ENGAGING THE AGING IN HEALTHY LIVING

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Introduction

Conditions clinically linked to life expectancy:
- Medical obliviousness related to insufficient advocacy (Hoffmann et al., 2016)
- Sentinel events (Hoffmann et al., 2016)
- Traumatic difficulties with aging (Hoffmann et al., 2016)
- Impede quality of senior life

Isolation of the aging population:
- Leads to feelings of depression and suicidal ideation (Centers for Disease Control and Prevention [CDC], 2016; Dury, 2014)
- Traumatic difficulties with aging (Hoffmann et al., 2016)
- Sentinel events (Hoffmann et al., 2016)

Lack of healthcare education:
- Creates a barrier for optimal healthcare navigation

Setting and Objectives

Target population outreach:
- The aging adult (baby boomer population)
Program takes place within the community environment:
- Social gatherings will occur within local community center buildings and indoor malls

A community nursing care plan will empower the vulnerable population of the aging adult:
- Build social networks
- Prevent withdrawal (CDC, 2016; Dury, 2014)
- Prevent sentinel events (Hoffmann et al., 2016)
- Provide wellness education
- Facilitate healthy behaviors
- Increase physical activity
- Add value to the lives of aging adults (Dizague et al., 2018)
- Allow seniors to stay at home longer

Conclusion

Scientific evidence will validate the value of this program.

Methods

Collaboration
- Collaborate interprofessionally with medicine, physical therapy, dieticians and other health care providers
- Community recreation center for facility and fitness equipment
- Local fitness centers for equipment donation
- Local fitness trainers for instructors on a rotating schedule
- Local restaurants, deli’s, bakeries, coffee shops, grocery stores for refreshment donations
- Department of Health and Senior Services transportation connections

Implementation
- Weekly gatherings will provide a social outlet within the community center and indoor malls
- Community center
- Monthly participant meetings for education, counselling and quantitative measurements
- Exercise classes will be provided (Zumba®, resistance training or yoga weekly)
- Indoor mall
- Power walking or slower indoor circuit walking weekly

Primary and tertiary prevention
- Health promotion activities
- Establish and work toward recorded goals
- Counsel/nurses to provide increased accessibility to healthcare education

Outcomes

Observe each aging adult for:
- Attendance record
- Frequency of physical activity
- Time spent being physically active
- Improvement in balance, strength and coordination

Measure physiological characteristics:
- Measure body weight
- Plot body mass index (BMI)
- Check blood pressure
- Check blood sugar if applicable

Short-term impact:
- Clients confirm new friendships
- Exercise is reported twice weekly
- Clients are able to state three healthy behaviors

Long-term impact:
- Relationships bond members of the aging population thereby promoting socialization and preventing withdrawal
- Positive behavior changes create a healthier lifestyle for seniors as documented with improvements in physiologic measurements and a decreased need for long-term medication
- Allow the healthier, mobile senior to stay home longer while decreasing healthcare costs

References