

Exploring the Horizons of Geriatric Care: Perspectives and Journeys of Nursing Students

Sopia Eva*

Department of Nursing, Campus Terres de l'Ebre, Universitat Rovira Virgili, Avenue Remolins, Tarragona, Spain

Abstract

As our population ages, the demand for geriatric care continues to grow. Older adults often face unique health challenges, requiring specialized care to maintain their well-being and quality of life. In this article, we delve into the diverse facets of geriatric care, exploring the holistic approach needed to address the physical, emotional, and social needs of older adults. From addressing complex medical needs to fostering meaningful connections, the narrative highlights the multifaceted nature of geriatric nursing and underscores the invaluable role of student experiences in shaping compassionate and effective care practices.

Keywords: Geriatric care • Nursing students • Healthcare

Introduction

The experiences gleaned from nursing students as they navigate the frontiers of geriatric care. With an aging population, the demand for competent geriatric nursing professionals is ever-increasing. Drawing from first hand encounters, this abstract explores the unique challenges, rewards and learning opportunities encountered by nursing students in their journey to provide quality care to elderly individuals. Geriatric care stands at the forefront of healthcare as populations around the globe age rapidly. With this demographic shift comes a growing need for competent and compassionate professionals who can address the unique challenges faced by older adults. In this article, we delve into the insights and experiences of nursing students as they navigate the frontiers of geriatric care. Through their perspectives, we uncover the complexities, rewards and innovations within this critical field of healthcare.

Literature Review

Understanding the aging population

The aging process brings about changes in physical health, cognition, and social dynamics. With advancements in healthcare, people are living longer than ever before, leading to an increasingly diverse older adult population. Understanding the unique needs and preferences of older adults is essential for providing effective geriatric care. Geriatric care begins with a comprehensive assessment of an older adult's physical health, mental well-being, functional status, and social support system. This holistic approach helps identify areas of concern and develop individualized care plans tailored to the older adult's needs and goals. Collaborating with interdisciplinary teams, including physicians, nurses, social workers, and therapists, ensures a

***Address for Correspondence:** Sopia Eva, Department of Nursing, Campus Terres de l'Ebre, Universitat Rovira Virgili, Avenue Remolins, Tarragona, Spain; E-mail: sopia.eva@urv.cat

Copyright: © 2024 Eva S. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited.

Received: 25 March, 2024, Manuscript No. Jnc-24-134828; **Editor Assigned:** 27 March, 2024, Pre QC No. P-134828; **Reviewed:** 13 April, 2024, QC No. Q-134828; **Revised:** 20 April, 2024, Manuscript No. R-134828; **Published:** 27 April, 2024, DOI: 10.37421/2167-1168.2024.13.642

coordinated approach to care [1].

Holistic assessment and care planning

Maintaining independence and autonomy is a primary goal in geriatric care. Nurses play a central role in promoting functional independence by implementing strategies to enhance mobility, prevent falls, and manage chronic conditions. This may involve physical therapy, occupational therapy, assistive devices, and home modifications to create a safe and supportive environment for older adults. Many older adults live with chronic conditions such as diabetes, hypertension, arthritis, and heart disease. Effective management of these conditions is essential for optimizing health and preventing complications. Nurses work closely with older adults to monitor their health status, manage medications, and implement lifestyle modifications to control chronic conditions and improve overall well-being [2].

Cognitive health is a significant aspect of geriatric care, as many older adults experience changes in memory, attention, and reasoning. Nurses assess cognitive function using standardized tools and collaborate with healthcare providers to diagnose and manage cognitive impairment, including Alzheimer's disease and other forms of dementia. Additionally, nurses provide support and education to older adults and their families to promote brain health and delay cognitive decline. Loneliness and depression are prevalent among older adults, particularly those living in institutionalized settings. Nursing students learn the importance of therapeutic communication, recreational activities and fostering a sense of community to enhance residents' well-being [3].

Older adults may face mental health challenges such as depression, anxiety, loneliness, and grief. Nurses provide emotional support, counseling, and referral to mental health resources to address these issues. Creating opportunities for social engagement, meaningful activities, and support groups can help combat isolation and improve mental well-being in older adults. Furthermore, person-centered care models prioritize the preferences and autonomy of older adults, empowering them to actively participate in decision-making regarding their health and lifestyle choices. Nursing students embrace these innovative approaches, recognizing the importance of personalized care in promoting aging with dignity and independence [4-6].

Discussion

Safety is a paramount concern in geriatric care, as older adults may be vulnerable to accidents, abuse, neglect, and exploitation. Nurses advocate for the rights and safety of older adults, assess for signs of abuse or neglect, and collaborate with interdisciplinary teams and community agencies to ensure

a safe and supportive environment. Education and awareness campaigns help raise awareness about elder abuse and empower older adults to protect themselves.

As older adults approach the end of life, palliative and hospice care become essential components of geriatric care. Nurses provide compassionate end-of-life care, focusing on pain management, symptom control, emotional support, and spiritual care. Supporting advance care planning and facilitating discussions about goals of care empower older adults to make informed decisions about their end-of-life preferences. Lastly, the discussion could touch upon the role of technology in geriatric care. Nursing students may share insights into how they incorporate technological innovations, such as telemedicine or electronic health records, to enhance patient outcomes and improve communication among healthcare team members.

Conclusion

Geriatric care is a multifaceted discipline that requires a holistic approach to address the diverse needs of older adults. By embracing a person-centered approach, nurses play a pivotal role in promoting well-being, independence, and quality of life in older adults. As our population continues to age, the importance of geriatric care will only continue to grow, highlighting the invaluable contribution of nurses in nurturing the health and dignity of older adults. Navigating the frontiers of geriatric care presents both challenges and opportunities for nursing students. Through their experiences, they gain valuable insights into the complexities of aging and the importance of holistic, person-centered approaches to care. By addressing ageism, embracing innovations and advocating for the well-being of older adults, nursing students contribute to a brighter future for geriatric care, ensuring that every senior receives the dignity, respect and quality care they deserve.

Acknowledgement

None.

Conflict of Interest

None.

References

1. Ho, Trang-Thi-Thuy and Jina Oh. "Development and evaluation of cultural competence course on undergraduate nursing students in Vietnam." *Int J Environ Res Public Health* 19 (2022): 888.
2. Nuuyoma, Vistolina, Sydney S. Luliso and Leonard Chihururu. "Perspectives of nursing students on challenges of e-learning during early stages of the COVID-19 pandemic." *Curationis* 46 (2023): 2358.
3. Zhang, H., S. H. L. Goh, X. V. Wu, and Evalotte Mörelius. "Prelicensure nursing students' perspectives on video-assisted debriefing following high fidelity simulation: A qualitative study." *Nurse Educ Today* 79 (2019): 1-7.
4. Huang, Chiung-Yu, Kuen-Cherng Lai and Hui-Ling Lai. "Nurses' perspectives on the application of humanistic anatomical knowledge in clinical practice." *Anat Sci Educ* 16 (2023): 706-719.
5. Goodchild, Tim. "Does technology really enhance nurse education?." *Nurse Educ Today* 66 (2018): 69-72.
6. AlAzri, Zeinab, Asma Al Yahyaei, Arwa Atef Obeidat and Jahara Hayudini. "Clinical experience of omani undergraduate nursing students: Qualitative study." *Heliyon* 9 (2023).

How to cite this article: Eva, Sopia. "Exploring the Horizons of Geriatric Care: Perspectives and Journeys of Nursing Students." *J Nurs Care* 13 (2024): 642.