



**Zagazig University
Faculty of Nursing
Gerontological Nursing**

Course specification of Gerontological Nursing (master)



2020-2022



Gerontological Nursing Dep.



Zagazig University
Faculty of Nursing

Course Specification for Master Degree in Gerontological Nursing

1. Course Specification of Second term

Courses

- 1. Pathophysiology in Geriatric Medicine**
- 2. Nutrition for elderly**
- 3. English language**
- 4. Nursing seminars in Gerontological Nursing**

Course Specification of Pathophysiology in Geriatric Medicine (Master degree 2nd term)

1- Basic information

Code: 485

Title: Pathophysiology in Geriatric Medicine (Master degree 2nd term) **Level:** master 2nd level

Credit hours: 0

Theoretical: 30

Practical: 0

Program(s) on which the course is given : Master Program (Gerontological nursing)

Major or minor element of program : Major

Department offering the program : Geriatric Medicine

Department offering the course : Gerontological Nursing Department

Date of specification approval : 2016/2017

Academic year : 2020-2022

2- Overall Aims of Course:

This course is designed to provide the candidate with knowledge and skills in pathophysiology of frequently encountered health conditions across the life span of elderly population. The focus of this course is on in-depth study of the abnormal physiology associated with disease, the pathologic processes of disease in elderly, and analysis of risk factors, pathophysiological changes, and associated signs and symptoms.

3- Intended Learning Outcomes of Course (ILOs)

a- Knowledge and Understanding:

By the completion of this course the student should be able to

- A1- Identify the basic concepts of pathophysiology in geriatric medicine.
- A2- Describe the structure and function of cells and tissues.
- A3- Describe pathophysiology of hematological disorders
- A4- Discuss the pathophysiological basis for development of clinical manifestations in selected common health problems of older adults
- A5- Discuss the etiology, pathogenesis, local and systemic effects of cell injury.
- A6- Explain the phenomenon of inflammation and its relationship to disease
- A7- Discuss disorders of respiration and endocrine system.
- A8- Discuss the issues and considerations associated with the pathophysiological changes in elderly.
- A9- Explain fluid and electrode imbalance in elderly
- A10- Explain the difference between benign and malignant neoplasms.
- A11- Describe the clinical manifestations of cancer, treatment and side effect
- A12- Describe signs and symptoms of pulmonary disease.
- A13- Explain lung conditions caused by disease or injury.
- A14- Explain Regulation of body temperature.

b- Intellectual Skills

By the completion of this course the student should be able to

- B1- Analyze the etiology and pathophysiological alterations associated with selected common health problems of older adult.
- B2- Differentiate cell injury and inflammation.
- B3- Use reasoning skills in prioritizing actions.
- B4- Explain differences between pulmonary embolism, and hypertension.
- B5- Classify the types of tumors and its stages.
- B6-Develop critical thinking abilities and problem-solving skills in analyzing information.

C- Professional and practical skills

By the completion of this course the student should be able to

Not applicable.

D- General and transferable skills

By the completion of the course the student should be able to

- D1- Apply interpersonal communication and ethics in different setting.
- D2- demonstrate accountability for own nursing practice.
- D3- Search effectively in websites relevant to certain subjects.
- D4- provides priority-based nursing care to the patient through independent and collaborative application of the nursing process.

Attitude and behavioral skills:

By the completion of the course the student should be able to:

- E1- Appreciate and promote elderly patient/ client rights to autonomy, respect, privacy, and dignity, and access to information.
- E2- Value his/her role as a model for less experienced nursing students.
- E3- Respect and encourage the patients' participations in decision about health care and services.

4- Course Contents:

Weeks	Topics	No. of hours	
		Lecture (30 hours)	practical ---- hours
1	Unit 1: • Concept of Pathophysiology of geriatric	2	—
2	• Cell injury.	2	
3	• Inflammation.	2	
4-5	Unit 2: • Disorders of respiration.	4	—
6-7	• Disorders of endocrine system.	4	
8-9	• Hematological Disorders	4	

	Unit 3:		
10-11	• Fluid and electrode imbalance.	4	
12-13	• Hemorrhage and shock	4	
14	• Regulation of body temperature	2	
15	• Neoplasia.	2	—

5- Teaching and learning methods:

- 5.1 Brain storming
- 5.2 Group discussion
- 5.3 Seminar
- 5.4 Self-learning
- 5.5 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

- A.1 Semester work
- A.2 Oral Examination
- A.3 Final term Examination

B- Time Schedule

Semester work	Week: through semester
Final written Examination	Week: 16

C- Grading system

Semester work	%20
Oral Examination	%20
Final - term Examination	% 60

7- List of References

A - Course Note: Handouts

B -Required Books: **McCance, K. L., & Huether, S. E. (2018).** Pathophysiology-E-book: the biologic basis for disease in adults and children. St. Louis, MO: Elsevier Health Sciences.

C-Recommended Books: **Huether, S. E., & McCance, K. L. (2015).** Understandir Pathophysiology-E-Book. Elsevier Health Sciences.

