

# Design and Implementation of Practice Teaching about Gerontology Nursing

Wen-Jing Sun and Yu-Jin Liu

Nursing Department, Welfare College, College of Humanities, Northeast Normal University,  
Changchun, Jilin, 130117

**Keywords:** Geriatric care; Practice teaching

**Abstract.** With the sharp increase in people's average life expectancy and raise the level of social welfare, the number of elderly people increased dramatically, more and more older people will choose to spend old age pension agency, so the rapid development of the pension industry, with pension Skills nursing personnel in short supply. Currently aged care nursing practice teaching system has no reference model, this paper aims to literature, a lot of reading literature, literature and organize, analyze the development and current situation of the elderly in nursing practice teaching at home and abroad, and explore suitable for our country nursing gerontological nursing practice teaching methods. Closely integrated with the development trend of elderly nursing home and abroad, contact the Situation gerontological nursing practice teaching my department to develop in line with my elderly nursing practice teaching system designed to promote the development of gerontological nursing has a certain significance.

The practice teaching in nursing education is the key link to help nursing students to combine the basic theoretical knowledge and clinical nursing practice, which is the supplement and extension of nursing theory teaching. Therefore, the nursing practice teaching is an independent link to design and implement, and the process is as important as the theoretical teaching. In the teaching of nursing, we should design and implement the corresponding practice teaching for each subject, and construct a perfect practice teaching system, which embodies the characteristics of nursing .As early as 1900, in the international community, Gerontology Nursing is an independent profession; In our country, it is relatively late. At present, nursing students' practice and training of Gerontology Nursing, mainly is in the elderly patients ward in hospital. However, most of the elderly wards in the hospital focus on the nursing care of elderly patients with chronic diseases, which is far from meeting the requirements of the community and pension institutions for the elderly nursing staff. At the same time, due to the domestic pension institutions of the system, management are not standardized, Gerontology Nursing technology and maintenance of equipment are relatively backward, which seriously affects the students organic combination of theory and practice. On the basis of reading a large number of literature, this paper analyzes the development and current situation of the practice teaching of geriatric nursing at home and abroad. This searching is suitable for the nursing practice teaching mode and system of nursing students in our department.

## 1. The Development Status of Nursing Practice Teaching Abroad

From the point of view of the arrangement of the teaching plan, curriculum, theory and practice, using the training mode of combining theory and practice closely related to train nursing talents abroad. Especially the foreign nursing education emphasizes the practical ability of students, schools and hospitals, pension institutions, community health services etc. the practice base closely combine together to complete responsibility of training nursing students' practice .

### 1.1. United States

In the United States, after the students starting professional learning stage, they immediately introduce clinical practice. From the sophomore, there are two weekly half day, they must go to the hospital for practice. They are in the hospital all day in the last nine weeks of the senior. Each grade students to the hospital teaching objectives are different, in the second grade they mainly learn the basis of nursing, in the third grade, mainly nursing physical examination, laboratory examination

and simple treatment nursing, in the fourth grade they need to run up to higher requirements, they learn comprehensive care of patients, especially for elderly patients. In theory, clinical practice is dispersed in the whole nursing learning in America, which can provide a fast feedback mechanism. This arrangement model should be more effective to nursing students. The professional practice of gerontology nursing is mainly carried out in clinical departments and community medical institutions, family and community nursing practice teaching laboratory. On the arrangement of practice teaching design, in addition to observing and studying and participating in the practice of patient care, there are many kinds of practical teaching methods, such as the written work, clinical seminars and research seminars.

### **1.2. Australia**

Nursing education in Australia is greatly influenced by American nursing education, in geriatric nursing education, educators pay attention to nursing students in clinical practice. They early participate in clinical practice, combine theory with practice, nursing practice classes are increasing every year. The teaching nursing theory to clinical practice hours ratio is 1:3

### **1.3. Japan**

Japanese nursing professional courses opened early. Normally from the first year of university, there is a certain internship time every year. Time of practice is divided into three parts, the first part is the basic practice learning for 2 months, the second part is prophase practice for 2 months, the last part is later practice for 5 months. The time of clinical probation have a higher proportion. Basic nursing arranges in the first and second academic year, the rest are arranged in the third, fourth year. The model of centralized probation compared with the domestic, time of the graduation practice is less nearly 3.5 months. The practice of teaching are unified arranged by hospitals and schools. The school teacher cooperated closely with the acting teacher during internship period. They flexibly arrange the internship time and share the teaching tasks. After the end of the practice, students go back to school to learn the language courses, such as English conversation, nursing professional English, nursing research, etc.. After the training of nursing students can participate in the national unity held by the qualification examination, and obtain a national qualification certificate. In addition to training a large number of nursing staff outside the training of specialist nursing care for the elderly, master the common diseases of the elderly medical care and daily care, the main tendency of the health problems of the pension institutions [4].

