



# Geriatric Nursing: A Review

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## Abstract

Geriatric nursing is a specialized field of nursing that focuses on the care of elderly individuals. As the population continues to age, the demand for geriatric nurses is increasing. Geriatric nurses are trained to provide care for older adults who often have complex health needs and require special attention. They possess a range of skills, including effective communication, the ability to prevent and manage chronic conditions, and educating patients and their families about health and wellness. Geriatric nurses play a crucial role in providing high-quality care for elderly patients, and their specialized knowledge and skills are critical for ensuring that older adults can maintain their health and independence for as long as possible.

**Keywords:** Geriatric care, Elderly care, Senior care, Aging population, Long-term care, Palliative care, Dementia care, Rehabilitation, Chronic illnesses, Health promotion

## INTRODUCTION

Geriatric nursing is a specialized field of healthcare that focuses on the care of older adults. As the global population ages, there is a growing need for healthcare professionals with expertise in geriatrics to address the unique health challenges and concerns that arise in later life. Geriatric nurses play a critical role in the care of older adults, providing assessment, intervention, and on-going support to help promote optimal health and wellbeing. With the increasing demand for geriatric care, understanding the role of geriatric nursing and the skills required to provide effective care has become more important than ever. In this context, this topic is of great significance for healthcare professionals, students, and anyone interested in the field of healthcare for older adults (McWilliams MM, 2017).

Geriatric nursing is a specialized area of nursing that focuses on the care of older adults. It encompasses a range of health care services that are designed to meet the unique needs of this population. Geriatric nurses are responsible for providing comprehensive care to older adults, including assessment, diagnosis, treatment, and evaluation. The geriatric population is growing rapidly. This means that

the demand for geriatric nursing services will continue to increase in the coming years (Prieto R, 2021).

Geriatric nursing requires specialized knowledge and skills. Geriatric nurses must have a deep understanding of the physical, social, and psychological changes that occur in older adults. They must also be able to identify and manage the complex health issues that often accompany aging, such as chronic diseases, cognitive decline, and functional impairments. One of the key roles of a geriatric nurse is to promote healthy aging. This involves helping older adults maintain their independence and quality of life for as long as possible. Geriatric nurses work with patients and their families to develop personalized care plans that address their unique needs and goals (Segevall C, 2019).

Geriatric nurses also play a crucial role in preventing and managing common geriatric health issues. They may provide education and counselling on topics such as fall prevention, medication management, and nutrition. They also monitor patients for signs of acute illnesses, such as infections or dehydration, and intervene early to prevent complications. Geriatric nurses work closely with patients and their families to ensure that their end-of-life wishes

are respected and that they receive compassionate care in their final days. This may involve providing palliative care to manage pain and other symptoms, or hospice care to provide comfort and support (Su SF, 2021).

## DISCUSSION

Geriatric nursing is a specialized field of nursing that focuses on the care of elderly individuals. As the population continues to age, the demand for geriatric nurses is increasing. Geriatric nurses are trained to provide care for older adults who often have complex health needs and require special attention. The field of geriatric nursing encompasses a wide range of services, including assessment, planning, implementing, and evaluating care for elderly patients (Hines CB, 2019). Geriatric nurses work with individuals, families, and communities to provide care that is tailored to the unique needs of each patient. They also work closely with other healthcare professionals, including doctors, physical therapists, and social workers, to provide comprehensive care to their patients (Pachella LA, 2019).

One of the key skills that geriatric nurses possess is the ability to communicate effectively with elderly patients. Many older adults have hearing or vision impairments, cognitive issues, or language barriers that can make communication challenging (Tomaszek L, 2019). Geriatric nurses are trained to use effective communication strategies to ensure that patients understand their care plans and feel comfortable discussing their health concerns. Another important aspect of geriatric nursing is the focus on preventing and managing chronic conditions that are common in older adults. These conditions can include diabetes, hypertension, and heart disease, among others. Geriatric nurses work with patients to develop personalized care plans that focus on preventing complications and improving overall health (D'Agostino F, 2017).

In addition to providing direct patient care, geriatric nurses often play a key role in educating patients and their families about health and wellness. They may provide information on nutrition, exercise, medication management, and other topics that are important for maintaining good health in old age (Kehlet H, 2008). Overall, geriatric nursing is an essential field that is poised for growth as the population continues to age. Geriatric nurses play a crucial role in providing high-quality care for elderly patients, and their specialized knowledge and skills are critical for ensuring that older adults can maintain their health and independence for as long as possible (Zhu G, 2020).

## CONCLUSION

In conclusion, geriatric nursing is a critical field of nursing that is focused on providing care to the elderly population. It involves specialized knowledge and skills to address the unique physical, emotional, and psychological needs of older adults. As the global population continues to age,

the demand for geriatric nursing is increasing, making it an essential area of expertise for nurses. Geriatric nurses play a vital role in providing comprehensive care to elderly patients. They are trained to assess and manage age-related conditions such as dementia, Alzheimer's disease, and mobility problems. They work collaboratively with other healthcare professionals to develop care plans that promote independence, quality of life, and functional ability in their patients.

Geriatric nursing also involves a strong emphasis on preventative care. Geriatric nurses work with patients to identify and manage chronic conditions such as diabetes, hypertension, and osteoporosis. They also educate patients on healthy lifestyle habits such as exercise, nutrition, and social engagement to prevent the onset of age-related conditions. In summary, geriatric nursing is a specialized field of nursing that is essential in addressing the unique needs of the elderly population. Geriatric nurses play a critical role in promoting healthy aging, managing age-related conditions, and improving the quality of life for their patients. As the elderly population continues to grow, the demand for geriatric nursing expertise will continue to increase, making it an important area of focus for healthcare providers.

Geriatric nursing is an essential specialty that plays a vital role in the care of older adults. Geriatric nurses are experts in managing the unique health needs of this population and work to promote healthy aging, prevent and manage health issues, and provide compassionate end-of-life care. As the geriatric population continues to grow, the need for skilled geriatric nursing services will only increase, making this a rewarding and important area of nursing practice.

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## CONFLICT OF INTEREST

None

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