

# NATIONAL WORKSHOPS ON GERIATRICS AND GERIATRIC NURSING CARE

JAIPUR (INDIA), February 2009



*Sponsored by*

*The National Initiative for the Care of the Elderly and the International collaboration for the care of the elderly, University of Toronto , Canada*

*Organised by*

*Indian Gerontological Association, Jaipur 302004, INDIA*



*“The Pipal Tree, called ASHWATHA, has its aerial roots flow downward from the spiritual sky and its branches spread upward from the trunk rooted in reality. While seasons come and go and generations appear and vanish, the celestial Tree remains timeless. It is eternal”. Bhagwat Geeta 15 : 1*

## NATIONAL WORKSHOP ON GERIATRICS : 1-4 FEBRUARY, 2009

The prolongation of average human life span in India during the last phase of twentieth century may be considered as a major event. By the end of 2021 the population of senior citizens will be approximately 12 per cent of the total population .Like in developed countries, where elderly population is in substantial proportion, we need to wake up to this real change in the social system. This would have wider implications at social, cultural, economic and medical front. As is evident, it would be not only logical but also beneficial to have a fresh comprehensive approach to the changing social structure, as it unfolds with times.

The healthy body is the seat of prosperity and happiness, may it be of any age. Like, paediatrics is not just about “little people”, geriatrics similarly is not just about “overgrown”!!! The medical profession, in our sub continent, has to realise the need to consider this as a sub-speciality, and address it accordingly. It is true that practice of medicine already involves geriatrics but that is largely in management of acute illness. There is significant morbidity associated with chronic progressive disabilities of elderly patients. Out side the hospitals too little attention is paid towards the circumstances in which the elderly have to exist and to the kind of help available to them if at all. Elderly people are subject not only to illness, but also to personal losses, as well as social, psychological and economic handicaps. Therefore, there is a need for a well planned system of health care to meet the challenges of their acute illness, along with an emphasis on comprehensive management of their chronic health problems. It is of utmost importance that the medical treatment is combined with care, social support, physiotherapy and domiciliary nursing alternatives.

The need to improve the quality care for the elderly can be fulfilled if Indian Health Institutions (Medical and Nursing Colleges) seriously ponder on this issue and make necessary changes in the way geriatrics is approached in their curriculum.

It is important to realise that even though the need of geriatric population in India is different than that of in western world, we have to learn from the west how to provide comprehensive care to elderly population, so that they enjoy a life with self dignity, health and happiness. It also opens avenues for research, both medical and social – psychological, on the aged population of our country, so as to identify issues with the aim to have a rational approach.

The geriatrics has not received its share of emphasis, and that is not surprising. We need to start from somewhere, to prepare ourselves for geriatric population . The

Government of India in December 2007 has made an act known as Maintenance and Welfare of Parents and Senior Citizens. The Government of Rajasthan has also enforced this act from 1<sup>st</sup> August,2008.

The chapter 4 (20) of the act is devoted to the medical care of senior citizens. It says :

1. The government hospitals or hospitals funded or partially funded by the government shall provide beds for all senior citizens as far as possible
2. Separate queues shall be arranged for senior citizens on the counters.
3. Facility for the treatment of chronic, terminal and degenerative diseases is to be expanded for senior citizens
4. The facilities for geriatric patients in every district hospitals duly headed by a medical officer with the experience in geriatric care shall be earmarked.

Keeping in view the spirit of this act Indian Gerontological Association organised a four day workshop for physicians working at the district level and for those who were interested in geriatrics.

The workshop aimed to

- describe clinical conditions which are of greatest importance to the aging population of India.
- Outline epidemiology, update on diagnosis and evidence based, with cost effective management of these conditions.
- Implement optimal strategies for effective knowledge exchange (e.g. small group learning) and feedback.



