

**"Methods to identify increased risk to the older adult imposed by
illness, aging, and hospitalization"**

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Abstract

This study examines how nurses can recognize higher risks for older adults brought on by sickness, aging, and hospitalization. By making sure older persons are adequately ready for transfer from the hospital to their subsequent homes, nursing interventions may assist in minimizing needless hospital readmissions. The goal of nursing care for senior citizens is to improve their general quality of life to cure their ailments. Focus areas for nurses include preserving functional freedom, treating pain, and fostering psychological and emotional well. As a nurse, I believe I can actively include older individuals in judgments regarding their care and work to enhance their quality of life while advocating for better medical treatment.

Introduction

As the world's population ages, there will be a growing need for medical facilities catered to senior citizens. Offering care that caters to the particular needs and difficulties of older persons requires the expertise of nurses. The goal of nursing care for senior citizens is to improve their general quality of life to cure their ailments. Focus areas for nurses include preserving functional freedom, treating pain, and fostering psychological and emotional well. With older persons, falls are a significant contributor to injuries and hospitalization. In order to keep older adults safe and healthy, nurses play a crucial role in identifying and reducing fall risks. By making sure older persons are adequately ready for transfer from the hospital to their subsequent homes, nursing interventions may assist in minimizing needless hospital readmissions. This study examines how nurses can recognize higher risks for older adults brought on by sickness, aging, and hospitalization.

Body

Exploration of age-related concerns:

Due to some reasons, namely age-related physical alterations, complications, and a possibly compromised immune system, older persons frequently have a greater likelihood of disease. The prevalence of chronic diseases, including diabetes, heart disease, and respiratory issues, is higher among older persons. They may be more susceptible to serious side effects from additional illnesses due to these problems. "Chronic health issues, including diabetes, osteoporosis, and Alzheimer's disease, are more common among older persons (Meng *et al.* 2022)." One in three seniors experience a fall each year, making this age group's most frequent injury falls. "Age-related diseases and accidents caused by falls can be prevented in older people who exercise."

Aside from that, aging raises the chance of chronic illnesses, including cancer, stroke, type 2 diabetes, osteoarthritis, and Alzheimer's. Falls are a sign of fragility, stiffness, and acute and long-term health damage in elderly people. Alzheimer's disease, diabetes, and fractures are among the chronic health issues that older persons are more likely to develop. As a result of incarceration, immobility, medical evaluation, and exposure to pathogenic organisms, hospitalization offers hazards to elderly individuals (Ghimire & Dahal, 2021). A significant majority of hospitalized individuals are older than 65 years old. Adolescents need age-appropriate care since adolescents frequently possess greater comorbid chronic diseases and disabilities, which increases the likelihood of adverse hospital outcomes. Healthcare professionals, carers, and relatives must be conscious of these aspects to assist and care for older individuals properly. The emphasis on general health and well-being, frequent checkups, and proactive measures might reduce some of the elevated risks of illness in older people.

Increased risk to the older adult imposed by illness, aging, and hospitalization

The effectiveness of a person's immune system gradually decreases with age. This may lead to a diminished capacity to fend against diseases and infections. Older adults may experience anxiety or despair for various reasons, but physical disease or an intimate loss can be typical causes (Avgerinou *et al.* 2019). An older person's chance of acquiring anxiety or depression can be influenced by factors such as increased physical ailments or conditions, prescription negative reactions, social isolation, a significant shift in living situation, certain anniversaries and the emotions they arouse.

Aging occurs biologically as a consequence of an accumulation of several types of damage to cells and molecules over time. As a result, physical and mental abilities gradually deteriorate,

illness risk increases, and eventually, death occurs. "Eighty percent of senior citizens will reside in low- and middle-income nations by 2050." Compared to earlier times, the population is aging far more quickly. "In 2020, there will be more people over 60 years than under five-year-olds." The number of people over 60 years old in the globe is expected to almost triple from 12% to 22% between 2015 and 2050. "It is a common misconception that older people are reliant, fragile, and inconvenienced by society. Older people have a higher chance of being admitted to the hospital, which is bad for their wellness and standard of life."

Older people have a higher chance of being admitted to the hospital, which is bad for their well-being and standard of life. Compared to middle-aged and older individuals, older adults are over two times as likely to need hospitalization, with just 8% of persons 45 to 64 years of age needing hospitalization in any given year (Kravchenko *et al.* 2023). Receiving radiation therapy, having advanced illness stages, and having concomitant conditions like diabetes or chronic bronchitis are all possible warning signs for hospitalization among older persons. However, there is a paucity of information on additional patient-specific indicators that could affect hospitalization risk in this cohort.

Methods can be used to implement chosen best practices into nursing practice

Carrying out these strategies requires dedication to patient-centered care, constant education, and a caring attitude to the special issues older individuals confront throughout disease, aging, and hospitalization. For the best results, regular evaluations and treatment plan modification are necessary. Numerous of these strategies have their roots in preventative measures against certain unfavorable effects.

