CONTENTS

INTRODUCTION TO THE CONTINUING EDUCATION (CE) CONTACT HOUR APPLICATION PROCESS ........................................... V

CHAPTER 1. Taking the Certification Examination ................................................. 1

CHAPTER 2. The Older Adult .................................................................................. 11
  General Profile of Older Adults
  Older Adults Who Are Members of a Minority Group
  Where Older Americans Live
  Marital Status
  Financial Status
  Physical Changes of Aging

CHAPTER 3. Development of Gerontological Nursing Practice ............................ 25
  History of Gerontological Nursing Practice
  Regulatory Guidelines That Affect Gerontological Nursing Practice
  Trends Related to Patient Rights, Care, and Ethics
  Research in Gerontological Nursing

CHAPTER 4. Theories of Aging ................................................................................ 55
  Biological Theories
  Sociological Theories
  Psychological Theories
  Nursing Theories
  Other Theoretical Considerations
  Communication

CHAPTER 5. Gerontological Nursing Issues ......................................................... 71
  Standards of Gerontological Nursing
CHAPTER 6. Mental Health .................................................. 89
   Mood Disorders
   Suicide
   Cognitive Function
   Delirium
   Adjustment Disorders
   Psychotic Disorders
   Stress and Anxiety
   Alcohol Use and Abuse

CHAPTER 7. Medication ..................................................... 103
   Changes in Pharmacokinetics
   Changes in Pharmacodynamics
   Polypharmacy

CHAPTER 8. Nutrition, Hydration, Electrolytes, and Acid–Base Balance . . 119
   Nutrition
   Fluid Balance
   Electrolytes
   Acid–Base Balance

CHAPTER 9. Health Promotion and Wellness ............................... 147
   Health Promotion Models and Theories
   Prevention
   Safety
   Complementary and Alternative Medicine
<table>
<thead>
<tr>
<th>Chapter</th>
<th>Title</th>
<th>Page</th>
</tr>
</thead>
<tbody>
<tr>
<td>10</td>
<td><strong>Lifestyle, Health Changes, and Vulnerability in the Older Adult</strong></td>
<td>167</td>
</tr>
<tr>
<td></td>
<td>Palliative Care</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hospice Care</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pain Relief at the End of Life</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Advance Directives</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Grief</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Sexuality</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Cultural, Ethnic, and Religious Diversity</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Elder Mistreatment</td>
<td></td>
</tr>
<tr>
<td>11</td>
<td><strong>Chronic Illness and Pain</strong></td>
<td>181</td>
</tr>
<tr>
<td></td>
<td>Chronic Conditions</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Pain in Older Adults</td>
<td></td>
</tr>
<tr>
<td>12</td>
<td><strong>Assessment of Laboratory Values</strong></td>
<td>191</td>
</tr>
<tr>
<td></td>
<td>Assessing Laboratory Values</td>
<td></td>
</tr>
<tr>
<td>13</td>
<td><strong>Cardiovascular Disease</strong></td>
<td>203</td>
</tr>
<tr>
<td>14</td>
<td><strong>Respiratory Diseases</strong></td>
<td>231</td>
</tr>
<tr>
<td>15</td>
<td><strong>Gastrointestinal Diseases</strong></td>
<td>247</td>
</tr>
<tr>
<td></td>
<td>Hepatobiliary Diseases</td>
<td></td>
</tr>
<tr>
<td>16</td>
<td><strong>Urinary and Reproductive Diseases</strong></td>
<td>267</td>
</tr>
<tr>
<td>17</td>
<td><strong>Chronic and End-Stage Kidney Disease</strong></td>
<td>277</td>
</tr>
<tr>
<td></td>
<td>Immunological Diseases</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Hematological Diseases</td>
<td></td>
</tr>
</tbody>
</table>
CHAPTER 18. Musculoskeletal Diseases. ................................. 287
          Endocrine and Metabolic Disorders
          Neurological Diseases

CHAPTER 19. Disorders of the Integumentary System. ................. 311

CHAPTER 20. Sleep Disorders and Sensory Disorders .................. 331
          Sensory Disorders

APPENDIX A. Review Questions ........................................ 339

APPENDIX B. Answers to the Review Questions ....................... 349

INDEX ................................................................. 355

ABOUT THE AUTHOR ................................................. 375