*Dr. T.P. Jain is welcoming the guests and the participants*



This four day (1-4 February, 2009) workshop was held in the state Institute of Health and Family Welfare (SIHFW) Jaipur, Rajasthan. In this workshop 42 physicians from district hospitals and Government Medical colleges, 12 doctors from Homoeopathic and Ayurvedic medicines (alternative medicines) and other physicians who are doing private medical practice attended this workshop. In all 54 physicians participated in this four day workshop.

The inaugural function was held on the 1<sup>st</sup> February, 2009 at 9.30 a.m. and was well attended by a number of distinguished guests, comprising university professors, physicians and members of NGOs.

The chief guest of the inaugural function was Mr. Ramkishore Saini, State Minister of Social Justice and Empowerment, Government of Rajasthan. Dr. Christopher Patterson, Professor in the Department of Medicine at McMaster University and Chief of Geriatric services at the Hamilton Health Sciences Canada, Dr. Vinod Kumar, former Professor of Medicine, All India Institute of Medical Sciences, New Delhi were the guest of honour and special guest respectively. Professor R.S. Bhatnagar, presided the function.

Dr. T.P. Jain, former Professor of Social and Preventive Medicine S.M.S. Medical College, Jaipur (presently working as consultant, Rajasthan Voluntary Health Association, Jaipur) welcomed all the guests and introduced the chief guest Mr. Ramkishore Saini, guest of honour Dr. Christopher Patterson and special guest Dr. Vinod Kumar. He also introduced the activities of Indian Gerontological Association to the guests and the participants.

At this occasion Dr. K.L. Sharma, founder secretary of Indian Gerontological Association introduced the programme of International Initiative for the Care of the Elderly (Canada) to all the participants and guests present at the occasion of inauguration of the workshop and he also threw light on the need and planning of the workshop. Dr. Sharma said that "this programme has nine partners (China, South Africa, India, Australia, U.K., Germany, Israel, Switzerland). Indian Gerontological Association is one of these nine partners of this programme." The major aims of International Initiative for the care of the Elderly are

- to achieve the transfer of knowledge about the care of the elderly by drawing upon world-wide knowledge and resources;
- to connect with those countries who have a long history of meeting the challenges of an ageing population;

The major areas of this programme are : issues related to Dementia, Mental Health, Care-giving and End of life. Indian Gerontological Association has chosen care-giving and mental health as its thrust areas.

At this occasion Dr. Sharma thanked Professor Lynn Mc Donald, Professor of Social work and Director of NICE, University of Toronto, Canada. "Without her keen interest, guidance cooperation and financial assistance the workshop would not have been possible". He also thanked Dr. Christopher Patterson, who kindly agreed to come to Jaipur to conduct this workshop. At this occasion, Dr. Sharma said that "I would also like to thank Dr. Peter Donahue, Anthony Lomardo, Susan Murphy and Lyn Rock for their cooperation since the beginning of this programme. I would also like to express my gratitude to Dr. Vinod Kumar who kindly agreed to come to participate in the workshop as a resource person and spared two days from his busy schedule".



*Shri Ramkishore Saini is releasing the calendar*

At this occasion Dr. Sharma made his presentation on "Elderly Care in India : Changing perspectives".

The workshop was inaugurated by Mr. Ramkishore Saini, the State Minister of Social Justice and Empowerment, Government of Rajasthan, Jaipur. In his inaugural speech the Minister highlighted the various schemes for the welfare of senior citizens in Rajasthan. At this occasion the chief guest Mr. Ramkishore Saini released the Elderly Care Calendar brought out by Indian Gerontological Association.

In the end of the function Professor R.S. Bhatnagar, gave

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thanks to the chief guest the State Minister for Social Justice and Empowerment, Dr. Patterson, Dr. Vinod Kumar, all the participants and the guests who attended the inaugural function.

After the high tea (in which all the persons who attended inaugural function were present) the workshop for participants began at 12 O'clock in which Professor Vinod Kumar gave his talk on Aging and Geriatric Medicine in India.

