Contents

Contributors Foreword Acknowledge	ments	xiii xvi xvii
UNIT 1	Principles of Caring for the Older Person	1
Chapter 1	Ageing and Ageing Populations Elaine Francis	3
	Introduction What Is Ageing? What Age Is 'Old Age'? Trends in Population Ageing Exploring Representations of Ageing and Older People Interpersonal Ageism	3 4 4 4 6 7
	Self-directed Ageism Institutional Ageism Ageing, Health and Society Conclusion References	8 8 9 10
Chapter 2	Healthy Ageing Stuart Nicholson and Laura Graham	13
	Introduction Healthy Ageing and Ageing Well Public Health Approaches Psychological Well-being Positive Relationship Support (Sexuality and Sexual Relationships) Social Prescribing Conclusion References Further Reading	13 14 16 17 19 21 22 22
Chapter 3	Person-Centred Care – Caring for Older People Sue Tiplady, Jane Murray, and Isabel Quinn	25
	Introduction Person-Centred Care Personhood Person-Centred Communication Cultural Considerations Becoming More Person-Centred Conclusion References Further Reading	25 26 28 29 32 33 33 34

Chapter 4	Legal and Professional Context of Care James Mingham, Esther Clift, and Isabel Quinn	37
	Introduction	37
	Professional Regulation	38
	Professional Codes of Conduct	40
	Duty of Care	40
	Information Governance	40
	Confidentiality Information Sharing	40 41
	Information Sharing Consent	41
	Mental Capacity Act	42
	Lasting Power of Attorney	43
	Best Interest Decision-Making	44
	Deprivation of Liberty Safeguards	44
	Health and Social Care Act (2012)	44
	The Care Act (2014)	45
	Safeguarding and Raising Concerns	45
	Conclusion References	46
	Further Reading	46 47
	ruttiei Reauliig	41
Chapter 5	Communication Eilaine White	49
	Introduction	49
	Communication, Ageing and Health	50
	Cultural Considerations	52
	Good Communication Practice When Assessing Older Adults Shared Decision-Making	52 52
	Health Literacy	53
	Advocacy	54
	Caring Conversations	55
	Professional Communications Across Teams	56
	Transitions of Care	57
	Conclusion	57
	References	58
	Further Reading	58
Chapter 6	Approaches to Care for Working with Older People	59
	Donna Massey, Hayley Bamber, Ursula Roberts, and Kirsty Marshall	
	Introduction	59
	An Outline of the Approaches to Care of the Older Person Co-production	60 60
	Multidisciplinary	60
	Interdisciplinary	61
	Transdisciplinary	61
	Integrated Care	61
	Technology-Enhanced Care and Its Role in Models of Care	62
	Caring for a Person Living with Dementia in the Community: Discussion	63
	The Importance of Comprehensive Assessment: Discussion	65
	Conclusion	67
	References	67

Chapter 7	Settings of Care Stacey Louise Finlay, Philip Hodgson, and Kevin Murphy	69
	Introduction Place and Importance of Place Enablers of Ageing in Place Adult Social Care Alternative Housing Community Support Intermediate Care and Reablement Emergency and Urgent Care for Older People Urgent Community Response Hospital at Home Emergency Department Same Day Emergency Care Care Homes Care of Older People in Prison Conclusion References Further Reading	69 70 72 72 73 73 74 75 75 75 76 76 76 76 78 78
Chapter 8	Carer and Family Support Elaine Francis and Judy Mattison	83
	Introduction Definition What Matters to Carers? Caring for Carers Wider Health and Care Issues Health Care Costs and Accessibility Conclusion References Further Reading	83 84 85 87 89 89 91 91
Chapter 9	Multimorbidity Jenny Allen and Esther Clift	93
	Introduction Definitions Prevalence Impact of Multimorbidity Research and Impact on Care Guidelines Conclusion References Further Reading	93 93 94 94 95 99 100
Chapter 10	Frailty and Comprehensive Geriatric Assessment Stacey Louise Finlay and Claire Pryor	103
	Frailty as a Syndrome Risk Factors Ageism Biological Sex and Frailty Identification and Assessment of Frailty Assessing Frailty The Domains of the CGA	103 104 105 106 106 108 109