- D-Periodicals, Web Sites, ...etc
- ✓ The American journal of Pathophysiology.
 - ✓ Archives of Pathophysiology and Geriatrics.
 - ✓ WWW. Pathophysiology
 - ✓ www.pubmed.com

8- Facilities required for teaching and learning

Computer and data show

Course Coordinator: Prof. Mohamed Hussein

Head of Department Prof. Eman Shokry Abd Allah

Date: / /

Course Specification

Nutrition for Elderly (Master degree 2nd term)

1- Basic information

Code: 486

Title: Nutrition for Elderly
(Master degree 2nd term)Level: 2nd Master degree

Credit hours: 0

Theoretical :30

Practical: 0

Program(s) on which the course is given : Master Program (Gerontological nursing)

Major or minor element of program : Minor

Department offering the program : Geriatric medicine

Department offering the course : Gerontological Nursing Department

Date of specification approval : 2016/2017

Academic year : 2020-2022

2- Overall Aims of Course:

At the end of this course graduate students will recognize the importance of nutrition and the nutritional requirements of elderly individuals and identify the types of diet therapy and the diet used for elderly patients with different health conditions.

3- Intended Learning Outcomes of Course (ILOs)

a- Knowledge and Understanding:

By the completion of this course the student should be able to

A1- Identify basic knowledge of principles elderly nutrition

A2- Define of the different terminologies concerning the subject of nutrition

A3- Identify the main component of normal balanced diet for elderly individuals.

A4- Describing the principles of the update USDA food pyramid.

A5- Recognize negative impact of diet imbalance on health.

A6- Enumerate the characteristic and factors affecting the prevalence and incidence of malnutrition.

A7- Identify the nutritional needs of elderly individuals.

A8- Describe age-related changes that affect eating patterns and digestive processes.

A9- List age-related changes in nutritional requirements.

A10- Identify risk factors that affect the digestion and nutrition of older adults.

A11- Explain the effects of age-related changes and risk factors on digestion and nutrition.

b- Intellectual Skills

By the completion of this course the student should be able to

B1- Analyze information about elderly nutritional needs from appropriate sources on behalf of the patient.

B2- Analyze the nutritive value of food elements.

B3- Calculate daily requirement of different nutrients for elderly individuals.

B4- Differentiate between mal and under nutrition.

B5- Differentiate between therapeutic diets for different chronic diseases in elderly.

B6- Exercise critical thinking and clinical reasoning about nutrition and oral care within standards of practice.

c- Professional and practical skills

By the completion of this course the student should be able to

- C1- Apply primary, secondary, and tertiary prevention strategies to promote nutritional health in older adults.
- C2- Develop and evaluate nutrition intervention targeted to promote nutritional status, overall well-being, and quality of life of older adults.
- C3- Formulate food for healthy and sick elderly persons.
- C4- Provide health education and counseling based on updated according the nutritional needs of elderly people.
- C5- Develop nutrition education materials for older adults

d- General and transferable skills

By the completion of the course the student should be able to

- D1- Work productively in a team.
- D2- Search effectively in websites relevant to certain subjects.
- D3- Manage effectively time, resources and set priorities

e- Attitude and behavioral skills:

By the completion of the course the student should be able to:

- E1- Appreciate and promote elderly patient/ client rights to autonomy, respect, privacy, and dignity, and access to information.
- E2- Value his/her role as a model for less experienced nursing students.
- E3- Respect and encourage the patients' participations in decision about health care and services.

4- Course Contents:

Weeks	Topics	No. of hours	
		Lecture 30 hours	practical 0 hours
1 2 3 4-5	<u>Unit1: Trends and issues in nutrition and health of the elderly</u>		-
	• Course overview	2	
	• Nutritional status of the elderly	2	
	• Nutritional needs of the elderly	2	
	• Age related changes affecting nutrition in older adults	4	
6 7 8 9 10	<u>Unit2: Therapeutic diet for chronic problems</u>		-
	• Renal failure	2	
	• Constipation	2	
	• Heart disease	2	
	• Diabetes	2	
	• liver disease	2	

	Unit3:		
11	• Probiotic And Prebiotic Foods	2	-
12-13	• Nutrition for cancer elderly patient	4	
14	• Menopause	2	
15	• Ten tips for senior	2	

5- Teaching and learning methods:

- 5.1 Brain storming
- 5.2 Group discussion
- 5.3 Seminar
- 5.4 Self-learning
- 5.5 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

A.1	Semester work	
A.2	Final written Exam	
A.3	Final oral Exam	

B- Time Schedule

Semester work	Week: through semester
Final written Examination	Week: 16

C- Grading system

Oral Examination	% 20
Semester work	% 20
Final - term Examination	% 60

7- List of References

A - Course Note: Handouts: prepared by the candidate master degree of the course.

- B -Required Books:
- **Lutz, C. A., Mazur, E., & Litch, N. (2014).** Nutrition and diet therapy. FA Davis.
 - **StaciNix, M.S. (2014).** Williams' Basic Nutrition & Diet Therapy (Williams' Essentials of Nutrition & Diet Therapy), 1st ed., Mosby.
 - **Thompson, J., Manore, M. (2014).** Nutrition: Applied approach: an applied approach, Daryl Fax San Francisco Boston New York.

C-Recommended Books:

- **Nieman D.C. (2018).** Nutritional Assessment, 7th ed., MC Graw Hill, Avenue of America, New York.

D-Periodicals,
Web Sites, ...etc

- ✓ Journal of Nutrition
- ✓ American Journal of Clinical Nutrition
- ✓ British Journal of Nutrition
- ✓ Journal of Nutrition Education and Behavior

8- Facilities required for teaching and learning

Computer and data show.