After the lunch two lectures were given by Dr. Patterson and Dr. Vinod Kumar. Dr. Patterson presented his lecture on Cardiovascular Disorders in Older People, after which Professor Kumar lectured on Diabetes in the Older Population.

In the evening a dinner was organised at Nahar Garh fort for the participants and the guest faculty. Every body enjoyed the dinner in this historical old Royal Palace of Jaipur.

### Monday February 2, 2009

The first two morning sessions were presented by Professor Kumar. The first addressed Healthy Aging - the Indian perspective, followed by a presentation on Pulmonary Disorders, after which Professor Kumar returned to Delhi in the early afternoon.

Dr. R.S. Jain, Associate Professor of Neurology, S.M.S. Medical college, Jaipur delivered a lecture on Stroke and Parkinson's disease. After lunch Dr. Christopher Patterson spoke on Musculoskeletal Disorders. Following that Dr. Patterson took charge of the small group sessions. This type of learning appeared unfamiliar to some of the participants, but they soon got into the swing of things, and seemed to enjoy the paper case descriptions and discussion. It will be worthwhile to mention here that Mrs. Patterson (who is a social worker and case manager with a Geriatric Medicine and Psychiatric team) was able to participate in



*Dr. Vinod Kumar*



*Dr. R.S. Jain*



*Dr. Patterson is taking a group session*

the small group facilitation, as was Dr. Vimal Agrawal, who was part of the organizing committee, and who was previously the Director of a School of Nursing. Both were familiar with small group learning.

At the end of the day there was a presentation from Dr. Daryani, Principal M.P.K. Rajasthan Homoeopathic College, Jaipur.



*Dr. Daryani*

In the evening the dinner was organised in Kanchan keshari. Restaurant.

### Tuesday February 3, 2009

As usual the session started at 9 a.m. sharp. Dr. Patterson gave his presentation on Dementia, later on he divided all the participants into small groups for further discussion of paper cases. It was clear that the comfort level with this type of learning had improved considerably from the previous day. There followed a presentation on Chronic Obstructive Pulmonary Disease, by Dr. Virendra Singh (Professor of



*Dr. Virendra Singh*



*Dr. Shiv Gautam*



Medicine and Head of the Department of Respiratory Diseases, S.M.S. Medical College, Jaipur).

After lunch, Dr. Patterson presented a lecture on pharmacology entitled Pitfalls of Prescribing for Older People. This was followed by a presentation by a Geriatric Psychiatrist, Dr. Shiv Gautam, (Professor of Psychiatry and Vice-Principal, S.M.S. Medical Colleges, Jaipur) who talked about the organization of services and therapeutic interventions for a number of common psycho-geriatric conditions.

In the evening the dinner was organised in Jaipur Heritage hotel.

## Wednesday February 4, 2009

On the final day, in the morning session Dr. Patterson presented an approach to Preventive Health Care, giving a more international perspective. This was followed by a lecture on Hypertension in the Elderly from Dr. Kunal Kothari (former professor of Cardiology, S.M.S. Medical College Jaipur, presently working as member of teaching faculty at Mahatma Gandhi Medical College and Hospital, Jaipur and has been given responsibility for establishing a training program in Family Medicine by the college).

