
Chapter 3.D: Gerontological Nurse Certification Exam Preparation Course Syllabus

Class 1

- Gerontologic Nursing: history, current issues and future trends.
- Theories of Aging: biological, sociological and psychological including nursing implications.
- Cultural variations in beliefs about health and aging.
- Scope and Standards of Gerontological Nursing Practice.

Class 2

- Key nursing leadership principles essential to gerontologic nursing practice.
- Comprehensive geriatric assessment.
- Evidence-based practice protocols for use in clinical practice.

Class 3

- Normal age-related physiologic changes: endocrine, cardiovascular, and pulmonary system
- Assessment and management: type 2 diabetes mellitus and cardiovascular and pulmonary conditions commonly seen in older adults.

Class 4

- Special considerations/ modifications needed when assessing the older adult.
- Components of a comprehensive health assessment of the older adult.
- Assessment and nursing intervention strategies for substance abuse in the older adult.

Class 5

- Health promotion and disease prevention activities for the older adult.
- Key laboratory values that change with aging.
- Pharmacokinetic and pharmacodynamic changes associated with aging and implications for drug therapy.
- Medication use in the older adult.

Class 6

- Normal age-related physiologic changes: neurological and sensory systems.
- Assessment and management: depression, delirium, dementia and other cognitive disorders as well as neurological and sensory disorders commonly seen in older adults.

Class 7

- Prevention of sleep problems as well as assessment and management of sleep disorders.
- Functional assessment.
- Strategies to support physical exercise in the older adult.
- Normal age-related physiologic changes: musculoskeletal and integumentary system.
- Assessment and management: musculoskeletal and integumentary conditions commonly seen in older adults.

Class 8

- LTC health care delivery setting: federal/ state regulations and regulatory survey process.
- Normal age-related physiologic changes: gastrointestinal and genitourinary systems.
- Assessment and management: gastrointestinal conditions commonly seen in older adults and urinary incontinence.

Class 9

- Legal and ethical issues related to older adults.
- Role of family including common stresses for family caregivers and beneficial strategies for working with older adults and their families.
- Socioeconomic and environmental factors that impact the health of older adults.
- Assessment and management: mental illness or disorders commonly seen in the older adult.
- Nursing implications of normal grief responses and the physical, psychological, social and spiritual aspects of dying for older adults.

Class 10

- Social, cultural, emotional and physical aspects of food and nutrition in the older adult.
- Assessment and management: pain and safety concerns including falls; immune status including nosocomial infections.