Course Coordinator: Prof. Atef Gouda

Head of Department Prof. Eman Shokry Abd Allah

Date: / /

Course Specification
English Language (Master degree 2nd term)

1- Basic information

Code: 414

Title: English Language (Master degree 2nd term) **Level:** 2nd Master degree

Credit hours: 0

Theoretical :30**Practical: 0**

Program(s) on which the course is given : Master Program (Gerontological nursing)

Major or minor element of program : Minor

Department offering the program : English Language department

Department offering the course : Gerontological nursing Department

Date of specification approval : 2016/2017

Academic year : 2020-2022

2- Overall Aims of Course:

This course Provides the candidate with theoretical knowledge & skills in catering for the language demands of their major study, advanced Course assignments include writing, speaking, reading tasks for academic and communication purposes, & emphasis is on basic nursing word structure, prefixes, suffixes, combining forms, and pronunciation. Students learn standard nursing vocabulary and nursing abbreviations.

3- Intended Learning Outcomes of Course (ILOs)**a- Knowledge and Understanding:**

By the completion of this course the student should be able to

A1- Recognize students' proficiency in English.

A2- Identify students' skills in using English,

A3- Provide nursing staff with a plethora of pharmacy glossary and abbreviations.

A4- Encourage the students to surf the internet to gain more information about the course topics.

b- Intellectual Skills

By the completion of this course the student should be able to

B1- Maximize students' confidence in speaking, reading and writing in correct English sentences.

B2- Improve students' cultural awareness.

c- Professional and practical skills

By the completion of this course the student should be able to

C1- Improve students' abilities in the use of the English language in their own specialization.

d- General and transferable skills

By the completion of the course the student should be able to

D1- Design an E-portfolio that contains all the students works during the semester.

D2- Enhance communication skills, the use of the internet and e-mail for peer evaluation.

D3- Support team working.

D4-Train the students on the recent trends in the field of teaching as active learning and reflective teaching

e- Attitude

By the completion of the course the student should be able to

E1- Appreciate and promote elderly patient/ client rights to autonomy, respect, privacy, and dignity, and access to information.

E2- Value his/her role as a model for less experienced nursing students.

E3- Respect and encourage the patients' participations in decision about health care and services.

4- Course Contents:

Weeks	Topics	No. of hours	
		Lecture 30 hours	practical 0 hours
1-2	Unit one: The Growth of Men in Nursing	4	-
3-4	Unit two: Responsibilities of a circulating & Scrub Nurse	4	-
5-6	Unit three: Emergency nursing	4	-
7-8	Unit four: Rural nurses	4	-
9-10	Unit five: Radiation safety	4	-
11-12	Unit six: Nursing Glossary	4	-
13,14,15	Unit seven: English Grammar (Tenses, Active and Passive, Direct and indirect speech, Types of sentences)	6	-

5- Teaching and learning methods:

A combination of delivery methods is used to facilitate learner and faculty communication including:

5.1 Internet: Internet resources are used as an integral part of the instruction.

5.2 Lectures, Seminars, Brain storming

5.3 Electronic Mail: Allows learners to freely interact on an individual or group level

with other learners and the instructor.

5.4 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

- A.1 Attendance, participation
- A.2 Semester work
- A.3 Final written Exam
- A.4 Oral Exam

B- Time Schedule

Attendance, participation	Week: through semester
Semester work	Week: through semester
Final written Exam	Week: 16

C- Grading system

- Oral Examination % 40
- Final - term Examination % 60

7- List of References

A - Course Note: Handouts: prepared by the instructor of the course.

B-Required

Books:

- <http://www.netplaces.com/new-nurse/why-become-a-nurse/the-nursing-shortage.htm>
- http://www.ehow.com/about_6657303_rural-nursing-theory.html#ixzz1aP3p5c9L
- http://www.ehow.com/about_6657303_rural-nursing-theory.html#ixzz1aP3p5c9L
- <http://www.medi-smart.com/nursing-resources/glossary>
- <http://www.englishpage.com/verbpage/activepassive.html>

C-Recommended

Books:

- <http://english-zone.com/grammar/questions2.htm>
- <http://www.netplaces.com/new-nurse/why-become-a-nurse/the-nursing-shortage.htm>
- http://www.englischhilfen.de/en/exercises/questions/question_words2.htm
- http://www.englisch-hilfen.de/en/exercises/questions/question_words2.htm

D-Periodicals,

Sites, ...etc

- <http://www.englishclub.com/vocabulary/wh-question-words.htm>
- <http://www.eslgo.com/quizzes/raiderspassive.html>Thompson, J., Manore, M. (2017).

8- Facilities required for teaching and learning

Computer and data show

Course Coordinator:

Prof. Mohamed Abd El-Hady

Head of Department

Prof. Eman Shokry Abd Allah

Date / /

Course Specification

(Nursing seminars in Gerontological nursing (Master degree 2nd term))

1- Basic information

Code: 487 **Title:** Nursing seminars in Gerontological nursing (Master degree 2nd term) **Level:** 2nd Master degree

Credit hours: 0 **Theoretical :**60 **Practical :**180

Program(s) on which the course is given : Master Program (Gerontological nursing)

Major or minor element of program : Major

Department offering the program : Gerontological nursing Department

Department offering the course : Gerontological nursing Department

Date of specification approval : 2016/2017

Academic year : 2020-2022

2- Overall Aims of Course:

At the end of this course the master student nurse will be able to apply knowledge and skills of gerontological nursing in providing high quality care to the elderly, whether elderly in geriatric homes or community elderly, through the studying of all the physiological, psychological and social changes occur to the elderly and studying the problems and diseases that can occur for the elderly.

