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

Exam 2 Study Guide

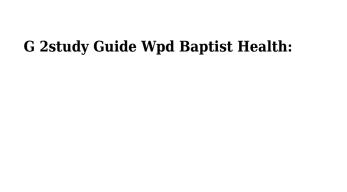
Many topics covered in lecture however be familiar with the content for study guide area in text book also

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 - Practices are outdated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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Table of Contents G 2study Guide Wpd Baptist Health

- 1. Understanding the eBook G 2study Guide Wpd Baptist Health
 - The Rise of Digital Reading G 2study Guide Wpd Baptist Health
 - Advantages of eBooks Over Traditional Books
- 2. Identifying G 2study Guide Wpd Baptist Health
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
- 3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an G 2study Guide Wpd Baptist Health
 - User-Friendly Interface
- 4. Exploring eBook Recommendations from G 2study Guide Wpd Baptist Health
 - Personalized Recommendations
 - G 2study Guide Wpd Baptist Health User Reviews and Ratings
 - o G 2study Guide Wpd Baptist Health and Bestseller Lists

- 5. Accessing G 2study Guide Wpd Baptist Health Free and Paid eBooks
 - o G 2study Guide Wpd Baptist Health Public Domain eBooks
 - G 2study Guide Wpd Baptist Health eBook Subscription Services
 - G 2study Guide Wpd Baptist Health Budget-Friendly Options
- 6. Navigating G 2study Guide Wpd Baptist Health eBook Formats
 - o ePub, PDF, MOBI, and More
 - G 2study Guide Wpd Baptist Health Compatibility with Devices
 - o G 2study Guide Wpd Baptist Health Enhanced eBook Features
- 7. Enhancing Your Reading Experience
 - o Adjustable Fonts and Text Sizes of G 2study Guide Wpd Baptist Health
 - Highlighting and Note-Taking G 2study Guide Wpd Baptist Health
 - Interactive Elements G 2study Guide Wpd Baptist Health
- 8. Staying Engaged with G 2study Guide Wpd Baptist Health
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers G 2study Guide Wpd Baptist Health
- 9. Balancing eBooks and Physical Books G 2study Guide Wpd Baptist Health
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection G 2study Guide Wpd Baptist Health
- 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
- 11. Cultivating a Reading Routine G 2study Guide Wpd Baptist Health
 - Setting Reading Goals G 2study Guide Wpd Baptist Health
 - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of G 2study Guide Wpd Baptist Health
 - Fact-Checking eBook Content of G 2study Guide Wpd Baptist Health
 - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks
- 14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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