

Promotional: WA: Expected Changes with Aging

****You MUST print this for Continuing Education purposes and keep with your certificate of completion.**

Requirements:

For successful completion of this educational activity and receipt of 0.5 contact hour(s), the learner must:

1. Participate in 30 minutes of continuous learning.
2. Complete a quiz with a minimum score of 80%.
3. Complete an evaluation form.

Educational activity description:

This educational activity provides an introductory look at normal and common changes associated with aging. This includes chronological, biological, psychological, social, and functional aspects of the aging process. The target audience is workers new to the assisted living setting and working with older adults. It can also serve as a review of aging for all staff.

Target audience:

The purpose of this educational activity is to enable the learner to identify common changes associated with the aging process. This is an introductory level educational activity. Information is geared to practitioners with little or no knowledge of the subject matter. The focus is on providing general introductory information

Learning outcome:

At the completion of this educational activity, the learner will be able to demonstrate knowledge about changes with aging by passing a quiz with 85% or greater accuracy.

Learning objectives:

At the completion of this educational activity, the learner will be able to:

1. Choose three (3) physical changes expected with aging.
2. Select two (2) care interventions to help those with declining physical abilities.
3. Identify three (3) losses older adults may have experienced.

Author:

Lois Platt, MSN, RN

Ms. Platt has had extensive experience in a variety of health care settings, including as Staff Development Coordinator in a Long-Term Care facility. She also worked as a Term Assistant Professor of Nursing for the University of Alaska Anchorage AAS Nursing Program for many years as well as coordinating and teaching a Certified Nursing Assistant Program. Prior to entering nursing education, Ms. Platt worked in both staff nurse and Clinical Resource Manager positions in a small Critical Access Hospital in rural Alaska. Her work experience also includes staff and charge nurse positions on Medical-Surgical and Intensive Care Units. Ms. Platt obtained a Diploma in nursing from Joseph Lawrence School of Nursing in New London, Connecticut; a Bachelor of Science in Nursing from St. Joseph College in West Hartford, Connecticut; and a Master of Science in Nursing Education from the University of Alaska, Anchorage, Alaska.

Reviewer:

Esther Yunkin, RN

Ms. Yunkin is a skilled nurse with over 20 years' experience providing patient care in a variety of settings. She has worked in emergency departments throughout the United States in a variety of roles, including charge nurse, preceptor, and quality assurance. Ms. Yunkin obtained a Bachelor of Arts in Nursing from the College of St. Scholastica and is a Holistic Health Educator through The National Institute of Whole Health.

Planning committee:

Judy Hoff, RN, BSN, MA, PhD

Jessica Burkybile, MSN, RN, NPD-BC

Lois Platt, MSN, RN

Esther Yunkin, RN

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