This course prepares the candidate to collaborate with community and organizational members in design, implement and evaluate of health programs for individual, family & community.

3- Intended Learning Outcomes of Course (ILOs)

a- Knowledge and Understanding:

By the completion of this course the student should be able to

A1- recognizes basic gerontological terminology.

A2-Describe demographics of aging, elderly needs, and factors affecting aging.

A3- Discuss available health services for elderly in Egypt and Zagazig city.

A4- Demonstrate in-depth knowledge of bio-psycho-social aging changes

A5-Discuss scope and standard of gerontological nursing

A6- Describe safety environment for elderly.

A7-Illustrate preventive measures of risk factors and complication of falls

A8- Recognize the importance of communication, and team work when caring for elderly.

A9-Explain the effects of age-related changes and risk factors on digestion and nutrition

A10-Discuss primary, secondary, and tertiary prevention strategies to promote nutritional health.

b-Intellectual Skills

By the completion of this course the student should be able to

- B1- Synthesize assessment data about elderly health status, and problems.
- B2- Formulate specific gerontological care plan to meet elderly needs and problems. Taking into account available community resources
- B3- Uses reasoning skills in prioritizing action.
- B4- Synthesizes knowledge derived from the basic nursing, and medical courses for development of decision making in caring of elderly health problems.
- B5-bases individualized care on best learned evidence, patients' values and clinical practice.
- B6- Critically analyze the needs for nutrition assessment and intervention across the continuum of care for older adults
- B7-Critically analyze nursing interventions to promote optimal nutrition, digestion, and oral care
- B8-Compare between types of hazards facing elderly person.

c- Professional and practical skills

By the completion of this course the student should be able to

- C1-Apply gerontological nurse skills, and competence appropriately to essential care needs of the elderly.
- C2- Apply systematic nursing skills to prepare a plan of care for elderly people.
- C3-Use the available resources and learning efficiently and effectively to provide care for elderly people.
- C4- Examine and creates a safe environment for caring elderly.
- C5- Refer to appropriate community resources available for elderly.
- C6-Implement standardized protocols, and guidelines when providing nursing care for elderly, and document judgment of decisions and actions.
- C7-Use reasoning and problem-solving skills in prioritizing actions, and care provided for elderly.
- C8-Practice nursing according to ethical and professional standards.
- C9-Use professional guidelines and evidence-based standards in planning and delivering safe, quality care to older adults
- C10-Implement protective and preventive measures for elderly with risk for falls

d- General and transferable skills

By the completion of the course the student should be able to

- D1- 1. Demonstrate effective communication with older adults and their families at different setting.
- D3- Apply problem solving skills at different situation faced at different clinical Setting.
- D4- Work productively in a team.
- D5- Search effectively in websites relevant to certain subjects.
- D6- Manage effectively time, resources and set priorities.
- D7- Provide health education and counseling based on updated according the need of elderly people.
- D8- Implement plan of care within legal, ethical and regular framework of nursing practice.

e- Attitude and behavioral skills:

By the completion of the course the student should be able to:

- E1- Appreciate and promote elderly patient/ client rights to autonomy, respect, privacy, and dignity, and access to information.
- E2- Value his/her role as a model for less experienced nursing students.
- E3- Respect and encourage the patients' participations in decision about health care and services.

4- Course Contents:

Weeks	Topics	No. of hours	
		Theory (60 hours)	Practical (180 hours)
	<u>Unit 1: The fundamental of working with older adult.</u>		
1	• Overview of gerontological nursing	4	12
2	• Independence, autonomy the foundation.	6	18
3	• Scope and standard of gerontological nursing	4	12
	<u>Unit 2:</u>		
4	• Demographic changes.	6	18
5	• Health services in Egypt.	4	12
6-7	• Older adult in other diverse groups.	6	18
8-9	• Caring for special needs in elderly.	6	18
	<u>Unit 3:</u>		
10-11	• Issues in nutritional health promotion in older adults	8	24
12-13	• Frame work promoting partnership between older people, family career and nurses.	8	24
14-15	• Environmental Safety for elderly (Accident prevention (falls))	8	24

5- Teaching and learning methods:

- 5.1 Group discussion
- 5.2 Clinical practice
- 5.3 Self-learning
- 5.4 Seminar
- 5.5 Case presentation
- 5.6 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

A.1	Semester work
A.2	Final written Examination
A.3	Final oral Examination

B- Time Schedule

Semester work	Week: through semester
Final written Examination	Week: 16

C- Grading system

Oral Exam	% 20
Semester work	% 40
Final written Exam	% 40

7- List of References

A - Course Note: Handouts: prepared by the candidate master degree of the course.

