



Aging and Gerontological Nursing departments in Egypt

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Nursing departments



The main departments of faculty of Nursing

1. Medical surgical Nursing (may divided into two departments: Adult nursing and Critical care nursing).
2. Pediatric nursing.
3. Obstetric and gynecological nursing.
4. Psychiatric nursing.
5. Nursing administration.
6. Community health nursing which include Gerontological nursing as a subspecialty or may be separate department.

Gerontological Nursing department only in these universities:

- Alexandria university (which is the first department).
- Mansoura university.
- Assiut university.
- Zagazig university.
- Cairo university.
- Sohag university.
- Beni-suef university (post graduates only at aging and longevity institution).
- Minia university (opened this year).



Main topics



The main topics covered by Gerontological Nursing

- Aging population (statistics and services).
- Age related changes (physiological, psychological and social).
- Health promotion, holistic care and polypharmacy.
- Communication and elderly abuse.
- Falls, environmental safety and using assistive devices.
- Common chronic diseases in elderly as dementia, Parkinson's disease, stroke and urinary incontinence.



Clinical practice



Places for clinical practice of gerontological nursing

- Elderly outpatient clinics.
- All elderly in inpatient clinics.
- Elderly homes.
- Elderly clubs.



Problems with the course





Problems with teaching geriatrics

- Limited numbers of credit hours compared to other specialties is not enough which lead to decrease the course content.
- Limited staff compared to number of students.



Gerontological research



Research plan

- Each gerontological nursing department have a research plan for 1 to 5 years which include topics and priorities for research.
- It includes some topics as: iatrogenesis, health promotion, communication, quality of life and health education.

Problems related to research work

- Most of research work of gerontological Nursing researchers is a descriptive studies or health education on limited number.
- Most of papers about quality of life and chronic diseases health education.
- Need for field work studies and programs.
- Research not cover important specialties as economic gerontology and critical gerontology.
- Poor interview skills and identifying elderly culture background.



Community services





Community programs

- Some universities provide services to elderly at special units in the faculty or at home by skilled caregivers through elderly caregiver diploma.

Problems with geriatric home care

- Non specialist nursing graduates or any person having some first aid or nursing courses practicing elderly home care and this lead to many problems.




Recommendations



Recommendations

- For students the credit hour system needs to be modified to provide students more time for more important topics in Gerontology.
- For researchers there is a need to cope with WHO SDGs and country development goals, discover new research interest not repeating old ideas and train researchers to have good interviewing skills.
- For community, there is an important need for providing professional caregivers and making national programs for elderly care and raising population awareness with elderly changes and needs.

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- Applying rules and policies for practicing elderly care by licensed persons.
 - Every health unit should have a geriatric nurse.
 - Providing a time for caring with elderly by students who finished the gerontology course as a part of grading and for graduates as a prerequisite for job.
 - Researchers should conducting research related to country development goals and conducting field work and large programs.

For communication between geriatric researchers

- use this whatsapp group via QR code or invite link:
- <https://bit.ly/2UAoYY9>





Thank you