

Gerontological Nursing Learning Activity

Topic	Functional Assessment of the Older Adults
Description	Introduces the student to assessing functional abilities and limitations of the elderly.
When is it introduced?	<ul style="list-style-type: none"> • Sophomore students in the Nursing Assessment course. • Introduced near the end of the course after the student has performed physical assessment skills.
Preparation	<p>The student: (click here for student handout re: assignment)</p> <ol style="list-style-type: none"> 1. Reads the following articles: <ul style="list-style-type: none"> • Gill, T. M., Han, L., and Allore, H. G. (2007). Predisposing factors and precipitants for bathing disability in older persons. <i>Journal of the American Geriatrics Society</i>. 55(4) 534-540. • Brach, J. S., FitzGerald, S., Newman, A. B., Kelsey, S., Kuller, L. VanSwearingen, J. M., and Kriska, A. M. (2003). Physical activity and functional status in community-dwelling older women. <i>Archives of Internal Medicine</i> 163 2565-2571. 2. Contacts the older person to schedule a time and place to complete the assessment. 3. Downloads the following functional assessment instruments. <ul style="list-style-type: none"> • Katz Basic Activities of Daily Living Scale http://consultgerirn.org/uploads/File/trythis/issue02.pdf • Instrumental Activities of Daily Living Scale (Lawton & Brody) http://consultgerirn.org/uploads/File/trythis/issue23.pdf
Assignments	<ol style="list-style-type: none"> 1. Complete theory content on assessment of older persons. Covering both physical and functional assessment of older persons. 2. View Mosby's Physical Examination video <i>Examining the Older Adult</i>. This video demonstrates administration of the Katz Index of Activities of Daily Living and shows techniques for conserving patient energy during an assessment. 3. Completes a functional assessment with older adult. 4. Complete a one page discussion of the how the older person's functional status will affect their ability for self-care in their present living situation.
Clinical application	Assessment is completed during scheduled clinical hours.
Post-clinical conference	Students share observations and clinical findings during clinical post-conference.
Strengths	Promotes an understanding that geriatric assessment encompasses more than mere physical assessment. The activity also helps students understand the relationship between illness and decline in functional ability. This assignment provides the student an opportunity to practice assessment skills in the clinical setting.
Student Evaluation	Faculty feedback provided during post-conference. Discussion paper graded by faculty.
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Resources for Teaching Nursing Care of Older Adults

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The John A. Hartford Center of Geriatric Nursing Excellence at Oregon Health & Science University

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