- B -Required Books:
- **Yeager, J. J. & Meiner, S.E. (2019).** Gerontologic Nursing - E-Book. 6th Ed. St. Louis, MO: Elsevier Health Sciences.
 - **Miller, C. A. (2018).** Nursing for wellness in older adults, 8th Ed. Philadelphia: Wolters Kluwer Health / Lippincott Williams & Wilkins.

C-Recommended Books: **Eliopoulos C. (2018).** Gerontological Nursing. (9th Ed.). Philadelphia: Wolters Kluwer / Lippincott Williams & Wilkins.

Touhy, T. A., Jett, K. F., Boscart, V., & McCleary, L. (2018). Ebersole and Hess' Gerontological Nursing and Healthy Aging in Canada-E-Book. Elsevier Health Sciences.

- D-Periodicals,
Web Sites, ...etc
- ✓ American Journal of Geriatric Nursing
 - ✓ Archives of Gerontology and Geriatrics
 - ✓ Journal of the American Geriatrics Society

- ✓ Nursing research.
- ✓ WWW.medscape.com
- ✓ www.pubmed.com
- ✓ www.nursingcenter.com
- ✓ www.nursingresearch.com

8- Facilities required for teaching and learning

Computer and data show.

Course Coordinator: Prof. Eman Shokry Abd Allah
Prof. Salwa Abbass
Dr. Hassanat Ramadan

Head of Department Prof. Eman Shokry Abd Allah

Date: / /

2.Course Specification of Third term Courses

- 1. Geriatric Medicine**
- 2. Health education for elderly.**
- 3. English language**
- 4. Nursing seminars in Gerontological Nursing**

d- General and transferable skills

By the completion of the course the student should be able to

- D1- Apply interpersonal communication and ethics in caring for elderly people at different setting.
- D2- Develop critical thinking abilities.
- D3- Apply problem solving skills at different situation faced at different clinical Setting.
- D4- Search effectively in websites relevant to certain subjects.
- D5- Manage effectively time, resources and set priorities.

e- Attitude

By the completion of the course the student should be able to

- E1- Obtain a comprehensive history in a friendly manner.
- E2- Observe the patients' behaviors.
- E3- Protect and promote elderly patient rights to autonomy, respect, privacy, and dignity.
- E4- Contribute to safe, supportive, and professional practice environment.
- E5- Communicate with elderly with a respect for different values, cultures, intellectual levels and emotional state.
- E6- Suggest the students about the referenced books.
- E7- Direct the elderly patients about the needed services.
- E8- Counsel elderly patients on silent diseases associated with aging.

1- Course Contents:

Weeks	Topics	No. of hours	
		Lecture 30 hours	practical ---- hours
1	Unit 1: <ul style="list-style-type: none">• Overview of geriatric medicine.	2	
2	<ul style="list-style-type: none">• Physiological changes of aging.	2	-
3	<ul style="list-style-type: none">• Psychological changes of aging.	2	
5	Unit 2: <ul style="list-style-type: none">• Hypertension in elderly	2	-
6-7	<ul style="list-style-type: none">• Diabetes	4	
8-9	<ul style="list-style-type: none">• Coronary heart disease.	4	
10	<ul style="list-style-type: none">• Corona virus.	4	
11	Unit 3: <ul style="list-style-type: none">• Liver cirrhosis.	2	-
12	<ul style="list-style-type: none">• Hepatic encephalopathy	2	
13	<ul style="list-style-type: none">• Liver cell failure	2	
14-15	<ul style="list-style-type: none">• GIT bleeding	4	

5- Teaching and learning methods:

- 5.1 Brain storming
- 5.2 Group discussion
- 5.3 Self-learning
- 5.4 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

- A.1 Semester work
- A.2 Oral Examination
- A.3 Final term Examination

B- Time Schedule

Semester work	Week: through semester
Final written Exam	Week: 16

C- Grading system

Oral Exam	% 40
Final written Exam	% 60

7- List of References

A - Course Note: Handouts for all prepared contents by the master students

B -Required **Michel, J. P., Beattie, B. L., Martin, F. C., & Walston, J. D. (Eds.). (2018).** Oxford textbook of geriatric medicine. Oxford University Press.

C-Recommended **Fillit, H. M., Rockwood, K., & Young, J. B. (2016).** Brocklehurst's textbook of geriatric medicine and gerontology E-book. Elsevier Health Sciences.

D-Periodicals, ✓ The American journal of geriatric cardiology.
Web Sites, ...etc ✓ Archives of Gerontology and Geriatrics
✓ Journal of the American Geriatrics Society
✓ WWW. Geriatric medicine.
✓ WWW.medscape.com
✓ www.pubmed.com

8- Facilities required for teaching and learning

Computer and Data show.

Course Coordinator: Prof. Maysaa said

Head of Department: Prof: Eman shokry

Date: / /

Course Specification
Health education for Elderly (Master degree 3rd term)

1- Basic information

Code: 489 **Title:** Health education for Elderly **Level:** 3rd master degree
(Master degree 3rd term)

Credit hours: 0 **Theoretical :30** **Practical: 0**

Program(s) on which the course is given : Master Program (Gerontological nursing)

Major or minor element of program : Major

Department offering the program : Health education department

Department offering the course : Gerontological Nursing Department

Date of specification approval : 2016/2017

Academic year : 2020-2022

2- Overall Aims of Course:

At the end of this course students will acquire the essential knowledge and skills related to health education for elderly, identify different terminology and theories in health education and be able to develop health education program for elderly persons in different community settings.