To sum up in a foreign country, began to practice of geriatric nursing practice and other subjects earlier than domestic undergraduate nursing students, and practice than the major focus is to "learn while training", the study of theory and practice to learn better together. Foreign scholars have confirmed that the participation of extracurricular social practice activities has an important role in the cultivation of humanistic quality and ability of nursing students.

## **2. Current Situation of the Practice Teaching of Geriatric Nursing in China**

Chinese scholar Lin Juying in 1986 on the proposed learning foreign nursing practice teaching mode, "clinical" after the first theoretical teaching mode to "side of theory and clinical practice" teaching mode, more closely the relationship between theory and practice. With the development of the practice teaching of geriatric nursing, Li Xiaomei, a scholar, proposed that the traditional curriculum system should be transformed into a new curriculum system of "nursing care, strengthening the humanities, reflecting the community". Appropriate adjustment of the relationship between theory and practice, pay attention to the practice of teaching in the teaching of geriatric nursing, increase the number of hours of training and operation, so that the number of hours of theory and practice of not less than 1:1[5]. In Hongkong and Macao, on the arrangement of the practice teaching of geriatric nursing, it reflects the characteristics of "early practice".

The course of higher nursing education in Hongkong is carried out around five main subjects, including nursing treatment, clinical nursing, behavioral science, biochemistry science and nursing

practice. The nursing students were exposed to the clinical practice in the first year, and the arrangement of clinical practice was carried out in the four academic year. The first year of practice included health assessment for the elderly in the Elderly Centre and clinical practice in non acute wards. The first year internship includes the clinical practice of internal, external, maternal and child wards. Grade three practice includes internal, external, emergency, psychiatric ward and operation room practice. Expand the scope of practice in the Fourth academic year, including critical care, adult surgery, geriatrics and community practice. In the education of nursing students in Taiwan, every major subject carries on the teaching practice of the core content first, and then gives students a lot of time in the laboratory to carry out targeted exercises. After the practice of nursing knowledge, the students will have a period of time to enter the clinical practice of geriatric diseases, so that students learn in the school of theoretical knowledge in time to practice .

In recent years, according to the development trend of nursing service and nursing education in our country, many scholars have carried out the reform of nursing practice teaching. Li Chun [6] think that nursing practice teaching in nursing homes can stimulate students' interest in learning, consolidate theoretical knowledge and practical skills, improve students' interpersonal communication ability, and enhance their sense of social responsibility. Some scholars believe that there are many clinical disease nursing contents of geriatric nursing courses in the curriculum, coincident with the medical nursing, surgical nursing, such as hypertension, coronary heart disease, chronic obstructive pulmonary disease, diabetes, osteoporosis, clinical courses in middle school students, but the hospital trainee, the disease is not old no, the characteristics of the old people, so from the perspective of the reform of teaching methods and means based on the standard of disease in elderly elderly [7] selection mechanism and the community, Nursing students can be more targeted in practice. 6 stages of management mode of practice teaching practice Liao Guixiang [8] preparation, simulation practice, nursing homes, community activities, community hospital internship and trainee, stimulate students interest in learning, improve students' innovation ability and communication ability, to achieve the school teaching and clinical medicine Zero distance. A lot of researches have proved that students in the Department of geriatrics hospital trainee community endowment institutions, can students in the theoretical knowledge of classroom learning to use in practice, that is to consolidate the theoretical knowledge, strengthen the students' practice ability.

### **3. Set Up the Design of the Old Nursing Practice Teaching**

#### **3.1. Reconstruction of the Curriculum System of Geriatric Nursing**

According to the state pension policy, Under the concept of "attaching importance to the welfare and outstanding pension", The formation of the "five in one" pension system, Taking the training of skilled talents as the main line, the teaching reform was carried out, and the group of aged nursing courses (36% of the professional courses of the 10) was set up: The program is as follows: the original training programs for the elderly care related courses have 2: the elderly nursing, community nursing. On the basis of nursing curriculum system, according to the special requirements of self care, assistance and nursing care of the elderly, the purpose of theory and clinic, the distance between teachers and students, school and society. Set up a new training program for elderly nursing related courses 10: modern society and welfare, nursing care and nursing care of elderly mental consultation, technology, health, entertainment and leisure activities of the aged, elderly nutrition and dietary management, pension facilities for elderly health management, acupuncture and massage nursing and rehabilitation nursing and community nursing.

