Aging

Professors Mullarkey & Price

2 Summer of 1900 in the US
- Life expectancy 47 years old
- Only 8% of homes had a telephone
- Maximum speed limit 10 miles an hour
- Average wage 22 cents an hour
  - annual wage $200-$400
  - Dentist annual wage $2,500
- 90% of physicians had no college education. Many medical schools were condemned by the government.

3 Summer of 1900 in the US
- Most women only washed their hair once a month and used borax or egg yolks for shampoo
- Insulin and antibiotics had not been invented yet
- Only 1 in 10 adults could read or write

4 Summer of 1900 in the US
- Marijuana, heroin and morphine were available over the counter.
  - Claim—“Heroin clears the complexion
- The 5 leading causes of Death
  - Pneumonia and Influenza
  - TB
  - Diarrhea
  - Heart disease
  - Stroke
- What are the 5 leading causes of death today

5 Today’s World
- Identify changes compared to 1900
- What are the negative impacts of some of these changes?
What are the positive impacts of some of these changes?

6 How Are the Elderly Different Today Than Before the 1970’s
   • Healthier
   • Better educated-www.keepyourbrainalive.com
   • There are no real markers for when people can accomplish different tasks in life
   • Marriage in early twenties now later
   • What are some other examples?

7 How Are the Elderly Different Today Than Before the 1970’s
   • Think about yourselves, parents and grandparents. Are they following markers?
   • Aging will be a new and exciting era in a person’s life
   • Retirement http://www.ssa.gov/pubs/ageincrease.htm

8 Implications for Nursing
   • Home care needs of elderly
   • Teaching good health habits
   • Theories of Aging
   • Sleep Disturbances
   • Depression
   • Cognitive Decline
   • Nursing and Medical Interventions

9 Implications for Nursing
   • Greater focus on wellness and prevention
   • By 2030 more than 37 million baby boomers
   • Six in ten will be managing more than one chronic illness
   • One in four will have Diabetes
   • More than 21 million will be considered obese
   • According to Consulting group for American Hospital Association
   • Nursing Spectrum, June 18, 2007 p. 8

10 Implications for Families
    • 80-90% of all care-giving falls to daughters and daughter-in-laws
    • Elder orphans
    • Young-old taking care of old-old
    • Economic, emotional and physical strain on families, especially on women caregivers
    • Many leave work or cut back employment
    • Hardships in saving for their own retirement

11 Implications on Government and Society
    • Increased longevity = more assistance from government – especially health care MEDICARE
- Oldest old use hospital days at a rate of 123% higher than persons in 65-74 age group
- 30% of Medicare is annually spent on 5% of Medicare eligible people who die within a year

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15 Ageism
- The belief that members of one age group are superior to those of other age groups will subside.
- The term ageism has been used to describe the stereotypic views society had of older adults.
- Society focused on the negative aspects of aging.
- Hopefully this will continue to change.

16 OLD LADY’S POEM
When an old lady died in the geriatric ward of a small hospital near Dundee Scotland, it was felt that she had nothing left of any value. Later, when the nurses were going through her meager possessions, they found this poem. Its quality and content so impressed the staff that copies were made and distributed to every nurse in the hospital. One nurse took her copy to Ireland. The old lady’s sole bequest to posterity has since appeared in the Christmas edition of the News Magazine of the North Ireland Association for Mental Health. As slide presentation has also been made based on her simple, but eloquent, poem. And this little old Scottish lady, with nothing left to give to the world, is now the author of this ‘anonymous’ poem winging across the Internet. Goes to show that we all leave “SOME” footprints in time.

17 OLD LADY’S POEM
- What do you see, nurses, what do you see?
- So open your eyes, nurses, open and see

18 AGEISM- A HIDDEN BIAS IN HEALTH CARE
- There are 5 key dimensions of ageism in our health care system.
  1. Healthcare professionals do not receive enough training in geriatrics to properly care for many older patients.
  2. Physicians
     - 10% of medical schools required course work or rotations in geriatric medicine.
     - Only 1.4% of physicians have met qualifying criteria in geriatrics
     - Fewer than 3% of medical students take a course in geriatrics.
  3. AJN October 2006 p.74

19 AGEISM- A HIDDEN BIAS IN HEALTH CARE
- Nurses
  - Less than 1% of practicing nurses are certified in geriatrics.
  - Fewer than 6% of advanced practice nurses are certified as either gerontological NP’s or CNS’s
  - Only 27% of BSN programs require a stand alone geriatrics course. 92% of programs reported integration of geriatric content in their curricula

20 AGEISM- A HIDDEN BIAS IN HEALTH CARE
- Social Workers
About 25% of undergraduate and 20% of graduate social work students have taken a course in gerontology.

Fewer than 20% of graduate students preferred to work with older adults.

AGEISM - A HIDDEN BIAS IN HEALTH CARE

1. Pharmacists
   - Fewer than 1% of licensed pharmacists have geriatrics certification

2. Dentists
   - 98% of dental schools have curricula with required didactic content in geriatrics.
   - At 67% of the schools the geriatric curricula include a clinical component.
   - 52% of the schools make the clinical component mandatory

AGEISM - A HIDDEN BIAS IN HEALTH CARE

2. Older patients are less likely than younger people to receive preventive care
3. Older patients are less likely to be tested or screened for disease or other health problems
4. Proven medical interventions for older patients are often ignored, leading to inappropriate or incomplete treatment
5. Older people are consistently excluded from clinical trials

AGEISM - A HIDDEN BIAS IN HEALTH CARE

1. Geriatric patients are not one subgroup of patients, but rather the core business of health systems.
   - From 2010 to 2030, the number of people aged 85 and older—the age group most likely to need nursing care—will increase by more than 4 million (U.S. Census Bureau, 2002).

AGEISM - A HIDDEN BIAS IN HEALTH CARE

1. By 2030 there will be an estimated 2-3 million people living in nursing homes
2. 1.9 million more residing in assisted living facilities in this country
3. Who will meet their needs?