3- Intended Learning Outcomes of Course (ILOs)**a- Knowledge and Understanding:**

By the completion of this course the student should be able to

A1- Discuss the Targets of health education for elderly.

A2- Identify the Aims of health education for elderly.

A3- Discuss the principles of health education for elderly including methods of motivation.

A4-Describe principle of learning and factors affecting learning.

A5- Explain the health education for elderly methods and media.

A6- Discuss the process of communication skills.

A7-Explain the components of health education program for elderly.

A8-Discuss Ethical Issues in Health Education.

b- Intellectual Skills

By the completion of this course the student should be able to

B1-Assess elderly health needs and their characteristics.

B2- Develop program objective.

B3-Plan teaching program for elderly person.

B4-Use teaching methods appropriate to elderly learning objectives.

B5-Implement teaching program for elderly person in different health settings.

B6-Demonstrate motivation techniques.

B7-Evaluate the outcomes of teaching program for elderly.

B8-Empoly Ethical Issues in Health Education.

c- Professional and practical skills

By the completion of this course the student should be able to

C1- Provide health education and counseling based on updated according the needs of elderly people.

d- General and transferable skills

By the completion of the course the student should be able to

- D1- Work productively in a team.
- D2- Search effectively in websites relevant to certain subjects.
- D3- Manage effectively time, resources and set priorities
- D4- Demonstrate effective communication with older adults and their families
- D5- Develop critical thinking abilities.

e- Attitude

By the completion of the course the student should be able to

- E1- Obtain a comprehensive history in a friendly manner.
- E2- Protect and promote elderly patient rights to autonomy, respect, privacy, and dignity.
- E3- Contribute to safe, supportive, and professional practice environment.
- E4- Communicate with elderly with a respect for different values, cultures, intellectual levels and emotional state.
- E5- Suggest the students about the educational methods and materials.
- E6- Counsel elderly patients to find solutions to their problems.

4- Course Contents:

Weeks	Topics	No. of hours	
		Theory 30 hours	Practical 0 hours
1-2	Unit1: Introduction of health education for elderly <ul style="list-style-type: none">• Aims• Principles	4	-
3-4	Unit 2: Health and Human behavior <ul style="list-style-type: none">• Factors• Culture	4	-
5-6	Unit 3: Health communication <ul style="list-style-type: none">• Types• stages	4	-
7-8	Unit 4: Methods of health education for elderly <ul style="list-style-type: none">• Teaching methods• Media methods	4	-
9-10	Unit 5: Training <ul style="list-style-type: none">• Types• process	4	-

11,12,13	Unit 6: Health education for elderly <ul style="list-style-type: none"> • Assessment • Planning • Implementation • Evaluation 	6	-
14-15	Unit 7: Ethical Issues in Health Education <ul style="list-style-type: none"> • Principles • Responsibilities 	4	-

5- Teaching and learning methods:

- 5.1 Seminar
- 5.2 Group discussion
- 5.3 Brain storming
- 5.4 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

A.1	Oral Exam	
A.2	Final written Exam	

B- Time Schedule

Semester work	Week: through semester
Final written Exam	Week: 16

C- Grading system

Oral Exam	% 40
Final written Exam	% 60

7- List of References

A - Course Note: Handouts: prepared by the candidate master degree of the course.

B-Required

Books:

- **Eldredge, L. K. B., Markham, C. M., Ruitter, R. A., Fernández, M. E., Kok, G., & Parcel, G. S. (2016).** Planning health promotion programs: an intervention mapping approach. John Wiley & Sons.
- **Naidoo, J., & Wills, J. (2016).** Foundations for health promotion-e-book. Elsevier Health Sciences.

C-Recommended

Books:

Chau, D., & Osborne, T. (Eds.). (2017). Using technology to improve care of older adults. Springer Publishing Company.

D-Periodicals,
Web Sites, ...etc

- ✓ Health education web sites.
- ✓ journal of health education
- ✓ Health education quarterly
- ✓ Journal of clinical effectiveness
- ✓ WWW.Pubmed.com
- ✓ Journal of evidence-based medicine
- ✓ Journal of effective health care
- ✓ Www. Cinahi.com
- ✓ Www. Guidelines. gov
- ✓ <http://ebn.bni.com>

8- Facilities required for teaching and learning

Computer and Data show

Course Coordinator: Prof. Eman Shokry Abd Allah

Head of Department: Prof. Eman Shokry Abd Allah

Date: / /

Course Specification
English Language (Master degree 3rd term)

1- Basic information

Code: 432

Title: English Language (Master Level: 3rd Master degree degree 3rd term)

Credit hours: 0

Theoretical :30

Practical: 0

Program(s) on which the course is given : Master Program (Gerontological nursing)**Major or minor element of program** : Minor**Department offering the program** : English Language department**Department offering the course** : Gerontological nursing Department**Date of specification approval** : 2016/2017**Academic year** : 2020-2022**2- Overall Aims of Course:**

This course provides the candidate with theoretical knowledge & skills in catering for the language demands of their major study, advanced Course assignments include writing, speaking, reading tasks for academic and communication purposes, & emphasis is on basic nursing word structure, prefixes, suffixes, combining forms, and pronunciation.

