
Learning Objectives

MedBridge

Impact of Aging on the Rehabilitation of Older Adults

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Course Objectives:

Upon completion of this course, learners will be able to:

- Discuss the impact of normal aging changes seen across various bodily and psychosocial systems
- Recognize the importance of distinguishing normal aging from disease processes
- Identify common health conditions that impact an older patient's rehabilitation outcomes
- Describe ways that common diseases can negatively influence rehabilitation progress in older adults
- Identify risk factors, warning signs, and treatment for common geriatric syndromes
- Discuss the effect of geriatric syndromes on the rehabilitation outcomes of older adults

Chapter 1: Normal Aging

Rehabilitation nurses need to recognize the normal physiological changes that occur with aging in order to detect subtle abnormalities that might be seen in older rehabilitation patients. This chapter covers the normal physical changes with the aging process.

Chapter 2: Common Abnormalities of Aging and Impact on Rehabilitation

Rehabilitation nurses need to recognize common abnormalities that are often seen in older rehabilitation patients. This chapter briefly reviews common health conditions concomitantly seen in elderly rehabilitation patients and how they may impact the patient's rehabilitation process.

Chapter 3: Dealing with Geriatric Syndromes

Geriatric syndromes are those conditions that are not necessarily discrete diseases, but occur frequently in older adults. Issues such as falls, polypharmacy, pressure injuries, urinary incontinence and delirium are reviewed for their impact on the rehabilitation outcomes among older adults.