

Training course “Senior Service Worker”

MODULE 2: HEALTH CARE AND NURSING IN COMMUNITY BASED SETTINGS FOR THE ELDERLY

Learning Unit 1: Basic concepts and foundations

Thematic focus: Introduction and basics

- 1) In the context of WHO, World Health Organization, did Health Promotion (HP) gain more prominence in aging or in the younger population?
 - a. aging
 - b. Younger population?
 - c. I don't know
- 2) With advances in medicine helping more people to live longer lives, by which percentage is the number of people over the age of 60 expected to increase by 2050?
 - a. 100%
 - b. 10%
- 3) Which is the most increasing segment of the population and the major consumers of health services?
 - a. New born babies
 - b. People from 30 to 50 years old
 - c. old people
- 4) Which is the overall goal of Health Prevention in the elderly?
 - a. To help older people maintain their functional ability that enables their wellbeing
 - b. To keep older people alive
 - c. To keep company to older people
- 5) Old age refers to ages nearing or surpassing the life expectancy of human beings, and is thus the end of the human life cycle. Old people often have limited regenerative abilities and are more susceptible to disease, syndromes, and sickness. This statement is:
 - a. True
 - b. False
 - c. I don't know
- 6) Euphemisms and terms for old people include, **old people** (worldwide usage), **seniors** (American usage), **senior citizens** (British and American usage), **older adults** (in the



social sciences^[1]), **the elderly, elders** (in many cultures—including the cultures of aboriginal people), and **old boy**. Are all these terms correct?

- a. Yes
 - b. No
 - c. I don't know
 - d. Which is/are not correct, if any?..... (**old boy**)
- 7) The organic process of **ageing** is called **senescence**. How is called the medical study of the aging process? and the study of diseases that afflict the elderly?
- a. **Gerontology/Geriatrics**
 - b. Retirement/Pension
 - c. Ageism/biological stage
- 8) For Senior Service Worker the strategic objective “Aligning health systems to the needs of the older population” is of high relevance. The WHO mentions three key approaches, which will help to **align health systems to the need of older populations** (WHO 2015):
- a. Preventive home visits; active health promotion in old age; promotion of compulsive activities
 - b. Develop access to services older-person-centred and integrated care; orienting systems around intrinsic capacity; ensuring there is a sustainable and appropriately trained health workforce
 - c. Develop new ICT programs; enhance human rights; improve solidarity among young people
- 9) In the context of community based settings “Developing age-friendly environments” to optimize functional ability of the elderly is a strategic objective or an optional decision?
- a. A decision of the nurses of the community based settings.
 - b. An important strategic objective to optimize the functional ability of the elderly
 - c. Not relevant topic

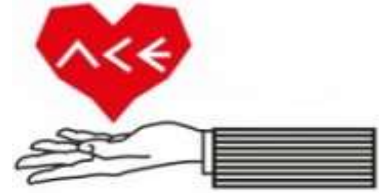
Learning Unit 2: Assessing requirements and needs in community based settings

Thematic focus: Basics of assessment

- 10) What is the **Nursing Process**?
- a. The intellectual standard in nursing for the identification and treatment of patient's problems based on the scientific problem solving method and constitutes the foundation of the nursing practice
 - b. The assessment of the nursing work
 - c. The strategic objective required by the SSW course
- 11) How many models exist of **Nursing Process** identified by the WHO as integral part of professional nursing?



- a. There exist various models of Nursing Process. Widely disseminated are models with four, with five or with six phases
- b. The Nursing process has only one phase
- c. The Nursing process is only an intellectual model
- 12) In 2004 the **Royal College of Nursing** published a booklet with nursing assessment tools. What is it about?
- a. To support nurses to assess an older person`s needs for nursing care
- b. To respect for the dignity and worth of the elder
- c. To assess the work of the nurse
- 13) Although Senior Service Worker doesn`t have the task to perform professional nursing, **Royal College of Nursing booklet** could assist them in their health care related services in community based settings.
- a. True
- b. False
- c. False, it may not assist nurses in any case.
- 14) According to the results of the WHO data which are the specific risk factors of **ill health** among older people?
- a. Injury, development of non-communicable diseases, poverty, social isolation and exclusion, mental health disorders, elder maltreatment.
- b. None of these
- c. Only cardiovascular diseases
- 15) The WHO identifies **major and chronic diseases** (MCDs) affecting at least 50 per 100 000 people, causing in the EU 87% of deaths: quote some of them.
- The MCDs are:
- cardiovascular diseases (atherosclerosis, stroke)
 - cancer
 - neurodegenerative disorders (vascular dementia, Dementia, Parkinson's, Huntington's disease, Creutzfeldt-Jakob's)
 - epilepsy
 - mental disorders (depression/schizophrenia)
 - autistic spectrum disorders
 - musculoskeletal diseases
 - metabolic diseases (metabolic syndrome, obesity, diabetes, hyperlipidaemia / hypercholesterolaemia)
 - asthma / chronic obstructive pulmonary disease (COPD)
 - hypertension
 - kidney (renal) diseases
 - visual impairment
 - hearing disorders
- 16) Do Senior Service Workers have the task to support elderly people in their health promotion and their independent living?



- a. Yes
- b. No
- c. Sometimes

17) In which of the main areas of **nursing related services** do Senior Service Workers promote elderly people's health and independent living? Quote some of them.

