5 Využití měřicích a hodnoticích nástrojů pro populaci starší 60 let

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Souhrn

Populace seniorů (60+) bude v budoucnu tvořit významnou část příjemců ošetrovatelské péče. V rámci poskytování kvalitní, specializované a odborné péče je třeba jako podstatnou součást vnímat i práci s měřicími a hodnoticími nástroji, a především implementovat výsledky hodnocení i do samotné péče. Vzhledem k obsáhlé zdravotní problematice, která se postupem věku může rozvíjet, je nutné používat komplexní soubor nástrojů. V kapitole jsou zmapovány významné geriatrické syndromy jako sarkopenie a křehkost, kterým současné geriatrické ošetrovatelství nevěnuje dostatečnou pozornost. Potvrdili jsme ovšem i výskyt kognitivních poruch a nedostatečného nutričního stavu. Významné zjištění jsme také prokázali v oblasti kvality života a již vyjmenovaných syndromů. Jedná se pouze o část celkového problému, v rámci ošetrovatelství je nutné například působit i na oblast vzdělání sester pracujících s populací seniorů.

Klíčová slova: hodnoticí nástroje, kvalita života, populace starší 60 let, sarkopenie, vzdělání sester

Podkapitoly:

5.1 Významné zdravotní komplikace specifické pro populaci starší 60 let

5.2 Hodnocení křehkosti

5.2.1 Nástroje pro hodnocení křehkosti a prevalence

5.3 Hodnocení sarkopenie

5.3.1 Nástroje pro hodnocení sarkopenie a prevalence

5.4 Hodnocení nutričního stavu

5.4.1 Nástroje pro hodnocení nutrice a prevalence poklesu hmotnosti

5.5 Hodnocení intelektových poruch

5.5.1 Nástroje pro hodnocení kognitivních funkcí a prevalence kognitivních poruch

5.6 Monitorace sarkopenie, křehkosti, malnutrice a kognitivních poruch v ošetrovatelství

5.7 Postoj sester k měřicím a hodnoticím nástrojům v péči o populaci starší 60 let

5.8 Vliv úrovně vzdělání na postoj sester k monitorování potřeb

5.9 Kvalita života u populace starší 60 let

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