



ଓଡ଼ିଶା ରାଜ୍ୟ ମୁକ୍ତ ବିଶ୍ୱବିଦ୍ୟାଳୟ

**Odisha State Open University**

Established : 2015

Temporary Campus : G.M. University, Sambalpur

E-Mail : info@osou.ac.in, Website : www.osou.ac.in.

ସମ୍ବଲପୁର, ଓଡ଼ିଶା

ସ୍ଥାପିତ : ୨୦୧୫

ଅସ୍ଥାୟୀ ଶିବିର : ଜି.ଏମ୍. ବିଶ୍ୱବିଦ୍ୟାଳୟ, ସମ୍ବଲପୁର

## SYLLABUS OF CERTIFICATE IN GERIATRIC CARE (CGC)

For Academic Session 2016-17

### Overview:

Geriatric care provides an opportunity to explore the area of Gerontology, a field of health care that focuses on the care of older adults. Program aim to teach the health care professionals to apply specific skills required for the need assessment, treatment and management of the elderly. The Certificate in geriatric care distinguishes you as a knowledgeable, skilled, and committed professional in the field of gerontology.

**Eligibility:** ANM/GNM/BAMS/BHMS/D.PHARMA

### Objective:

- Identify the unique health needs of older adults;
- Identify strategies related to assessment and prevention in the older adult;
- Explore the importance of families and other social supports;
- Identify interventions related to a variety of health problems in the older adult;

Duration: 6 Months

Total Credit: 16

CGC 01	Basic Geriatric Care	6 Credit
CGC 02	Geriatric Care Nursing	6 Credit
CGC 03	Basic Geriatric Care Practical	2 Credit
CGC 04	Geriatric Care Nursing Practical	2 Credit

**Detailed Syllabus:****Instructional Methods:** Personal contact program, lecture, clinical, practical, field study, assignments**CGC 01 - BASIC GERIATRIC CARE - 06 Credit**

<b>BLOCKS</b>	<b>UNITS</b>
<b>I - Biological changes in Ageing</b>	<ol style="list-style-type: none"><li>1.Ageing theories</li><li>2.Ageing process</li><li>3.Applied Anatomy &amp; Physiology and age related changes</li></ol>
<b>II - Nutrition in elderly</b>	<ol style="list-style-type: none"><li>1.Diet and energy needs of old</li><li>2.Diet related degenerative changes</li><li>3.Need for dietary alteration and formulation of diet for elderly</li><li>4.Physical activity</li></ol>
<b>III - Psychosocial Aspects of Ageing</b>	<ol style="list-style-type: none"><li>1.Psychological theories</li><li>2.Psychosocial changes in ageing</li><li>3.Depression,</li><li>4. Coping with psychosocial changes of aging</li></ol>
<b>IV - Common ailments/Diseases of elderly</b>	<ol style="list-style-type: none"><li>1. General ailments</li><li>2. Respiratory related diseases in elderly</li><li>3. cardiovascular diseases in elderly</li><li>4. renal disorders in elderly</li><li>5. Metabolic disorders in elderly</li><li>6. Musculoskeletal disorders in elderly</li><li>7. Ophthalmic disorders in elderly</li><li>8. Ent related disorders in elderly</li><li>9. Gynaec related disorders in elderly</li><li>10. CNS related disorders in elderly</li><li>11. Integumentary related disorders in elderly</li><li>12. GIT related disorders in elderly</li><li>13. Cancer related disorders in elderly</li><li>14. Endocrine related disorders in elderly</li><li>15. Hereditary related disorders in elderly</li></ol>

<b>V - Medication of Elderly</b>	<ol style="list-style-type: none"> <li>1. Common medications used in the management of diseases in elderly</li> <li>2. Altered drug responsiveness in elderly</li> <li>3. Drug administration in elderly</li> </ol>
<b>VI - Communication Skills &amp; IPR</b>	<ol style="list-style-type: none"> <li>1. Communication skills in geriatrics</li> <li>2. Establishing &amp; maintaining good IPR &amp; communication</li> <li>3. Multidisciplinary team &amp; role of nurses Guidance &amp; Counselling</li> <li>4. Nursing- patient relationship,</li> </ol>
<b>VII - Risk and Prevention</b>	<ol style="list-style-type: none"> <li>1. Assisted living facilities (Old age Homes, NCD Clinic, NGO, hospices, nursing home for elderly)</li> <li>2. Health risk in old age (Elder abuse and violence, smoking, neglect, social issues, fall accident, deafness, low vision)</li> <li>3. Health promotion: (Nutrition Exercise, Screening, Prevention of accidents, Prevention of substance use- alcohol, drugs etc , Smoking Cessation)</li> <li>4. Legislations , Ethics and government policies in relation to geriatrics</li> </ol>