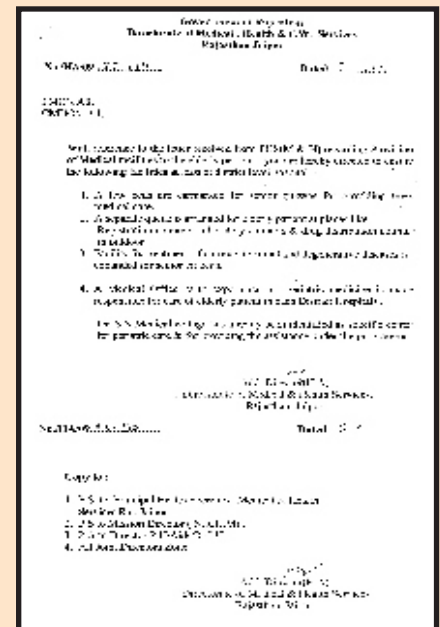
In the evening session closing ceremony was held. The closing ceremonies included an interesting presentation by the chief guest of this session Dr. (Mrs.) Malvika Panwar, Principal Secretary, Department of Social Justice and Empowerment, Government of Rajasthan, who listed some of the initiatives that are being planned and some of them already implemented for care of the elderly in Rajasthan. These included a small pension for the destitute elderly, subsidies and land grants for building old age homes. She also informed that Rajasthan Government has adopted the central act "Maintenance and Welfare of Parents and Senior

Citizens Act 2007," from August 2008 in Rajasthan

Dr. Patterson and Dr. Panwar distributed certificates to the participants.

Participants also expressed their views about the workshop. They were given evaluation form in which they appreciated some of the lectures very much. All the participants liked activities organised in groups by Dr. Patterson.

The function was presided by Justice Pana Chand Jain (former Justice, Rajasthan High Court, Jaipur). In the end Professor P.K.Dev gave thanks to all the participants and guest speakers and staff of IGA and Rajasthan Voluntary Health Association who helped in the organisation of the workshop. Dr. Dev, on behalf of IGA gave special thanks to the Health Minister Shree Imaduddin Ahmad Khan, Shree R.K.Meena, Principal Secretary Ministry of Health, and Dr. O.P. Gupta, Director, Medical and Health Department, Government of Rajasthan, who had deputed doctors from all the district hospitals and the medical colleges of Rajasthan. With out the help of Ministry of Health, Government of Rajasthan, this workshop would not have been possible.



State Government's Response



Justice Pana Chand Jain & Dr. (Mrs.) Malvika Panwar



Dr. Malvika Panwar is giving certificate to the participant

## NATIONAL WORKSHOP ON GERIATRIC NURSING CARE : 11-13 FEBRUARY, 2009

One of the major issues facing the world, including India, is the ageing of the population. As the population ages, it is expected that the demand for health care will also increase, thus escalating the need for gerontological nurses. Individuals over the age of 65 years of age are more likely to have chronic illnesses and disabilities and require health services which provide skilled nursing assessment and intervention, and access to acute care hospitals, rehabilitation, and community care. Nurses will provide care to older patients across a diverse range of settings.

Keeping in view the growing need for nursing care in India, Indian Gerontological Association organised a three day National Workshop on Geriatric Nursing Care from 11-13<sup>th</sup> February, 2009 in the State Institute of Health and Family Welfare (SIHFW). 47 participants, (students of M.Sc. nursing and teachers teaching in Nursing Colleges) attended this workshop.

### 11 February, 2009

The inaugural session began at 10 a.m. with lightening of lamp by Dr. Sandra P. Hirst, Associate professor, Faculty of nursing, University of Calgary, Canada, Professor R.S. Bhatnagar, President, Indian Gerontological Association, Professor K.L.Sharma, Founder Secretary of India Gerontological association and Dr. Vimal Agrawal, Former Principal Government college of nursing, SMS Medical College, Jaipur. Dr. R.S. Bharnagar presided the inaugural function.

Dr. Vimal Agrawal welcomed all the participants and guests. She introduced the chief guest Dr. Sandra P. Hirst and Professor R.S.Bhatnagar and a number of other distinguished guests comprising university professors,

physicians and members of different NGO's in the inaugural function. Dr. Agrawal also introduced the activities of Indian Gerontological Association.

At this occasion Dr. K.L.Sharma, Founder Secretary of Indian Gerontological Association introduced the programme of International Initiative for the Care of the Elderly (Canada) to all the audience present at the occasion of inauguration of the workshop and he also threw light on the reason and planning of the workshop.

