

VALPARAISO UNIVERSITY COLLEGE OF NURSING AND HEALTH PROFESSIONS
NUR 351 Gerontological Nursing

Exam 2 Study Guide

Many topics covered in lecture however be familiar with the content for study guide area in text book also

Health Promotion

- Strategies to motivate and barriers for older adults to participate in health promotion activities
 - Lack of specialized gerontology/geriatric education
 - Lack of health promotion and disease prevention education, lack of awareness
 - Practices are outdated
 - Guidelines are unclear or hard to find
 - Generational communication barriers
 - Lack of research
 - Lack of perceived benefit in older adults, age
 - Bias against providing these services
 - Socioeconomic factors
 - Beliefs and attitudes about health promotion
 - Lack of motivation
 - Low self-esteem
 - Mood disorders
 - Competing demands
 - Cultural values
 - Geographical access to resources
 - Transportation issues
 - Language barriers
 - Health illiteracy
 - Time/scheduling
 - Distractions
- Examples of primary, secondary, and tertiary prevention activities
 - **Primary** – Measures provided to all individuals to prevent the onset of a particular condition, regardless of their individual risk factors
 - **Secondary** – Measures that identify and treat asymptomatic patients who have already developed risk factors or preclinical disease, but in whom the disease is not clinically apparent
 - **Tertiary Prevention** – Activities that involve the care of established disease in order to prevent it from developing complications
 - **Quaternary Prevention** – Limiting disability from chronic disease while attempting to preserve or improve function

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G Orfield



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