Pay attention to the cultivation of students' operation ability in course plan and practice teaching. To improve students' comprehensive ability of clinical nursing, so as to shorten the practice teaching of the old nursing specialty in our school.

#### **3.2. Development and Implementation of Integrated Training Programs**

The nursing practice ability is the basic quality requirement of nurses, and the reform and perfection

of the practice teaching mode and system are the fundamental guarantee for the cultivation of applied talents. The original training program of professional training content: 72 hours of basic nursing, health assessment of the class of 20 hours, between classes for a period of 72 hours, a total of 164 hours. Set up a new training program of professional training content: basic nursing and nursing technology of 162 hours, 108 hours of comprehensive training, technology 36 hours the elderly health assessment and pre hospital care, acupuncture and massage and community care for elderly health and entertainment 26 hours, 22 hours, the new progress of geriatric rehabilitation nursing and nursing for the aged 36 hours, probation a total of 72 hours, 362 hours. Increased 198 hours, an increase of the proportion of 120%. Based on the standard of nursing practice, the author designs the evaluation standard of the elderly nursing practice, and evaluates the nursing students.

Research and practice of the teaching process in the humanities, philosophy and the well-being of nursing theory in our school of geriatric nursing, continuously improve the teaching system of nursing practice, make full use of nursing occupation education is the combination of advantages, complementary and cooperative education in elderly care and pension services is closely related to strengthen the practice of nursing students ability, humanistic quality and occupation accomplishment, to better promote the vigorous development of the elderly nursing education.

### **3.3. Improve the Practice Teaching of Geriatric Nursing**

Some scholars have shown that strengthening the construction of the training base for the elderly nursing staff and the cultivation of nursing students' aged care is not only to meet the needs of practical teaching, but also to improve the employment competitiveness of colleges and universities .The size and facilities in our hospital training base, provide ample opportunities for clinical practice for the students, and aimed at the professional post demand, targeted training, so that students learn advanced knowledge and skills during the clinical nursing, to enhance the competitiveness of the employment.

### **4. Summary**

A lot of practice, the students of nursing training satisfaction rate is low, should increase the number of trainees, the school and community pension institutions to carry out the integration of teaching resources, to increase students' community pension institutions training opportunities[9]. In the process of nursing students to provide care services for the elderly, gradually improve the communication and exchange ability and practical ability, increase social experience, the school opened a direct communication with the employer's channels, cultivate nursing talents to adapt to new era development. The school can also be adjusted according to the work of Nursing Jobs, timely adjustment of training objectives and teaching content. To enable students to learn to use modern nursing, geriatric care and information management theory and technology, from the environment, culture, psychology, master of the community or every elderly pension institutions or groups of health management skills, better disease prevention and health maintenance, health promotion, improve the elderly living the quality and happiness index, cultivate practical and have the ability of clinical nursing care and geriatric nursing skills of nursing professional talents.

### **5. Acknowledgement**

This research was financially supported by the Subject of Construction of the Humanities College of Northeast Normal University in 2018 (xwd2018008) and the Jilin Province Health and Welfare Education Research Base.

### **6. References**

- [1] Zheng Lizhong, Shao Hongyan, et al. Design and implementation of practice teaching plan for nursing specialty [J] health vocational education, 27 (2009)74-76.
- [2] Chen Ru, Wu Bin, and, a new approach to the development of geriatric nursing vocational

education in the market [J] Chinese and foreign health abstracts, 29(2010)103-104.

[3] Sun Jianping, Zhou Xue, Yang Zhilan, such as pension mode status at home and abroad [[J] China Journal of Gerontology, 31(2011)1264-1266.

[4] Study on the evaluation index system of nursing staff training base in . [D]. Liaoning Medical University, 2012,3.

[5] Li Xiaomei, Li Jin, Shi Qifang. Comparison and analysis of Chinese and foreign nursing education. Journal of nursing, 19(2004)19-21.

[6] Li Chun, Wu Xiaowan. Evaluation of nursing practice of nursing home in the teaching of geriatric nursing [J]. Journal of nursing, 7 (2010)23-25.

[7] Zhou Yulan, Wu Hua, et al. Study on the effect of improving clinical teaching of geriatric nursing [J]. Journal of modern clinical medicine biotechnology, 6 (2005)525

[8] Liao Guixiang, Wang Feng,, et al. Organization and implementation of practice teaching of geriatric nursing [J]. health vocational education,21 (2013)100-101.

[9] Chen Yunhua, Xie Yun. Analysis and Countermeasure Discussion on the present situation of the teaching of geriatric nursing [J]. medical innovation of China, 8 (2014)126-129.