WHO guidelines

The rise of globalization, technological growth, emigration, and evolving gender stereotypes all influence the daily lives of older people in several ways. "In order to structure policies appropriately, a public health response must assess these present and future patterns (Lockery *et al.* 2023)." The UN Decade of Healthy Ageing offers primary medical services tailored to older people, person-centered coordinated treatment, and access to high-quality long-term care for older people seeking it.

Checklists and order sets

By including reminders to guarantee that practice guidelines are maintained to promote disease prevention, checklists can enhance the quality of treatment for older patients. In the electronic health record, checklists are increasingly often used to alert doctors with incorporated decision assistance and advice. These embedded checklists have been demonstrated to effectively alert staff of particular adult falls caused by aging and enhance outcomes.

Patient-Centered Care

The risk of falling is more significant among older persons, especially those with physical or cognitive deficits brought on by aging. The provision of comprehensive care for senior citizens requires a program to avoid falls. Evaluation of fall risk factors is required since both healthy and unhealthy changes, which are frequent with age, contribute to falls. Concerning the physical surroundings, there can be additional environmental dangers (Norman, Haß & Pirlich, 2021). Then, circle the score that's consistent with the risk factor indicated on the left-hand side of the tool to conduct The Fall Assessment. The instrument should be used upon entry into the institution or organization, then again at predetermined intervals and whenever necessary due to modifications in health conditions.

Recommendations Related to Delirium, Dementia, and Depression

While caring for and educating persons with drowsiness, Alzheimer's disease, and depression, as well as their relatives and care partners, it is important to create therapeutic connections and provide personalized care that is attentive to cultural differences. Assist the senior in exercising some or all of their decision-making abilities. It is vital to incorporate the appropriate replacement decision-maker in decision-making, consent-getting, and care planning if the senior citizens cannot make some decisions for themselves to avoid hospitalization.

Patient and Family Education

Information concerning the condition, the recommended course of treatment, and what to anticipate throughout hospitalization and rehabilitation should be given to the patient and loved ones in a clear and intelligible manner (Roberts *et al.* 2019). Considerations for addressing any sensory impairments that may cause falls include reviewing and modifying drug regimens to reduce side effects that might raise the risk of falls and ensuring you get frequent eye and hearing tests.

Reflection on promoting clinical care for quality and safety

Promoting clinical treatment that is high-quality and safe for older patients is crucial to guarantee they get the finest care available. As a nurse, I believe I can actively include older individuals in judgments regarding their care and work to enhance their quality of life while advocating for better medical treatment. For older folks, it's common to promote their health in diet, exercise, safe drug use, and psychological well-being. Goals for older persons set by Healthy People 2030 include a decline in respiratory infections, falls, hospitalization for urinary infections, an improvement in staying active, and a reduction in macular degeneration-related vision loss (Wong *et al.* 2023). When providing patient education, nurses should consider any sensory, cognitive, or functional limitations and tailor it to the patient's requirements, providing spoken,

textual, or electronic resources as necessary. Enhancing patients' comprehension, motivation, and involvement in self-management while enhancing their standards of life is the final goal of wellness promotion and patient education.

Students' insights on using this information in his/her nursing career

I will be in leadership roles throughout my day being a nurse working with patients and their families, always searching for updates and advice. "I need to demonstrate excellent time management abilities, be self-conscious and situationally aware, and be able to handle tasks, disagreements, and crises." I've learnt as a nursing student how important it is to pay attention to the particular requirements of elderly patients. In my professional practice, I can utilize this information to promote thorough geriatric evaluations and patient-centered care, to guarantee older individuals receive specialized, high-quality treatment. Nurses, who provide direct patient care, play a crucial role in protecting patient safety.

I must continually remain at their side while I'm training to be a nurse. Regular interactions with the medical professionals are also essential for prompt coordination and sharing of the patient's medical history with the team. It is crucial to communicate clearly with elderly patients. I'll aim to improve my communication abilities, especially listening intently and empathy, to win their trust and better comprehend their desires and requirements. I have to speak out for the patients I help as a nurse. I frequently have a lot of contact with a patient, and I end up being the one who debriefs the team or interprets the results of the tests, as well as the directions for patients and their relatives who are caring for elderly people.

Conclusion

In conclusion, older adult nursing practice is essential. It includes a broad variety of duties meant to advance health, enhance the quality of life, and guarantee the security and well-being of this

expanding and diversified people. Nurses' knowledge is crucial in resolving the particular healthcare difficulties that older persons confront, and their involvement in geriatric care is crucial. As a result, promoting high-quality and safe clinical care for older patients requires a comprehensive strategy that considers their particular healthcare demands and problems. It calls for constant learning, teamwork, and a dedication to raising the standard of care given to this group. These observations demonstrate a dedication to offering elderly patients high-quality and secure care, crucial for nursing students beginning their careers. By using this information, they may significantly improve older folks' quality of life in medical facilities.

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