

<<老年护理学>>

图书基本信息

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内容概要

郭桂芳主编的《老年护理学》针对老年护理涉及面广的特点，从老年人带病生存、功能状态、精神健康以及社会经济体制、医疗体制、养老政策法规保障、社会文化和伦理对老年护理的影响等角度探讨老年护理中的重点问题。

全书分为上、下两篇，共20章。

上篇共8章，为老年护理学基础篇，主要介绍老年护理过程中的基础知识和共性问题；下篇共12章，为老年护理学实践篇，主要介绍临床常见的护理问题。

每章安排有学习目标、主要内容、章节要点、评判性思维练习和参考文献。

本书还通过提供参考文献和网络网址链接为学生进一步学习提供帮助。

本书以英文为主，中文部分只对英文的部分内容作简要介绍，以帮助学生学习。

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书籍目录

上篇 老年护理学基础
下篇 老年护理学实践

章节摘录

版权页： The clinical cardinal symptoms for frailty have evolved over time with the current evidence supporting five phenotypes: low strength, low energy, slowed motor performance, low physical activity, and unintentional weight loss. Findings from the Women's Health and Aging Study II suggest that the onset of frailty can be initiated by insults to any of the five phenotypes. Weakness tends to occur first, which is followed by slowness and low physical activity, which in turn precedes exhaustion. Furthermore, early development of weight loss or exhaustion has been found to predict more rapid onset of frailty. The five phenotypes of frailty are often evaluated during the history taking and physical examination of organ systems and geriatric syndromes. However, a focused evaluation for frailty is needed to increase the detection of frailty at an early stage when interventions are most likely to be effective.

12. Substance Abuse. Older adults are at risk for substance abuse just like the younger populations; however, the medications that are abused are largely sedative-hypnotics like benzodiazepines and alcohol which are often used to manage the prevalent sleep disturbances. Older adults are particularly prone to alcoholism and alcoholic complications because of their decreased lean body mass, diminished efficiency of hepatic metabolism, increased brain sensitivity to alcohol, high incidence of alcohol-medication interactions due to polypharmacy, high prevalence of medical and psychosocial disorders. Hence, alcohol screening is important in older adults. Health care professionals are at a unique position to detect subtle or confusing symptoms of alcoholism, especially in those who live alone. In evaluating the risk for medication abuse, questions about medications that can be potentially abused should be asked such as indications, dose, and duration of taking the medication. When evaluating an older adult's risk of alcoholism, questions should be asked to understand the frequency of drinking, volume consumed each time, and consequences of drinking.

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