	The Problem List	111
	Care and Support Planning	112
	Conclusion	113
	References	113
	Further Reading	114
UNIT 2	Anatomy and Physiology of Ageing	115
Chapter 11	The Anatomy and Physiology of the Brain and Nervous System Barry Hill and Alison Young	117
	Introduction	117
	Structural Changes in the Ageing Brain	118
	Functional Changes in the Ageing Brain	118
	Clinical Implications	119
	Delirium	120
	Dysphasia	122
	Altered Pathophysiology in the Older Person	122
	Considerations of the Impact for People and Care	124
	Caring for Carers	124
	Epilepsy in Older People Medicines Management	125 125
	Stroke in Older People	126
	Conclusion	128
	References	128
	Neteriories	120
Chapter 12	The Anatomy and Physiology of the Senses Debbie Findlay	131
	Introduction	131
	Anatomy and Physiology of Ageing on Hearing	131
	Anatomy and Physiology of Ageing on Taste	133
	Anatomy and Physiology of Ageing on Smell (Olfaction)	134
	Anatomy and Physiology of Ageing on Touch	135
	Anatomy and Physiology of Ageing on Vision	135
	Anatomy and Physiology of Ageing on Cranial Nerves which Impact the Senses	136
	The Impact of Sensory Changes with Ageing	137
	Considerations of the Impact on People and Care	138
	Conclusion	139
	References	139
Chapter 13	The Anatomy and Physiology of the Cardiovascular System Stuart Barker	143
	Introduction	143
	The Heart	143
	The Ageing Heart	144
	The Conduction System of the Heart	145
	The Ageing Conduction System	146
	The Vascular System	147
	Peripheral Vascular Disease	149
	Coronary Artery Disease	149
	Regulation of Blood Pressure	150
	The Baroreceptor Reflex	150

	Heart Failure Conclusion References	152 153 153
Chapter 14	The Anatomy and Physiology of the Respiratory System Karen Corder and Elaina Henderson	155
	Introduction The Respiratory System	155 155
	Gas Exchange	156
	Changes in the Ageing Body that Affect the Respiratory System	159
	Psychological Considerations for People with Respiratory Diseases	161
	The Impact for People and Care	163
	Conclusion	164
	References	164
Chapter 15	The Anatomy and Physiology of the Gastrointestinal System Claire Norman	167
	Structures	168
	The Small and Large Intestines	170
	The Processing of Food	174
	Circulation	175
	Dysphagia	175
	Bowel Care	176
	Constipation	176
	Conclusion	177
	References	177
Chapter 16	The Anatomy and Physiology of the Renal and Genitourinary System Barry Hill and Claire Pryor	179
	Introduction	179
	The Renal System	180
	Age-Related Changes	180
	Renal Blood Flow and Filtration Efficiency	181
	Electrolyte Imbalances and Fluid Overload	181
	Excretion and Waste Management in Ageing	182
	Anatomy and Physiology of an Ageing Genitourinary System	183
	Reproductive Health and Sexual Health in Ageing	184
	Medicines Management	185
	Discussion	187
	Conclusion	187
	References	188
Chapter 17	The Anatomy and Physiology of the Endocrine System Barry Hill and Dominic Simpson	191
	Introduction	191
	Changes to the Endocrine System in Ageing	192
	Understanding Hormonal Changes in Older People	193
	Diabetes in Older People	196
	Principle of Pharmacology	199
	Conclusion	202
	References	203

