OBJECTIVES

- Define values and interrelated concepts: culture, ethnicity, spirituality
- Discuss how older adults' values apply to health and illness
- Discuss how nurses can address these values in nursing care

Holistic Nursing of Older Adults
WHY IS THIS IMPORTANT?

- Nursing competency

"Incorporate into daily practice assessment of the functional, physical, cognitive, psychological, social and spiritual status of older adults."

AACN, 2000

VALUES

- Values are ideals that guide or qualify an patient’s personal conduct, interaction with others and help an patient conduct life in a meaningful way.
- Values change over time and generation
- Values are influenced through internal and external influences through a life time

CATEGORIES OF VALUES

- Personal Values
- Cultural Values
- Social Values
- Work Values
CULTURE
- A pattern of behavioral response that develops over time through social and religious custom and intellectual and artistic activities
- Shaped by values, beliefs, norms, and practices shared by a group

ETHNICITY
- Groups of patients that share a common social and cultural heritage
- Heritage is passed to successive generations
- Members of the ethnic group share a sense of identity

SPIRITUALITY
- Spirituality is a concept that is unique to every patient and is influenced by culture, developmental stage, life experiences, beliefs and ideas about life
- Spirituality enables a person to love, have faith and hope, seek the meaning of life and death, and to nurture relationships with others
VALUES INFLUENCED BY NEEDS

- Have Meaning and Purpose
- Love and be loved
- Need for forgiveness
VALUES INFLUENCED BY NEEDS
- Creativity and productivity

VALUES INFLUENCED BY NEEDS
- Express personal beliefs and values

VALUES INFLUENCED BY NEEDS
- Need source of hope and strength
VALUES INFLUENCED BY NEEDS

- Maintain spiritual practices

VALUES CHANGE FROM LIFE EXPERIENCES

COPING ISSUES OF OLDER ADULTS

- Chronic pain
- Disabilities
- Losses
- Death of loved one
- Change in environment, health or self concept
- Personal or family disaster
Important Values of Older Adults

- Identity/autonomy
- Dignity
- Connectedness
  - Family
  - Friends
  - Faith
- Quality of Life & Dying

VALUES IMPACT HEALTH DECISION

- Dignity/Personhood
- Suffering
- Quality of Life
- Dependency/autonomy
- Meaning of death

ADDRESS VALUES IN NURSING CARE

- Attitude toward older people
- Communication
COMMUNICATING WITH OLDER ADULTS

- Face to face
- Avoid medical jargon
- Be patient
- “Elderspeak”

NURSING CARE

- Assessment
  - Assess your patient’s values, faith and beliefs
  - Review your patient’s view of life, self responsibility, and life satisfaction, coping skills and support system
  - Assess the extent of your patient’s fellowship and community
  - Review if your patient practices religion and rituals
SPIRIT Spiritual Assessment Tool

- S spiritual belief system
- P personal spirituality
- I integration with a spiritual community
- R ritualized practice and restrictions
- I implications for medical care
- T terminal event planning


H sources of Hope
- O organized religion
- P personal spirituality and practices
- E effects on medical care and end of life care


NURSING CARE

- Planning of Care
  - Listen
  - Provide privacy
  - Accept without judgment
  - Recognize cultural differences
  - Refer to pastoral care or other clergy or spiritual leaders as appropriate
  - Incorporate spiritual rituals and observance
  - Pray with patient?
NURSING CARE

- Evaluation
  - Review the patient’s self perception regarding their values, cultural/ethnic/spiritual health
  - Review patient’s view of his/her purpose of life
  - Ask if patient’s expectation are being met

THANK YOU!

REFERENCES