

Navigating the Frontiers of Geriatric Care: Insights and Experiences from Nursing Students

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Abstract

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. 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 • unique challenges • older adults

Introduction

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 geriatric landscape

Before delving into the experiences of nursing students, it's essential to grasp the context of geriatric care. Aging is a multifaceted process, often accompanied by chronic illnesses, cognitive decline and social isolation. Consequently, caring for older adults requires a holistic approach that considers not only medical needs but also emotional well-being and social support systems [1].

Insights from nursing students

Nursing students embarking on their clinical rotations encounter a myriad of challenges and revelations when caring for older adults. One recurring theme is the importance of empathy and patience in building rapport with elderly patients. As student nurses interact with seniors, they learn to appreciate the value of active listening and understanding individual preferences and histories.

Moreover, students witness firsthand the impact of ageism within healthcare settings. Stereotypes and biases against older adults can influence the quality of care they receive, leading to disparities in treatment

and outcomes. Recognizing and combating ageism becomes a crucial aspect of nursing education, fostering advocacy for equitable care for all patients regardless of age [2].

Experiences in long-term care facilities

Long-term care facilities play a pivotal role in supporting older adults who require assistance with daily activities or skilled nursing care. Nursing students often rotate through these settings, where they gain insights into the complexities of managing chronic conditions and promoting quality of life.

One challenge students encounter is addressing the psychosocial needs of residents in long-term care settings. 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].

Innovations in geriatric care

Amidst the challenges, nursing students also witness innovations that are transforming geriatric care. Technology, such as telehealth and remote monitoring devices, enables older adults to access healthcare services from the comfort of their homes. Additionally, interdisciplinary approaches involving geriatricians, nurses, social workers and therapists ensure comprehensive care tailored to individual needs.

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

As the population ages, the demand for geriatric care continues to rise, making it crucial for nursing students to gain insights and experiences in this field.

One key aspect to explore would be the unique challenges and rewards of working with elderly patients. Nursing students may share their experiences of developing empathy and patience while caring for geriatric patients, who often have complex medical needs and may also be dealing with cognitive decline or other age-related issues.

Another point of discussion could be the interdisciplinary nature of geriatric care. Nursing students often collaborate with physicians, social workers, physical therapists and other healthcare professionals to provide

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Received: 29 January, 2024, Manuscript No. jnc-24-133896; Editor Assigned: 31 January, 2024, Pre QC No. P-133896; Reviewed: 14 February, 2024, QC No. Q-133896; Revised: 19 February, 2024, Manuscript No. R-133896; Published: 26 February, 2024, DOI: 10.37421/2167-1168.2024.13.633

comprehensive care to older adults. Sharing experiences of working within interdisciplinary teams and learning from each other's expertise would be valuable.

Moreover, the discussion could delve into the importance of person-centered care in geriatrics. Nursing students may discuss the significance of treating each elderly patient as an individual with unique needs, preferences and backgrounds and how they strive to uphold dignity and autonomy in their care practices.

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.

Overall, "Navigating the Frontiers of Geriatric Care" offers an opportunity for nursing students to reflect on their experiences, share valuable insights and inspire each other as they embark on careers dedicated to caring for older adults.

Conclusion

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.

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How to cite this article: Ava, Sophia. "Navigating the Frontiers of Geriatric Care: Insights and Experiences from Nursing Students." *J Nurs Care* 13 (2024): 633.