



TEHRAN UNIVERSITY  
OF  
MEDICAL SCIENCES

**School of Nursing and Midwifery**



**M.Sc. in Geriatric Nursing**  
**(General specifications, plans, and headlines)**

## **Section I**

**Title: Geriatric Nursing (M.Sc.)**

**Degree: M.Sc.**

### **Introduction**

Geriatric nursing is the specialty of nursing pertaining to older adults. Geriatric nurses work in collaboration with older adults, their families, and communities to support healthy aging, maximum functioning, and quality of life.

Geriatric nursing is important to meet the health needs of an aging population. Due to longer life expectancy and declining fertility rates, the proportion of the population that is considered old is increasing. Between 2000 and 2050, the number of people in the world who are over 60 is predicted increase from 605 million to 2 billion. The proportion of older adults is already high and continuing to increase in more developed countries. In 2010, seniors (aged 65 and older) made up 13 percent and 23 percent of the populations of the USA and Japan, respectively. By 2050, these proportions will increase to 21 percent and 36 percent.

### **Definition**

Geriatric nursing (M.Sc.) program, in compliance with holistic policies and to promote the health of elderlies in the society, trains nurses who deliver health, rehabilitation and social care for elderly population of the society. The graduates of this program will be able to combine advanced geriatric nursing knowledge with other related specialties and implement geriatric nursing theories with problem solving and evidence-based decision making methods.

Graduates of this program will acquire necessary knowledge and skills to deliver nursing care to elderly patient, family and society from prevention to rehabilitation. They also will be able to identify biological, psychological, social, and cultural needs of the patients by using principle of human communication in order to promote the quality of geriatric health and rehabilitation services.

## **The Aim of the Course**

### **Values and beliefs**

Geriatric nursing is based on following values:

- Preserving ethical and spiritual principles when caring for geriatric patients and their families
- Respecting the right of geriatric patients and their families
- Respecting the dignity of geriatric patients and their families
- Preserving social justice in caring for geriatric patients and their families
- Supporting geriatric patients to overcome their disabilities and improving their capability and efficiency
- Promoting self-caring skills of geriatric patients
- Supporting and promoting geriatric patients' independence, self-reliance, and proactive lifestyle
- Cooperating with other members of geriatric health care team and families
- Participating geriatric patients and their families in decision making regarding nursing care
- Emphasizing on family-centered care based on health-centered geriatric nursing
- Working towards continuous improvement of geriatric nursing care quality and interventions

### **Mission**

Increased life expectancy of the society and consequently, the prevalence of acute and chronic diseases in older age have caused increasing needs for qualified nurses able to deliver geriatric nursing care. Increased number of care homes and rehabilitation centers for elderly people who require scientific health care also highlights the need for training of qualified geriatric nurses. Currently, there is not even a single qualified experienced geriatric nurse in the ministries of Health and Social Welfare. Thus, the need for qualified professionals to plan necessary strategies and interventions in regard to geriatric nursing care is indeed evident.

The main mission of M.Sc. geriatric nursing program is to reduce mortality and health consequences caused by aging through expanding and developing specialized care structures, nursing care processes and training efficient professionals who possess necessary skills and knowledge. Advances in geriatric medicine and nursing have made elderly people to live longer, stay healthy and independent for longer. However, increased number of elderly

population who need specialized care and interventions and consequently, development of supportive social-clinical health models and structures for this population are necessary at national and global levels. Nursing education at degree level does not respond to such needs in this field and nurses only acquire empirical experiences after many years of work.

The need to provide health care services at home particularly related to the elderly people, who suffer from acute or chronic physical, social or psychological diseases, is another issue that should be considered in the mission of this program.

### **Vision**

Training skilled nurses in the field of geriatric nursing, medicine, and gerontology lead to:

- Expansion of geriatric centers for elderly patients with special disabilities
- Promotion of clinical nursing skills and knowledge based on international and regional standards in the field of geriatric health care
- Improvement in geriatric nursing care and practice in the society
- Updating skills and knowledge of experienced nurses regarding geriatric care with continuous education
- Promotion of geriatric nursing care for elderly patients and their families
- Expansion of elderly and families' awareness and abilities to participate in the society
- Establishment of relationship with regional countries to overcome specialized needs

### **Aims**

The main aim of M.Sc. geriatric nursing program is to provide geriatric nursing care for the country's elderly population. This aim will be achieved by training professionals who possess necessary attitude, knowledge, and capabilities in the field of geriatric care such as professional behaviors, communication skills, ability to use information technology, continuous self-education, conduct research, and use its finding in practice, management and promotion of nursing care, problem solving skills, and documenting delivered care and interventions.