- self-care (body care, nutritional status, excretions)
- mobilization
- preventive and rehabilitative measures
- general hygienic
- using medical aid
- appliances and first aid

Learning Unit 3: Care for people with dementia in community based settings

Thematic focus: Introduction and foundation

18) Please give a definition of the word "**dementia**"

The word dementia describes a set of symptoms that may include memory loss and difficulties with thinking, problem-solving or language. Dementia is caused when the brain is damaged by diseases, such as Alzheimer' disease or a series of strokes. Dementia is progressive, which means the symptoms will gradually get worse.

19) **Dementias** are among the main elders' diseases. They affect: (only one statement is false)

- a. Less than 1% up to 65 years, after 65 6-8% of the population and gradually doubling every five years so that the prevalence rises to almost 30% of people over 85 years
- b. There are peaks by as much as 45-50% in centenarians
- c. In European Union countries, the dementia patients were estimated at more than 3,500,000
- d. Dementia develops **only** in older people over 75 with genetic pre-dispositions
- e. Alzheimer's disease (AD) is the most common form (50-80%)

20) The principles of **person-centred care approach** are: (mark the false statement)

- a. This approach aims to see the person with dementia as an individual, rather than focusing on their illness or on abilities they may have been lost;
- b. The person's care is above all medical: the older people have a sum of symptoms and behaviours to be controlled;
- c. Person-centred care considers the whole person, taking into account each individual's unique qualities, abilities, interests, preferences and needs. Care also means treating older people with dementia with dignity and respect.

21) Being with and caring for a relative or friend with dementia is a demanding and difficult task and becoming a care person is often a process which:

- a. Makes the carers feel autonomous due to the support they give to people with dementia
- b. Makes the carers tend to neglect their own needs.
- c. Makes the carers neglect the dignity of people with dementia



- 22) Do **memory disorders** such as Alzheimer's disease affect the ability to use and understand both non-verbal and verbal communication? Do people with Alzheimer's disease understand information coming to them?
- They may understand non-verbal communication, but not verbal
 - The information coming to them is understood, but they cannot speak
 - While their sense of hearing and eyesight may be fine, the brain systems that make sense of incoming information may not be able to process it properly. What they hear, see or read may not make sense. Some information may get lost; other signals become confused. The end result is that people with Alzheimer's disease often are unable to understand what is going on around them and may react in confused or inappropriate ways.
- 23) What is **validation**, a concept related to Alzheimer disease?
- Validation is a method of interacting with the dementia of people in the late stages of Alzheimer's when they may think they are living in a different time or place or they may continuously repeat a physical gesture.
 - It is a methodology to keep track of the activities of people with dementia.
 - It is the methodology to recognize the value of the care worker.

Learning Unit 4: Guiding and advising in community based settings

Thematic focus: Consulting knowledge

- 24) What Are Home and Community-Based Services?
- They are long-term services & support provided in home and community-based settings, often recognized under state-sponsored programs.
 - These services are a combination of standard medical services and non-medical services. Standard services can include, but are not limited to: case management (i.e. support and service coordination), homemaking, home health aide, personal care, adult day health services, habilitation (both day and residential), and respite care and "other" types of services that may assist in diverting and/or transitioning individuals from institutional settings into their homes and community.
 - They are long-term services providing to seniors help only with day-to-day activities, such as transporting them to doctor's appointments, and many other activities that are so essential for their health and well-being.
- 25) What does "outpatient care" mean?
- "Outpatient care"** is the care for a patient who is out of mind, affected by dementia
 - "Outpatient care"** is any health care service provided to a patient who is not admitted to a facility. Outpatient care may be provided in a doctor's office, clinic, the patient's home or hospital outpatient department.
 - The World Health Organisation describes "Outpatient care" as the care to be given to the elder people when hospitalised in long term care
- 26) The **Senior Service Worker** has to know the different health and social services in the community and has to assist elderly people to find the right solution for their individual requirements. List the most common service features to support elderly people to live on their own in the community.



Outpatient care, Home health care and home care services, urgent care facility, a care centre, Residential treatment, Outpatient hospitalization, Partial hospitalization, A hospice, Prevention Care, Visiting services, Day care facility, Flat sharing communities for people with dementia.

27) How is health care for elder people **financed** in European Union?

- a. Within the European Union there does not exist a common law of financing health care and nursing. Therefore, the financing systems in the countries are different.
- b. All over Europe only private insurances cover health care and nursing care.
- c. EU covers financing in all countries

28) What is a person centred approach of advising and when was it developed?

- a. The Person-Centred Approach has been developed from the work of the psychologist Dr. Carl Rogers (1902 – 1987) who advanced an approach to psychotherapy and counselling that, at the time (1940s – 1960s), was considered extremely radical if not revolutionary. This therapy moved away from the idea that the therapist was the expert and towards a theory that trusted the innate tendency (known as the actualising tendency) of human beings to find fulfilment of their personal potentials. An important part of this theory is that in a particular psychological environment, the fulfilment of personal potentials includes sociability, the need to be with other human beings and a desire to know and be known by other people. It also includes being open to experience, being trusting and trustworthy, being curious about the world, being creative and compassionate.
- b. The Person-Centred Approach is a way to approach the elder patient in order to keep him at home during the care and was firstly applied by Freud.
- c. The Person-Centred Approach is a recent theory, developed in the 90's to put in contact elder generations with young generation for the mutual care.