Chapter 18	The Anatomy and Physiology of the Immune and Haematological Systems Helen Evans and Claire Pryor	205
	Introduction	205
	The Ageing Immune System	206
	B-Cell and T-Cell Lymphocytes	206
	Dendritic Cells	207
	Macrophages	207
	Natural Killer Cells	208
	The Innate and Acquired Immune System	209
	Vaccinations in Older People	209
	The Ageing Haematological System	210
	Conclusion	212
	References	212
Chapter 19	The Anatomy and Physiology of the Musculoskeletal System Alex Hemsley and Sue Tiplady	215
	Introduction	215
	The Musculoskeletal System and Age-Related Changes	215
	Sarcopenia	216
	Osteoporosis	220
	Osteo-sarcopenia	223
	Osteoarthtritis	224
	Conclusion	226
	References	227
	Further Reading	228
Chapter 20	The Anatomy and Physiology of the Integumentary System Sue Tiplady	229
	Introduction	229
	Effects of Ageing on the Skin	229
	Skin Care	234
	Skin Assessment	234
	Skin Tears	237
	Moisture-Associated Skin Damage	238
	Personal Hygiene	238
	Considerations for Personalised Care Planning for Personal Hygiene	239
	Conclusion	240
	References	240
	Further Reading	241
UNIT 3	Care Management	243
Chapter 21	Assessing and Managing Pain in Older People Isabel Quinn	245
	Introduction	245
	Pain Classification	246
	Pain Assessment in Older People	250
	Pain Management	252
	Conclusion	255
	References	255

Chapter 22	Mental Health and Learning Disability in Ageing Lynette Harper and Sarah Mackay	257
	Introduction Functional Mental Health Substance Misuse Pain Assessment Neurodiversity in Older Adults Capacity and Consent for All Conclusion References	257 257 259 260 263 264 265 266
Chapter 23	Dementia Shibley Rahman and Claire Pryor	269
	Introduction Diagnosis Prevention and Risk Reduction Communication Meaningful Activities and Independence Living Well with Dementia Carer Support Distress and Communication Medicines Management Conclusion References	269 271 273 274 274 275 275 277 277 279 279
Chapter 24	Nutrition and Hydration Care <i>Philip Hodgson, Sarah Docherty, and Glenda Cook</i>	281
	Introduction Nutrition Care: Assessment Nutrition Care: Practices Hydration Care: Assessment Hydration Care: Practices Conclusion References	281 282 284 285 286 288 288
Chapter 25	The Recognition and Assessment of the Acutely Ill Older Person Tony Conner, Deborah Leetham, and Sue Tiplady	291
	The Importance of Recognising Acute Illness in the Older Person Atypical Presentation The Influence of Comorbidities The Importance of Social Support The Assessment of the Acutely Unwell Older Person Sepsis in the Older Person Typical and Atypical Presentation of Sepsis in Older People The Assessment of Sepsis The Treatment of Sepsis Prevention of Sepsis Conclusion References Further Reading	291 292 293 293 293 297 298 299 300 302 303 303 303

VI	

Chapter 26	Pharmacology and Medicines Management Joanne Dunn, Claire Pryor, Janet Wilkinson, and Patrick Dawodu	307
	Introduction	307
	Anticholinergic Burden	312
	Deprescribing	312
	Screening Tool of Older Persons' Potentially Inappropriate Prescriptions (STOPP) and the	
	Screening Tool to Alert to Right Treatment (START)	313
	Concordance Support	313
	Social and Support Consideration for Medication and Medication Optimisation	314
	Conclusion	315
	References	315
Chapter 27	End-of-Life Care	317
	Nicola Payne and Isabel Quinn	
	Introduction	317
	Death and Dying in Older People	317
	End-of-Life Care	318
	The Relationship Between Supportive Care, Palliative Care and Terminal Care	318
	When Is 'End of Life'	319
	Advance Care Planning	321
	Preferred Place of Death	322
	Ethical Challenges	323
	Emotional Support	323
	End-of-Life Symptoms	324
	Care in the Last Days and Hours of Life	324
	Care After Death	326
	Conclusion	326
	References	326
	Further Reading	327
Index		329