According to the ethic approach and mission, the main aims of geriatric nursing program include:

- To help elderly patients and their families reach maximum practical abilities and personal competence
- To provide, maintain, and promote quality of life of the elderly people as much as possible
- To ensure the needs of the elderly patients and their families are met
- To promote the adoptability of the elderly patients and their families with life changes caused by aging process and possible disabilities
- To maintain the elderly patients' presence and participation in the society

### **General Competencies**

The graduated of this program will have clinical, educational, and research roles.

### **Specific Competencies and Skills (Special Qualifications)**

- A. Assessment
- B. Nursing diagnosis
- C. Planning
- D. Implementation
- E. Evaluation
- F. Documentation

### **The Terms and Conditions of Admission to the Course**

- To pass entry exam according to rules and regulations of Ministry of Health
- To have nursing degree from one of the national or international universities approved by the Ministry of Health

### **Exam's subjects and their credit**

No.	Subject	Credit
1	Medical-surgical nursing	3
2	Mental health nursing	2
3	Public health nursing	3
4	General English	2

## **Educational Strategies, Methods and Techniques**

**Educational Strategies:** task-based learning blended learning (teacher-centered and student-centered), blended learning (attendance and DLN), problem-based learning, professional competency-based learning, and evidence-based learning

**Methods and Techniques:** lecture (question and answer, video clip), journal club, case presentation, discussions in small groups, seminars and conferences, site visits (for example, Nursing Office of the Tehran University of Medical Sciences, and Iranian Nursing Organization), and clinical and managerial practice in health care fields

## **Student Assessment**

Written assessment (multiple choice questions [MCQ], essay [restricted and extended answer]), oral assessment (unstructured and structured oral exams), interactive computer test, and practical assessment (projects, portfolio, and logbook, laboratory observations).

## **Number and Type of Credits and Tables of the Courses (including compulsory and optional [elective] courses)**

<b>Code</b>	<b>Title of module</b>	<b>Number of credits</b>	<b>Types of the module</b>	<b>Prerequisite</b>
01	Medical information technology systems	1 (26 hours)	Theory-practice	-
02	Statistic and advanced research methodology	3 (68 hours)	Theory-practice	Statistic
03	Nursing ethics and professional relationship	2 (43 hours)	Theory-practice	-
04	Nursing theories and models and their application	2 (52 hours)	Theory-practice	-
05	Clinical nursing management	1.5 (43 hours)	Theory-practice	-
06	Education methods and planning	1.5 (34 hours)	Theory-practice	-
07	Epidemiology in old age	2 (68 hour)	Theory-practice	-
08	Assessing the elderly people's health status	2 (68 hours)	Theory-practice	-
09	Geriatric pharmacology and supplementary products	2 (34 hours)	Theory-practice	-
10	Healthy and active aging	2 (68 hours)	Theory-practice	07-08
11	Geriatric nursing (1), geriatric diseases and physical disorders	4 (136 hours)	Theory-practice	07-08-09

12	Geriatric nursing (2), psychological status, mental disorders and diseases	3 (103 hours)	Theory-practice	07-08-09
13	Geriatric nursing (3), social problems and issues during old age	3 (103 hours)	Theory-practice	07-08-09
14	Geriatric care structures and systems	3 (103 hours)	Theory-practice	07-08-09

### **Ethical Issues**

The graduates should:

- Observe the Patient's Bill of Rights<sup>1</sup> when working with the patients
- Strictly observe Biosafety and Patient Safety Rules\* concerning the patients, personnel, and workplace
- Observe the Rulebook for Dress Code<sup>2</sup>
- Strictly observe the Regulations of Working with the Laboratory Animals<sup>3</sup>
- Carefully preserve resources and equipment
- Truly respect faculty members, the staff, classmates and other students and work for creating an intimate and respectful atmosphere
- Observe social and professional ethical considerations in criticism

1, 2, and 3 are contained in the Enclosures.

\* Biosafety and Patient Safety Rules will be set out by the educational departments and will be available to the students.