging.

These processes cause a decline in bodily function & changes in body composition.

MUSCULOSKELETAL SYSTEM:

- Decreased muscle mass, size so muscles look smaller
- Decreased in muscle tone
- Decreased in amount of elasticity
- Slower muscle response
- Decreased ROM
- Osteoporosis: thinning & softening of the bone

INTUGEMENTRY SYSTEM

- Increased dryness of skin
- Decreased elasticity of skin

- Thinning layer of the skin

Cardiovascular system

- Slowed heart beat (bradycardia) less than 60-80 beats/ min
- Decreased stroke volume & cardiac output
- Increased blood pressure
- More visible superficial blood vessels

RESPIRATORY SYSTEM

- Increased chest rigidity
- Increased respiratory rate
- Increased work of alveoli
- Increased airway resistance
- Weaker cough & gag reflex

GIT

- Decreased saliva production, increased dryness
- Decreased peristaltic movement
- Delayed gastric emptying
- Alteration in bowel habits
- Decreased abdominal muscle strength

GENITOURINARY SYSTEM

- Decreased kidney function

- Increased urinary frequency & nocturia
- Increased incidence of UTI

CNS SYSTEM

- Progressive loss of brain cells
- Decreased blood flow & oxygen utilization to brain
- Decreased motor co-ordination
- Irregular sleep patterns

Sensory system

1. Eyes & Vision:

- Decreased Visual acuity
- Loss of eye lid elasticity
- Impaired color vision

Ears & Hearing

Taste

Smell

Touch

Immunological System

- Decreased immune response

Reproductive organs

- Male: Prostate enlargement
- Decreased sperm count

- Female: Menopause

COGNITIVE CHANGES OF NORMAL AGEING

It includes abilities related to memory, intelligence, orientation, judgment, learning, attention, language etc. impaired

Cardiovascular diseases

Hypertension, coronary artery diseases, MI are common problems of CVS in old age

Preventive steps:

Advise the patient for regular exercise, yoga

Maintain BMI

Follow healthy diet plan including fruits, vegetables & low fat dairy foods

Avoid alcohol & quit Smoking

Should take one hour sleep during day time as it reduces blood pressure

Sodium restricted diet

Regular check up

NEUROLOGICAL DISEASE

ALZHEIMER'S

It is a progressive degenerative disorder that attacks the brain & results in impaired memory, thinking & behavior.

It's a common form of the Dementia

STROKE

Ischemic stroke is sudden block in blood supply to the brain, causing infarct to the brain leading to the paralysis

Hemorrhagic stroke sudden rupture of artery within brain leading to brain hemorrhage & paralysis

Intervention: Assistance in daily work

Regular check up

Eat healthy diet

Stop alcohol & smoking etc.

OSTEOARTHRITIS

It is a deterioration of joint cartilage & the formation of a new bone at the margins & subchondral areas of the joint

Intervention:

Assess the condition of ROM

Give massage if pain

Analgesic

Give assistance in daily work routine

Diabetes mellitus

It is a metabolic disorder characterized by the less insulin production lead to high blood sugar level.

Control measures:

Exercise: morning walk, Yoga, running & aerobics should be done

Healthy food pattern: Avoid Sweet intake.

Regular checkup: BSL monitoring

URINARY INCONTINENCE:

Millions of older adults suffer from urinary incontinence or loss of voluntary bladder control.

Types or urinary continence:

Stress continence: Urine leakage during activities that increases abdominal pressure, such as coughing, sneezing, laughing & other activities.

Urge continence: It is the inability to delay urination with an abrupt & strong desire to urge to void

It result from the bladder hyperactivity

Function incontinence: it result from the disruption of the continence routine as in immobility, cognitive impairment & psychological problems.

Overflow incontinence: Bladder become over distended due to incomplete emptying from bladder outlet or urethral obstruction.

Nursing interventions:

- Take the detail history as per the types of the
- Asses the urinary pattern
- Asses the genital area for any infection & redness
- Encourage client to take the at least 1 to 3 liter water/fluid per day

- In continence is more do the folly's catheterization or condom catheter
- Assess the skin for the dehydration signs & symptoms
- Prove appropriate fluid management

PROMOTION OF HEALTH BEHAVIOUR IN THE OLDER ADULT

- Diet: should eat the healthy diet. & take the diet as per the disease also e.g Hypertensive diet, Diabetic diet etc.
- Use vegetables & fruits. Take high fiber diet for prevention of Constipation.
- Should take the Vitamin D supplementation for the bone
- Should do regular exercise or Yoga at least 30 min
- Avoid smoking & alcohol
- Person should provide immunizations of influenza
- Regular eye check- up, use of hearing aid & all other blood investigations
- Encourage in daily activity

SPECIAL CONSIDERATION IN CARE OF ELDERLY

Promotion of self-respect & dignity: Respect for the elderly persons feeling & emotion should be shown

Staff should make positive efforts to develop good relationship with elderly so it will help to gain their confidence & resistance to treatment can be reduced.

Promotion of comfort: Physical & mental comfort & relaxation has to be achieved .
There are many factors that can be comfort to the elderly: Care of skin, providing good ventilation & adequate space or room. Maintain the privacy.

Safety: Unpolished floors, good lightning, correct height of bed, bed side rails, walking aid, Etc should be provided & have observation on that.

Daily living activities: Encourage to be out of bed as much as possible so as to promote mobility, to reduce the risk of bed sore, contractures, & dependency.
Independence encourage to self respect

Promotion of Independence: Should encourage maximum possible level of self care & decision making.

Staff should give guidance. Encouragement & support rather than try to control the whole life of client.

Promotion of movement & & mobility

Use of medication in elderly

Rehabilitation

