

UNIT 1

INTRODUCTION TO ADULT HEALTH

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ADULT HOOD

The term adult is derived from past participle of that verb "adultus" which means "grown to full size and strength" or "mature".

Adult are therefore, individuals who have completed their growth and development and ready to assume their status in society.

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Childhood and adolescence are the periods for growing up; adulthood is the time for settling down.

Adulthood starts from the age of 20 years than gradually young adult moves to middle adulthood which starts at the age of 40.

CONCEPT OF ADULT HEALTH

According to WHO: An adult is a person older than 19 years of age unless national law defines a person as being an adult at an earlier age.

Health is a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity. (WHO)

Cont....

Human growth and development involved many complex changes throughout the life span.

The process of growth and development begins with conception and continue until death.

Every individual has his/her own intellectual capabilities, physical built and character.

Adulthood means completion of physical growth and development.

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At this time major changes occurs after the age of 45 yrs. The most visible changes are grey hair, loss of hair and wrinkle of the skin.

The most significant changes are menopause in female and climacteric changes in male.

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Adulthood is divided into three phases

Young Adulthood 21-39 years/ (20-45yrs)

Middle Aged Adult 40-59 years/ (46- 60 yrs)

Late Adulthood: 60 yrs onwards

Stages of adulthood according to Erikson

- Early adulthood (21-39 yrs)
- Adulthood (40-65 Yrs)
- Maturity (65-death)

Stages of adulthood according to Robert Havighurst

- Early adulthood (19-30 yrs)
- Middle adulthood (30-60 yrs) and
- Late maturity (60 +)

WHO IS AN ADULT?

Determining just when an individual becomes an adult is difficult. Some markers of being adult include marriage, full-time job, economic independence and self-responsibility.

YOUNG ADULTHOOD



CONT...

Young adulthood Starts from age 21 to 39 years.

Completion of physical maturation in early adulthood though physiological and psychological changes occur throughout life but at a slower rate than adolescents.

CONT...

Young adulthood is a time of transition from an adolescent to a person capable of assuming adult responsibilities and making adult decisions. It is an age period when there is peak in physical strength, energy and endurance.

Cont....

The young adult generally has more contact with people of different ages than previously in history. This experience tends to influence the young adult toward a more settled viewpoint.

Young adults are usually active and may not have serious/chronic illness. They ignore minor physical symptoms and often postpone seeking medical help.

MATURITY AND ADULTHOOD

Maturity is reached when a balance of growth in the physiological, psychosocial, and cognitive areas has been attained.

Characteristics of Maturity

- Accepts constructive criticism
- Open to suggestion
- Learns from own and others experiences
- Accepts responsibility for their own mistakes

4. Ability to plan: Able to look to the future & set goal & implement plans.
5. Ability to accept differences in others: Has respect for individuality.
6. Capacity for intimacy: Has the ability to trust another human being & share life with others.
7. Movement toward development of own potential: Has confidence in self & can reach out & take risks.

Cont....

The young adult may attend college or may have a job and choose life partner and marry. But, some may remain single, but most of them are busy rearing their children and caring for their parents.

It is a time for: establishing personal and economic independence

- ▢ developing a career
- ▢ selecting a mate
- ▢ learning to live with someone in an intimate way
- ▢ starting a family
- ▢ rearing children

BEHAVIORS THAT REFLECT MATURITY

ARE:

A sense of responsibility: The person can be relied upon to carry out a defined role.

Adequate impulse control: Impulse/desire can be channeled into constructive behavior.

Tolerance of frustration: Confident of ability to deal with stress & can sacrifice immediate pleasure for long term gain.

MIDDLE ADULTHOOD



Cont...

Middle adulthood starts at 40 years and extend to 59 years of age.

This is a period of physical changes that are gradual and inevitable. Although physical growth has stopped, he/she continues to mature emotionally.

In this period, he/she has obtained personal achievements and socioeconomic stability.

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He/she enjoys the role in assisting other young people or children.

This is the time for helping aging parents. The middle aged adult uses their leisure time in creative work and get satisfaction from their own work.

This is the time when a person prepares for retirement.

ADULT HEALTH NURSE/ NURSING

Cont....

Adult health nurses are basically nurses who provide health care services to a specific population, typically young adults, adults, and older adults (the elderly).

The primary objective of the adult health nurse is to play a role to help facilitate, the **promotion, maintenance, supervision, and restoration** of health.

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To accomplish these goals, the adult health nurse will often identify health risks that can precipitate disease.

In many cases, adult health nurses will operate as **leaders, advocates, educators, and consultants** within the facilities and communities where they work.

