

Gerontological Nursing Learning Activity

Topic	Falls Prevention Clinical Assignment
Description	Specific learning activity that helps students apply in a practical way assessment data and develop a plan of care for a specific client.
When is it introduced?	This learning activity could fit into many courses after the basic assessment and nursing fundamentals courses are completed. At Seattle University it is part of a clinical course on geriatric nursing in the junior year.
Preparation	<p>The student:</p> <ul style="list-style-type: none"> • Reads the following guideline from National Guideline Clearinghouse (www.guideline.gov): Salsbury Lyon, S. (2004). Fall prevention for older adults evidence-based protocol. Fall prevention for older adults evidence-based protocol. In M. G. Titler (Series Ed.), Series on Evidence-Based Practice for Older Adults, Iowa City, IA: The University of Iowa College of Nursing Gerontological Nursing Interventions Research Centre, Research Translation and Dissemination Core. Accessed at http://www.guideline.gov/summary/summary.aspx?doc_id=7091 on January 30, 2009. 1. Downloads the following functional assessment instruments. <p>Try This Assessment tools:</p> <ul style="list-style-type: none"> • Katz Basic Activities of Daily Living Scale http://consultgerirn.org/uploads/File/trythis/issue02.pdf <ul style="list-style-type: none"> ○ Article on how to use this tool: http://www.nursingcenter.com/pdf.asp?AID=781870 ○ Video link to above assessment tool and how to administer this tool: http://www.nursingcenter.com/TryThis/Survey.asp?Ep=12&Ch=0 (free, only need to provide email address to access) • Instrumental Activities of Daily Living Scale (Lawton & Brody) http://consultgerirn.org/uploads/File/trythis/issue23.pdf <ul style="list-style-type: none"> ○ Article on how to use this tool: http://www.nursingcenter.com/pdf.asp?AID=781867 ○ Video link to above assessment tool and how to administer this tool: http://www.nursingcenter.com/TryThis/Survey.asp?Ep=13&Ch=0 (free, only need to provide email address to access) • Fall Risk Assessment for Older Adults: The Hendrich II Fall Risk Model http://consultgerirn.org/uploads/File/trythis/issue08.pdf <ul style="list-style-type: none"> ○ Article on how to use this tool: http://www.nursingcenter.com/pdf.asp?AID=751195 ○ Video link to above assessment tool and how to administer this tool: http://links.lww.com/A111 (free, only need to provide email address to access)

Assignments	<p>Preventing Falls Paper: Paper will be worth 100 points and will be graded using writing criteria for the school of nursing.</p> <p>Students will conduct a complete geriatric assessment of an older adult in assisted living or nursing home setting who has sustained a fall within the past year.</p> <p>Students will write a paper that uses Salsbury Lyons, S. (2004). Fall Prevention in Older Adults guidelines (see websites above). Paper will be written in APA format.</p> <ul style="list-style-type: none"> • Completes an assessment (history, physical, assessment tools) related to resident problems • identifies risk factors for falls (see article) • makes nursing recommendations to reduce risk of falls (nursing care plan) that includes interventions to address environmental hazards (see listing in Lyons article, including lighting, footwear, etc), nursing interventions that address physiological problems related to this resident's falls (incontinence, recommendation exercise or activity, strategies to reduce or manage side effects of medications that contribute to falls), and nursing interventions that address psychological problems (ie, impulsivity or poor judgment related to dementia, cognitive impairment) • Students will cite at least two research based articles and one text to support their interventions.
Clinical application	Assessment is completed during scheduled clinical hours.
Post-clinical conference	Students share observations and clinical findings during clinical post-conference. (optional)
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.
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Resources for Teaching Nursing Care of Older Adults

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The Northwest Coalition for Geriatric Nursing Education Website: www.GeroNursingEd.org

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

Website: www.ohsu.edu/hartfordcgne