3- Intended Learning Outcomes of Course (ILOs)**a- Knowledge and Understanding:****By the completion of this course the student should be able to**

A1- Define technical terms and vocabulary related to the reading passages studied.

A2- Understand the uses of Affixes.

A3- Comprehend the key concept and meaning of reciprocal verbs.

A4- Know the structure of the passive clauses.

A5- Know the different techniques of paragraph development.

A6- Describe the functions of prepositions.

A7- Mention the role of contextual references.

b- Intellectual Skills**By the completion of this course the student should be able to**

B1- Use of the English language in their own specialization.

B2- Use technical terms correctly.

B3- Analyze a given text coherently with ease.

B4- Write a paragraph cohesively and coherently.

B5- Solve grammatical and vocabulary puzzles in time.

B6- Apply authentic English materials relevant to the topics discussed.

B7- Write paragraphs developed by techniques, such as cause and effects, examples, etc.

c- Professional and practical skills**By the completion of this course the student should be able to**

Not applicable

d- General and transferable skills

By the completion of the course the student should be able to

D1- Communication: Communicate relevant and effective ideas, information, and arguments using an appropriate register, style and format.

D2- IT Skills: Use appropriate computational tools and software to obtain, store or process information electronically and (where required) produce materials in electronic form.

D3- Problem Solving: Analyze complex data, materials or behavior, using appropriate specialized techniques, formulating and testing research hypotheses, identifying problems and evaluating solution.

D4-Self Learning: Work autonomously showing organization, self – discipline and time management, responding constructively to feedback and learning new material and techniques.

e- Attitude

By the completion of the course the student should be able to

E1- Appreciate and promote elderly patient/ client rights to autonomy, respect, privacy, and dignity, and access to information.

E2- Value his/her role as a model for less experienced nursing students.

E3- Respect and encourage the patients’ participations in decision about health care and services.

4- Course Contents:

Weeks	Topics	No. of hours	
		Lecture 30 hours	practical 0 hour
1,2,3	Unit one: Meditation	6	-
4,5,6	Unit two: Comprehension	6	-
7,8,9	Unit three: Reading	6	-
10,11,12	Unit four: Listening	6	-
13,14	Unit five: Nursing glossary	4	-
15	Unit six: English grammar	2	-

5- Teaching and learning methods:

A combination of delivery methods is used to facilitate learner and faculty communication including:

5.1 Internet: Internet resources are used as an integral part of the instruction.

5.2 Lectures, Seminars, Brain storming

5.3 Electronic Mail: Allows learners to freely interact on an individual or group level with other learners and the instructor.

5.4 Online learning (zoom meeting)

6- Student Assessment:

A- Assessment Method

- A.1 Attendance, participation
- A.2 Group work written assignment
- A.3 Internet search assignment
- A.4 Oral Examination
- A.5 Final term Examination

B- Time Schedule

Semester work	Week: through semester
Final written Exam	Week: 16

C- Grading system

Oral Exam	% 40
Final written Exam	% 60

7- List of References

A - Course Note: Handouts: prepared by the instructor of the course.

B-Required Books:

- <http://www.netplaces.com/new-nurse/why-become-a-nurse/the-nursing-shortage.htm>

- http://www.ehow.com/about_6657303_rural-nursing-theory.html#ixzz1aP3p5c9L

- http://www.ehow.com/about_6657303_rural-nursing-theory.html#ixzz1aP3p5c9L

- <http://www.medi-smart.com/nursing-resources/glossary>

- <http://english-zone.com/grammar/questions2.htm>

C-Recommended

Books:

- <http://www.netplaces.com/new-nurse/why-become-a-nurse/the-nursing-shortage.htm>

-

- http://www.englisch-hilfen.de/en/exercises/questions/question_words2.htm

D-Periodicals,

Web Sites, ...etc

- <http://www.englishclub.com/vocabulary/wh-question-words.htm>

8- Facilities required for teaching and learning

Computer and Data show

Course Coordinator: Prof. Mohammed Abd El-Hady

Head of department: Prof. Eman Shokry Abd Allah

Date: / /

Course Specification

Nursing seminars in Gerontological nursing (Master degree 3rd term)

1- Basic information

Code: 491

Title: Nursing seminars in Gerontological nursing (Master degree 3rd term) **Level:** 3rd Master degree

Credit hours: 0

Theoretical :60

Practical :180

Program(s) on which the course is given : Master Program (Gerontological nursing)
Major or minor element of program : Major
Department offering the program : Gerontological nursing Department
Department offering the course : Gerontological nursing Department
Date of specification approval : 2016/2017
Academic year : 2020-2022

2- Overall Aims of Course:

This course is designed to improve the health of the elderly population by providing the candidate with knowledge and skills in gerontological nursing, health promotion, and illness prevention. Also, this course prepares the candidate to design, implement, and evaluate of health programs for elderly individual, family & community

3- Intended Learning Outcomes of Course (ILOs)

a- Knowledge and Understanding:

By the completion of this course the student should be able to

- A1- Define aging from several perspectives
- A2- Describe the role of gerontological nursing.
- A3- Describe common physical health problem in elderly.
- A4- Describe common psychological health problem in elderly.
- A5- Recognize common social problem in elderly.
- A6-Discuss scope and standard of gerontological nursing.
- A7-Recognize the core competencies of gerontological nursing.

b- Intellectual Skills

By the completion of this course the student should be able to:

- B1- Synthesize assessment data about elderly health status, and problems.
- B2- Formulate specific gerontological care plan to meet elderly needs and problems.
- B3- Uses reasoning skills in prioritizing action.
- B4- Synthesizes knowledge derived from the basic nursing, and medical courses for development of decision making in caring of elderly health problems.
- B5-Uses teaching, and learning principles when given health education for elderly about their health problems.

