

*TAFE NSW  
Training and Education Support  
Industry Skills Unit, Meadowbank*

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**HLTEN615A**  
**Practise in the contemporary  
aged care environment**  
Version 1.0

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**Flexible Learning Resource**

**Product Code: 2685**



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## TOPIC 1 Specialised knowledge of disease states in the elderly

In the core unit **HLTEN606A Assess clients and manage client care**, the learner was provided with an in-depth knowledge of the pathophysiology of the human body. It also provided the learner with the skills and knowledge to understand the development of diseases and the effect they have on the body.

The learner is advised to review the anatomy and physiology of the human body by reading *Topic 1 In-depth understanding of pathophysiology of the human body* in **HLTEN606A Assess clients and manage client care**.

This unit, **HLTEN615A Practise in the contemporary aged care environment**, will provide the learner with the skills, knowledge and attitudes to implement the principles of aged care nursing to provide holistic care to the older client. To ensure this holistic care is effective, it is essential that the enrolled nurse have an in-depth knowledge of the anatomy, physiology and pathophysiology of chronic diseases as well as the clinical manifestations. This topic will explore these issues.

The functional ability of older people varies widely as does their cognitive and health status. The National Health Priority Areas for Australia have been developed to provide a national approach and framework to assist the health system and service providers collaborate to deal with certain priority areas. Taken together, these priority areas account for 80% of the total burden of injury and disease in Australia.



### ACTIVITY 1



Read the introduction of the initial report on national health priority areas for Australia located on the following website:



<http://www.aihw.gov.au/publications/index.cfm/title/121>

and the current priorities located at <http://www.aihw.gov.au/nhpa/index.cfm>

Answer the following questions:

- a) What were the initial priority areas?

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- b) Why were these areas chosen?

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- c) What are the new priority areas that have been introduced since the initial report? In what year?

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After completing Activity 1, you would have discovered that there are seven (7) National Health Priority Areas: asthma, cancer, cardiovascular health, diabetes, injury prevention, mental health, arthritis and musculoskeletal conditions. These conditions are classified as chronic; that is, one that lasts a long time and progresses slowly and as such, affects the older person.



## ACTIVITY 2

From the following list of chronic disorders/conditions choose three (3) and answer the following questions. You may use the internet or relevant textbook.

- Osteoporosis
- Stroke
- Prostate cancer
- Breast cancer
- Diabetes Type 1
- Diabetes Type 2
- Osteoarthritis
- Rheumatoid Arthritis
- Coronary heart disease
- Heart failure
- Peripheral vascular disease
- Asthma

1. Define the disease/condition.
2. Describe the pathophysiology of the disease/condition.
3. List the clinical manifestations of the disease/condition as it pertains to the older person.
4. List the causative factors (if any).
5. Discuss the incidence in the older population.

Suggested websites :



<http://www.aihw.gov.au/nhpa/index.cfm>

<http://www.agedcareaustralia.gov.au/> (follow links to 'need help with health?')

## TOPIC 2 Emergency care of the older client

### Falls

Falls are a major cause of morbidity and mortality in older people. They are an indicator of increasing frailty and approximately 13-60% of residents in aged care facilities will fall at least once per year. If a resident has multiple falls, the incidence of hip fracture is between 14-41%.

(The Royal Australian College of General Practitioners <http://www.racgp.org.au/silverbookonline/2-4.asp>)

In NSW, hospital admission costs for fall-related injuries is around \$324.2 million each year. No other single injury cause, including road trauma, costs the health system more than fall injury. By 2051, if the rate of falls remains unchanged, this total cost will soar to around \$644 million because of the changing demographics of our population. "Older people, particularly those over the age of 75, have an increasing risk of injury and disability as a result of falling. A serious fall injury can result in long-term hospitalisation, loss of independence and the need for supported care, and in some cases, premature death." (NSW Health, Fall Injury Among Older People - Management Policy to Reduce in NSW Health, [http://www.health.nsw.gov.au/policies/PD/2005/pdf/PD2005\\_353.pdf](http://www.health.nsw.gov.au/policies/PD/2005/pdf/PD2005_353.pdf))



### ACTIVITY 1

Access the site below and review pages 43–46 in the document Fall Injury Among Older People - Management Policy to Reduce in NSW Health, Policy in Brief 2003-2007 and answer the following questions.



[http://www.health.nsw.gov.au/policies/PD/2005/pdf/PD2005\\_353.pdf](http://www.health.nsw.gov.au/policies/PD/2005/pdf/PD2005_353.pdf)

1. List the intrinsic risk factors for falls in the older person.

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2. List the extrinsic risk factors for falls in the older person.

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