ADULT HEALTH PROBLEMS IN DEVELOPED AND DEVELOPING COUNTRIES

The developing world has very different primary health risks—malnutrition, vitamin and mineral deficiencies, unsafe drinking water, and unsafe sex—than those in the developed world.

However, the World Health Organization (WHO) has noted a **“risk transition”** in recent years; factors historically important only in industrialized countries—blood pressure, cholesterol, tobacco, alcohol, and obesity—have become prevalent in developing nations.

Cont...

- 1 The burden of chronic diseases is rapidly increasing worldwide.
- 2 In 2001, burden of non communicable disease was 46%
- 3 The proportion of the burden of NCDs is expected to increase to 57% by 2020.

CONT..

Since adults make up the majority of the labor force, their ill health or death also tends to have negative effects on productivity and may be related to the slow pace of development in some countries.

ISSUES OF ADULT HEALTH NURSING

- 1 Issue means point of discussion or argument.
- 2 It is different opinions of a particular subject.
- 3 Issues means a subject which people are talking and arguing about evaluating past and present.
- 4 Here are some issues related to adult health nursing:

Cont...

Deaths from non-communicable diseases among adults are increasing.

The non-communicable diseases, commonly thought of as diseases of the rich, actually cause higher death rates among individuals in poorer populations.

CONT...

Yet, because adult ill health involves more non-communicable disease, more long-term morbidity and disability, policy makers cannot reduce the numbers of adults with ill health simply by expanding policies that have been successful in improving child health.

ISSUES IN ADULT HEALTH NURSING

- 1 Recruitment issues
- 2 Underfinancing issues
- 3 Nursing shortage/short staffing
- 4 Historical influence in nursing
- 5 Emerging chronic disease
- 6 Meeting public Demand
- 7 Increasing aging population
- 8 Evidence based practice
- 9 Managerial problems
- 10 Lack of facilities for nurses
- 11 Brain drain

RECRUITMENT ISSUES:

- Limited job opportunities
- Exploitation of skill.
- Political influence on recruitment
- Very few career ladder.(job promotion)

UNDERFINANCING ISSUES

- Low salary paid for nurses.
- Lack of incentives.
- Nurses are forced to work as volunteers.

Salary is a common reason why Nurses leave a hospital.

NURSING SHORTAGE/SHORT STAFFING

When a hospital is short-staffed, nurses are left with no other option but to take on more shifts, and one may miss out an important life occasions.

Short staffing is one of the most common reasons why nurses experience burnout.

Not having enough time to relax and care for oneself can make feeling of more frustrated and unsatisfied with job.

HISTORICAL INFLUENCE IN NURSING

Earlier the focus of nursing training was on supportive role. Nurses were prepared mostly to work in hospital setting to carry out physician's order without any intelligent decision.

Nurses' role has shifted towards preventive, promotive and restorative health of client.

However, majority of nurses even after acquiring given competencies, still are reluctant to make independent decisions in care of their clients.

EMERGING CHRONIC DISEASE

There is a significant increase in the number of chronic diseases like cardiovascular diseases, cancer, chronic respiratory diseases and diabetes. So, nurse has to provide different type of care and management of chronic and non-communicable disease.

MEETING PUBLIC DEMAND

Today's healthcare consumers expect to get what they want with ease and speed.

They're more connected to technology than any other generation.

To meet these growing and changing needs, hospitals as well nurses need to rethink the services they offer, focusing on wellness and outcomes rather than volume of services consumed.

INCREASING AGING POPULATION

The sudden increase in elderly population has strained the family unit to provide support for the elders and has led to distressing situation for them.

There is growing demand for a skilled geriatric nursing workforce to provide quality care.

Therefore nurses' workforce should be prepared for providing new forms of care for elderly.

EVIDENCE BASED PRACTICE

Nursing practice in today and in the future should be based on evidence.

This is easy to say but difficult to ensure. However, nurses are resistant to change. Even when evidence clearly suggests a change in practice, change occurs slowly.

MANAGERIAL PROBLEMS:

- Over centralized decision making and control.
- Limited authority to nursing supervisors – staff management, training, recruitment, policy making.
- Lack of intrasectoral collaboration and team work
- Male domination.

Lack of facilities for nurses

Structural problems: Lack of proper infrastructure, lack of resources and safe workplace.

Lack of training and in-service education.

Leave.

No childcare facilities for working staffs.

BRAIN DRAIN

The situation in which large numbers of educated and very skilled people leave their own country to live and work in another one where pay and conditions are better.

Migration of trained nurses from resource-poor countries to wealthier countries experiencing nursing shortages may exacerbate global health care inequities.

WHAT CAN BE DONE TO SOLVE THESE ISSUES