

# **O: Gerontology Nursing**

Major Competency Area: **O**  
**Gerontology Nursing**

Priority: **One**

Competency: **O-1**  
**Aging Process and Health Problems**

Date: September 1, 2005

A Licensed Practical Nurse will:

- O-1-1 Demonstrate knowledge of effects of aging on normal anatomy and physiology, and growth and development.**
- O-1-2 Demonstrate the knowledge and ability to recognize the normal aging process:**
- physical
  - emotional
  - cognitive
  - psychosocial.
- O-1-3 Demonstrate knowledge and ability to assess and recognize multi-system health issues.**
- O-1-4 Demonstrate knowledge and ability to recognize cognitive dysfunction in the elderly such as:**
- agitation / aggression
  - anxiety
  - confusion
  - delirium
  - dementia / delusion
  - depression
  - disorientation
  - mental status.
- O-1-5 Demonstrate ability to assess for drug induced cognitive disorder.**
- O-1-6 Demonstrate ability to assess for physiological causes for cognitive changes such as:**
- urinary tract infection (UTI)
  - constipation
  - upper respiratory infection (URI).

Competency: **O-1**

**Aging Process and Health Problems**

Page: 2

A Licensed Practical Nurse will:

- O-1-7      Demonstrate ability to intervene and provide emotional support to client and family when required.**
- O-1-8      Demonstrate knowledge and ability to assist in the provision of therapies such as:**
- reality therapy
  - orientation therapy
  - validation therapy
  - touch therapy
  - music therapy
  - aromatherapy
  - pet therapy
  - recreation therapy
  - socialization.
- O-1-9      Demonstrate knowledge and ability to investigate alternative therapies the client may be accessing.**

Major Competency Area: **O**

**Gerontology Nursing**

Priority: **One**

Competency: **O-2**

**Support and Teaching**

Date: September 1, 2005

A Licensed Practical Nurse will:

**O-2-1 Demonstrate the ability to communicate with client and family:**

- ability to assess language barriers
- assess cognitive ability of client / spouse / family
- assess family history – abuse, addictions, cultural issues
- aware of deficits in hearing, sight, and speech
- aware of physical disabilities
- aware of psychological, social, and spiritual needs
- body language
- empathy
- listening.

**O-2-2 Demonstrate ability to provide support to the client and family:**

- aware of changes in family roles
- aware of losses – possessions, home, mate, skills
- aware of Personal Directive
- loss of independence – decision making, finances
- social changes
- provide assistance with activities of daily living (ADL).

**O-2-3 Demonstrate ability to provide teaching to client and family:**

- access to support groups
- within team conferences
- referral to community agencies
- support activities of daily living (ADL)
- stages of loss
- effect of changes.

Major Competency Area: **O**  
**Gerontology Nursing**

Priority: **One**

Competency: **O-3**  
**Nursing Interventions**

Date: September 1, 2005

A Licensed Practical Nurse will:

- O-3-1 Demonstrate ability to apply critical thinking and clinical judgment to the nursing process during the provision of daily care to the geriatric client.**
- O-3-2 Demonstrate ability to apply pharmacological principles in the safe administration of medication including:** (See Competency Band U)
- assess specific needs, weight, age, and health issues of the client
  - monitor and teach self medication program
  - prepare medications for client to take on day / night pass
  - recognize drug interactions, toxic effects, and non-compliance.
- O-3-3 Demonstrate knowledge and ability to meet the nutritional special needs of the elderly such as:**
- adapt feeding techniques to the elderly
  - adjust for the decrease in smell, taste and sight
  - assess need for adaptive devices
  - assess swallowing ability
  - assess the nutritional needs of a client
  - communicate and document effective feeding techniques
  - cultural and religious influences
  - note allergies
  - provide extra nutritional supplements
  - recognize importance of environment during meals.
- O-3-4 Demonstrate knowledge and ability to consult and / or refer to other professionals such as:**
- dietician
  - speech language pathologist
  - occupational therapist
  - physical therapist
  - social worker.

A Licensed Practical Nurse will:

- O-3-4 Demonstrate knowledge and ability to meet the elimination needs in the elderly:**
- assess clients individual elimination needs
  - provide bladder and bowel retraining
  - demonstrate patience and understanding
  - initiate appropriate interventions
  - maintain client privacy and dignity
  - observe signs and symptoms unique to the elderly
  - provide client and family teaching
  - recognize the special needs of the cognitively impaired.
- O-3-5 Demonstrate knowledge and ability to perform skin and wound care such as:**  
(See Competency Band E)
- prevent skin breakdown through positioning, skin care, hygiene, and nutrition
  - assess wound, exudate, characteristics and stage of healing
  - identify cause of the wound
  - observe for signs of infection
  - select and apply appropriate wound dressings
  - recognize when to seek advice from wound care specialist / other health professional.
- O-3-6 Demonstrate ability to provide comfort measures and pain management.**

Major Competency Area: **O**  
**Gerontology Nursing**

Priority: **Two**

Competency: **O-4**  
**Assessment for Appropriate Placement**

Date: September 1, 2005

A Licensed Practical Nurse will:

- O-4-1      Demonstrate knowledge and ability to participate in the assessment of clients for placement as per agency policy:**
- assess clients health status
  - act as client's advocate
  - provide information regarding client's usual nursing care
  - respond to assessor questions
  - provide information as requested.

Major Competency Area: **O**  
**Gerontology Nursing**

Priority: **One**

Competency: **O-5**  
**Safety Procedures**

Date: September 1, 2005

A Licensed Practical Nurse will:

- O-5-1      Demonstrate ability to provide a safe environment.**
- O-5-2      Demonstrate ability to respect the client's and family's wishes within the parameters of safety.**
- O-5-3      Demonstrate knowledge and ability to implement alternatives to create a safer environment for client such as:**
- non-skid shoes or socks
  - motion detectors
  - low rise beds
  - hip protectors.
- O-5-4      Demonstrate ability to adhere to agency policy and legislation.**
- O-5-5      Demonstrate ability to document client behaviour, treatment, safety precautions, risk issues, and client response.**

Major Competency Area: **O**  
**Gerontology Nursing**

Priority: **One**

Competency: **O-6**  
**Communication and Advocacy**

Date: September 1, 2005

A Licensed Practical Nurse will:

- O-6-1      Demonstrate knowledge and ability to communicate with client and advocate for client.**
- O-6-2      Demonstrate knowledge and awareness of code status of each client.**
- O-6-3      Demonstrate knowledge of and respect for the client's Personal Directive.**
- O-6-4      Demonstrate knowledge of Legislation affecting client / family / caregiver, such as:**
  - Protection for Persons in Care (PPIC)
  - Personal Information Protection Act (PIPA).
- O-6-5      Demonstrate knowledge of protocol regarding guardianship, power of attorney, and trusteeship.**
- O-6-6      Demonstrate knowledge and ability to participate in team, client, and family conferences.**