Dr. Sharma said that approximately 73% elderly live in rural India and majority of them do not have even primary health care. This group of elderly need attention of government and NGO's working in this field. He also made his presentation on Rural Elderly: Problems and Interventions.

The first session with participants was started after the tea break. In this session Dr. Sandra P. Hirst discussed objectives of the workshop:

#### Objectives were:

1. to reflect upon one's personal view of ageing.
2. to examine the realities of ageing and their impact upon the nursing care with respect to the needs of the older adults.
3. to demonstrate the ability to assess and intervene specific to common problems experienced by older adults in the acute care setting.
4. to discuss a model of responding to some of the challenging behaviour patterns demonstrated by the older adults within the acute care setting.
5. to discuss the concept of a "gerontological nurse".

She emphasized that the more understanding a health care



Dr. K.L. Sharma introducing the activities of IICE (Canada)



Dr. P.K. Dev, Vice-President IGA is giving thanks to the guests



professional has about the ageing process and normal age-related changes, the better able one is to respond to care needs. One becomes able to distinguish between normal and dysfunctional ageing.

In the first session, Personal Views of Aging: Myths and Realities, Dr. Sandra told the participants that the information she was going to impart would attempt to dispel some common myths about ageing. An ageing game was also played to encourage self reflection on the part of the participant. This session was based on the discussion of the outcome of the game and it explored: 1) the normal, expected changes of ageing, 2) the resulting effects, 3) some ways to adapt, and 4) the implications of these changes for nursing practice.

Ageing is a progressive and cumulative process of change occurring over time and affected by many factors. Age-related changes occur throughout our lives. One example - learning to walk as a toddler is an age-related change. It is a natural process of growth and development. It is only in the later stages of our lives that we tend to negatively perceive some of the ageing specific changes because we perceive them as losses.

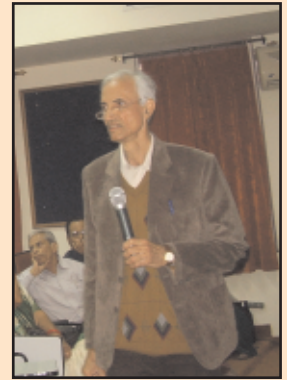
As health care professionals, the challenge for us is to determine which changes are the result of normal ageing and which changes are the result of other factors which can be altered. A common example is an older lady who has some arthritis and who leads a sedentary life. There is the presence of a normal ageing change - specifically the stiffening of joints but she also has a disease state. Her inactivity will lead to more joint problems and increased loss of muscle, bone mass, and strength. Her inactivity will affect other systems: the digestive system may be sluggish, leading to constipation. She may take in too many calories



After the lunch the first session of the workshop was continued by Dr. Sandra P. Hirst.

and gain on weight, putting additional stress on her joints. If she is taking medication for her arthritis, this may cause digestive problems. "As health care professionals, we need to differentiate between normal ageing changes and those triggered by other factors".

It was an interesting session according to all the participants and it made them more empathetic towards the problems of elderly.



Dr. Ratan Singh

At 3 p.m. Mr. Manoj Kumar, Director Institute of Personality Development, Ajmer (Rajasthan) discussed about antioxidants' role and their rich sources. He provided valuable information with the help of demonstration which made participants understand the process of ageing and the ways to delay its effect.

Last session of the day was conducted by Dr. Ratan Singh, former Professor of Clinical Psychology (Malaysia) and Consultant Clinical Psychologist, Jaipur Hospital, Lalkothi, Jaipur. He discussed neuro- psychological Rehabilitation and gave some important tips for the assessment and management of the elderly with these problems. He also discussed with the participants about the food sources and some medicines which can help the patients with Dementia.

In the evening a dinner was organised by IGA for all the participants in Jaipur Heritage Hotel where all the participants got the opportunity to interact with experts and with themselves.