**Learning Source:** Self learning materials

**Additional Source:**

- Basic Geriatric Nursing, Gloria Hoffman World, Edition 5, Illustrated Publisher Mosby 2011
- Principle and practice of geriatric Medicine, M. S. John Pathy, Alan J. Sinclair, John E. Morley

## **CGC 02 - GERIATRIC CARE NURSING – 06 Credit**

<b>BLOCKS</b>	<b>UNITS</b>
<b>I - Introduction To Gerontological Nursing</b>	1. Definition, concepts and principles of Gerontological Nursing, 2. Approach to an elderly patient  3.Levels of Geriatric Care and role of nurse
<b>II - Geriatric Nursing Assessment</b>	1. Tools and scales for assessment 2. Nursing process 3. Sociocultural, physical and psychological assessment, geriatric care of daily living 4. Environment and social support
<b>III - Nursing care plan for elderly</b>	1.Nursing interventions Definition, types of intervention, 2.Nursing care plan- Related to various diseases and organ system Acute pain, chronic pain, chest pain, Diabetes,etc. Stroke, Dementia, Activity intolerance
<b>IV - Counselling</b>	1.Definition, principles, dimensions, process & techniques of counselling, 2.Counselling the older person, Common problems requiring counselling, 3.Counselling under special situation

**Learning Source:** Self learning materials

**Additional Source:**

- Clinical Geriatrics by T.S.Dharmarajan, Dr. Robert A. Norman-CRC PressINC, 2003
- Principle and practice of geriatric Medicine, M. S. John Pathy,Alan J. Sinclair, John E. Morley

### CGC 03 - BASIC GERIATRIC CARE PRACTICAL– 02 Credit

Practical	Content
Psychosocial Study	Assessment of Psychosocial and physical environment of elderly
Nutrition	Dietary assessment, life style, Anthropometry of old people
Medication	Role Play
Communication Skill	Role Play
Risk assessment	Assessment of risk of elderly
Field Visit	Old age Home, Nursing Home, NGO for elderly

**Learning Source:** Self learning materials

**Additional Source:**

- Handbook of geriatric care management(3rd Ed): Cathy Joe Cress; AI Books
- Care of the geriatric patients: Tom J Wachtel , MD, Marsha D. Fretwell, M.D; AI Books

**CGC 04 - GERIATRIC CARE NURSING PRACTICAL– 02 Credit**

<b>Practical</b>	<b>Content</b>
Nursing Diagnosis	Case study, Case presentation
Nursing Assessment	Case study, Case presentation
Nursing Interventions	Nursing plan of patients: Stroke, CHD, COPD, Fever, Coma, Locomotor disability, Post-surgical conditions.
Procedures Assisted	Advanced life support, Lumbar Puncture, Arterial Blood Gas, ECG Recording, Arterial B P monitoring, Blood transfusion, IV cannulation & therapy, Arterial catheterization, Chest tube insertion, Endotracheal intubation, Ventilation, Insertion of long line
Procedure Performed	<b>Airway management:</b> a) Application of Oro Pharyngeal Airway b) Oxygen Therapy c) Care of Tracheostomy d) Endotracheal Intubation e) Cardio Pulmonary Resuscitation <b>Monitoring :</b> clinically & with monitors, ECG <b>Feeding:</b> Management of OG tube insertion, gavage feeding, TPN <b>Administration of Drugs:</b> I/M, IV injection, IV Cannulation & fixation infusion pump Calculation of dosages, Monitoring fluid therapy, Blood administration. <b>Setting, Use &amp; Maintenance of basic equipment:</b> Ventilator, O2 analyzer, monitoring equipment, Infusion pump, <b>Use of assisting devices:</b> Physiotherapy, exercise program for older persons, Helping older persons with mobility problems <b>Infection prevention:</b> Hand washing, disinfections & sterilization, surveillance, fumigation, Collection of specimens

**Learning Source:** Self learning materials

**Additional Source:**

- Protocol in primary care geriatrics, John P. Sloan, Springer
- Practical geriatric assessment, Howard M Fillit, Gloria Picariello, Cambridge University Press