This guide focuses specifically on the needs of the aging adult population. Focusing specifically on the needs of the aging adult population—from the so-called silent generation (Depression era babies) through the youngest of the baby boomers—this book provides comprehensive coverage of gerontological concepts, health promotion strategies, and practical information on nursing care for all major disorders that typically affect older adults, including hypertension, coronary artery disease, obesity, osteoarthritis, diabetes, and Alzheimer’s disease.

Case studies and questions appear throughout to stimulate critical thinking, and best practices are provided and supported through evidence-based research and clinical guidelines. Abundant photos and illustrations demonstrate must-know clinical concepts. The text also includes information on healthy aging strategies, cultural considerations, assessment guidelines, nutrition, patient teaching, pain management, end-of-life care, and much more.

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