On 12<sup>th</sup> February the session as usual started at 9a.m. by Dr. Sandra P. Hirst. This session was devoted to Seniors Care, and focused on some of the common experiences of older adults who are admitted into acute care facilities; specific to the domains of:

Sleep, Elimination, Nutrition, Immobility - mobility, Orientation, Reality of pain, Sensory changes, Concern - patient's/ family, Communication, Atypical presentation, Rx - medications, Environment.

She gave an exercise to narrate three skills necessary to assess an elderly. First she divided all the participants in four groups. Members of each group discussed the problem within themselves. Later on the whole group discussed about the required assessment skills. She continued after the tea break again and discussed some key points to be kept in mind while caring for an elderly which included all the aspects of health i.e. physical, mental and spiritual. She also

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discussed various settings in which a nurse provides care to the old e.g. hospital, residential homes and community.

After the lunch break Dr. Sandra P. Hirst discussed some important aspects of old age to be taken care of in detail and in some settings to be used with elderly e.g. sleep, nutrition, elimination, pain, sensory changes, medications and environment etc., in detail.

From 2.30 to 3.30 Mr. Manoj Kumar talked about Osteoporosis, its meaning, causes, prevalence prevention and treatment. He also stressed upon the important sources of calcium plus Vitamin D.

After the tea break Dr. Naresh Somani, Senior consultant Oncologist at Bhagwan Mahaveer Cancer Hospital and Research Centre, Jaipur discussed the nursing considerations while caring an elderly patient with cancer. He discussed all the aspects of nursing processes i.e., assessment, planning, implementation and evaluation, which should be specially followed in caring for old cancer patient. He also discussed in detail about the pain management, side effects of chemotherapy and nurses role in counselling the patient to get adhered to the treatment plan and palliative care. The session ended with a question and answer session.

In the last sitting Dr. K.L.Sharma talked on Elder Abuse, various types of abuses and how to tackle this problem specially in hospital settings.

All the participants reported that the session was quite fruitful and provided them valuable information.

In the evening a dinner was organised for the participants, experts and guests in Dana Pani Hotel.

The session on third day (13<sup>th</sup> February) began as usual at nine in the morning. Dr. Sandra P. Hirst focused on Teaching: Older adults and those important to them. The purpose of teaching was to provide information or a skill to the older patient that will facilitate health and well being. Teaching requires individualizing the process to compensate for any impairment(s) the older adult might experience. It should be a very natural sort of intervention used by gerontological nurses. Recognition is also given to the educational needs of family members.

She gave a case study to the participants and later they were given a task to note down main points of nursing assessment, nursing concerns and management of one of the concern in a particular case.

After the tea break the participants were shown a short film of last workshop on Nursing care organised in November 2007 by Indian Gerontological Association in collaboration with NICE.

Dr. Vimal Agarawal discussed about home care and family counselling. In this context she discussed few case studies with the participants

The participants were also shown a video clip related to the role of technology in improving the quality of life of elderly.

After the lunch the valedictory session was held. Shri Satynarayan Singh (retired IAS) and presently a social activist presided the session. Shri Singh in his presidential address emphasised that so far we have not given a collective attention to the growing problems of senior citizens. Indian Government as well as state governments and NGO's should think about the growing issues and challenges in the care of elderly.

All the participants were given certificates by the chief guest and Dr. Sandra P. Hirst. The participants thanked the organisers for the organisation of this workshop. They also supplied feedback about the sessions and gave suggestions for the organization of next workshop, in the end.

Dr. K.L. Sharma gave thanks to all the participants, Dr. Sandra P. Hirst, the chief guest, Mr. Stayen Chaturvedi, president Rajasthan Voluntary Health Association (RVHA) and the staff of RVHA who helped in the organisation of the workshop and to the members of the Executive of Indian Gerontological Association and the staff of IGA for their cooperation in the organisation of this workshop.



*The chief guest Shri Satya Narayan Singh (Rtd. IAS) is giving certificate to the participant.*