- B6- Assess the older adult health status.
- B7-Identify nursing interventions to promote health in caring of elderly health problems
- B8- Differentiate diverse health care setting for older adults
- B9-Identify barriers to and opportunities for nurses to promote wellness in older adults.
- B10-Recognize how population trends affect relationships of older adults and their families.
- B11- Identify nursing interventions to promote elimination in older adults.

c- Professional and practical skills

By the completion of this course the student should be able to

- C1-Apply gerontological nurse skills, and competence appropriately to essential care needs of the elderly.
- C2- Apply systematic nursing skills to prepare a plan of care for elderly people.
- C3-Use the available resources and learning efficiently and effectively to provide care for elderly people.
- C4- Assess cardiovascular function and risks for cardiovascular disease with emphasis on those that can be addressed through health promotion interventions.
- C5-Teach older adults and their caregivers about interventions to reduce the risk for CHD, and DM.
- C6- Practice communicating skills with elderly people in the clinical area.
- C7-Make Comprehensive geriatric assessment for elderly people in the clinical area.
- C8-Gather essential and accurate information about elderly in different settings.
- C9-Develop and carry out elderly patient management plan in different settings
- C10- Make referrals to appropriate community resources available for elderly.
- C11-Implement standardized protocols, and guidelines when providing nursing care for elderly, and document judgment of decisions and actions.

d- General and transferable skills

By the completion of the course the student should be able to

- D1- Demonstrate effective communication with older adults and their families at different setting.
- D2- Develop critical thinking abilities.
- D3-Use reasoning and problem-solving skills in prioritizing actions, and care provided for elderly.
- D4-Use professional guidelines and evidence-based standards in planning and delivering safe, quality care to older adults
- D5- Search effectively in websites relevant to certain subjects.
- D6- Manage effectively time, resources and set priorities.
- D7- Provide health education and counseling based on updated according the need of elderly people.
- D8- Work productively in a team.

4- Course Contents:

Weeks	Topics	No. of hours	
		Lecture 60 hours	practical 180 hours
1-2	Unit 1: Role of Gerontological Nursing and Care Competencies of Registered Nurse	8	24
3-4	Unit 2: Respiratory problems <ul style="list-style-type: none"> • Pneumonia • COPD 	8	24

5	Unit 3: Endocrine problem • Diabetes mellitus	4	12
6	Unit 4: coronary artery disease • Angina pectoris	4	12
7	Unit 5: Neurological problems • Stroke	4	12
8-9	Unit 6: Genitourinary problems • Urinary incontinence • UTI	8	24
10-11	Unit 7: Psychological problems • Al-Zheimer's disease • Dementia	8	24
12-13	Unit 8: Musculoskeletal diseases • Osteoporosis • Osteoarthritis	8	24
14-15	Unit 8: Polypharmacy	8	24

5- Teaching and learning methods:

- 5.1 Group discussion
- 5.2 Seminar, presentation
- 5.3 Clinical practice
- 5.4 Self-learning
- 5.5 Online learning (Zoom meeting)

6- Student Assessment:

A- Assessment Method

- A.1 Semester work
- A.2 Oral Examination
- A.3 Final term Examination

B- Time Schedule:

Semester work	Week: through semester
Final written Examination	Week: 16

C- Grading system

Oral Exam	% 20
Semester work	% 40
Final written Exam	% 40

7- List of References

A - Course Note: Handouts: prepared by the candidate master degree of the course.

- B -Required Books:
- **Yeager, J. J. & Meiner, S.E. (2019).** Gerontologic Nursing - E-Book. 6th Ed. St. Louis, MO: Elsevier Health Sciences.
 - **Miller, C. A. (2018).** Nursing for wellness in older adults, 8th Ed.

Philadelphia: Wolters Kluwer Health / Lippincott Williams & Wilkins.

C-Recommended Books:

- **Eliopoulos C. (2018).** Gerontological Nursing. (9th Ed.). Philadelphia: Wolters Kluwer / Lippincott Williams & Wilkins.

- **Touhy, T. A., Jett, K. F., Boscart, V., & McCleary, L. (2018).** Ebersole and Hess' Gerontological Nursing and Healthy Aging in Canada-E-Book. Elsevier Health Sciences.

**D-Periodicals,
Web Sites, ...etc**

- ✓ American Journal of Geriatric Nursing
- ✓ Archives of Gerontology and Geriatrics
- ✓ Journal of the American Geriatrics Society
- ✓ Nursing research.
- ✓ WWW.medscape.com
- ✓ www.pubmed.com
- ✓ www.nursingcenter.com
- ✓ www.nursingresearch.com

8- Facilities required for teaching and learning

Computer and Data show

Course Coordinator: Prof. Eman Shokry Abd Allah
Prof. Salwa Abass
Dr. Hassanat Ramadan

Head of Department Prof. Eman Shokry Abd Allah
Date: / /