



Nursing Older People at a Glance

**Edited by
Josie Tetley
Nigel Cox
Kirsten Jack
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WILEY Blackwell

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People
at a Glance**

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Introduction

Figure 0.1 Dignity in care. Source: Adapted from Royal College of Nursing (2008, 2017).



Our aims for this book

This book is primarily aimed at undergraduate and post-qualification nurses who care for older people in a range of care settings including hospital, community, residential and other health or social care settings. The editors and contributing authors believe that this book will also be of value to a wide range of practitioners working in a nursing or a nurse-related capacity, for instance pre-registration nurses, healthcare assistants, associate practitioners, registered nurses working in both the NHS and independent care home sectors, and those returning to a career in nursing.

Nurses are under increasing pressure to demonstrate that the care they deliver is supported by best evidence, compassionate

and person-centred. For nurses working with older people this can be challenging, as people's needs in later life are often complex and diverse. This book therefore provides an accessible overview of key concepts that can help nurses understand how care in practice can be more person-centred, while also promoting dignity, health and well-being.

How the book is organised

The book is divided into six parts. Part 1 introduces concepts central to dignified and compassionate person-centred care. Part 2 explores health and well-being, including essential aspects of living such as sleep, the senses and nutrition. Part 3 focuses

upon health promotion, and incorporates a diverse range of topics including physical activity and the arts. Parts 4 and 5 address complexity and diversity in older people's care, including topics such as mental well-being, diverse communities and learning disability. Part 6 concludes the book, and illustrates how environments of care impact on practice. Autonomy and independence are central principles, and the role of assistive technologies and the challenges of working with older people in a diverse range of contexts are considered.

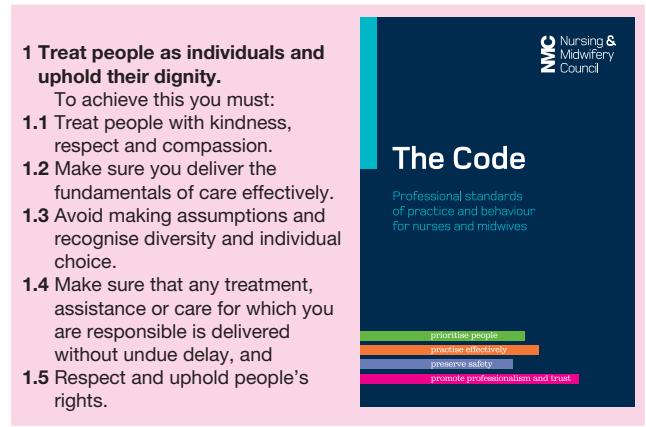
Dignity as a core concept for older people's care

Dignity in care work focuses on the value of every person as an individual. It means respecting others' views, choices and decisions, not making assumptions about how people want to be treated and working with care and compassion

Skills for Care, 2017

The concept of dignity shapes all of the chapters in this book. However, making dignity in care a reality also means that nurses and other healthcare professionals need to be able to understand what this means in the context of people, places and processes in multiple and complex ways (Figure 0.1). The importance of dignity in care is also underpinned by the Nursing and Midwifery Council (NMC) code of conduct (Figure 0.2) which, at the time of writing, states that nurses must:

Figure 0.2 The Nursing Midwifery Council (NMC) code of conduct. Source: Nursing & Midwifery Council (2015).



When considering dignity-related matters for patients we tend to think of some of the more personal situations such as

receiving assistance with bathing, dressing or toileting, but recommendations from Age UK (2013) serve to remind nurses of the need to think widely and creatively about older people's care. From admission to hospital or any point of care, it is important to develop a professional but caring relationship that takes account of the wider and more holistic needs of older people and their carers. This book provides some practical guidance about how these needs can be met in ways that uphold dignity in care. However, it is also important to remember that understanding and appreciating individual values, beliefs and practices is not easy, and key areas related to dignity need to be considered from the outset of the patient journey (Royal College of Nursing, 2008, 2017); again, key chapters in this book provide guidance about good practice in nursing on this.

The editors and authors who have contributed to the development of this book recognise that there are no easy solutions to providing individualised and dignified care for older people. By providing a range of short, but succinct evidence-based chapters, this book presents guidance about key concepts that can support dignity in care in the context of the key difficulties and challenges that nurses encounter in practice.

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