

ADULT- GERONTOLOGY PRACTICE GUIDELINES

SECOND EDITION

EDITORS:

JILL C. CASH
CHERYL A. GLASS

ADULT-GERONTOLOGY CONSULTANTS:

CAROLE BARTOO
JENNY MULLEN

SPRINGER PUBLISHING
**DIGITAL
ACCESS**

See Code Inside 

Adult-Gerontology Practice Guidelines

Second Edition

Jill C. Cash, MSN, APN, FNP-BC

Cheryl A. Glass, MSN, APRN, WHNP, RN-BC

Editors

Carole K. H. Bartoo, MSN, AGPCNP, GS-C

Jenny Mullen, DNP, MSN, FNP-BC, ACHPN

Adult-Gerontology Consultants

763931

Universitatea de Stat de
Medicină și Farmacie
"Iuliu Hațieganu"
Biblioteca Științifică Medicină

SL3

Contents

Contributors *xiii*
 Acknowledgments *xv*

I. GUIDELINES

1. Normal Physiological Changes in the Aging Adult

Brain/Nervous System/Cognition	3
Breasts	3
Ears/Hearing	3
Eyes/Vision	3
Hair	4
Heart/Blood Circulation	4
Immune System	4
Kidneys	4
Lungs	5
Metabolism	5
Musculoskeletal	5
Oropharyngeal and Gastrointestinal	5
Sexual Function	6
Skin	6
Sleep	6
Smell	6
Taste	6
Bibliography	7

2. Healthy Living for the Adult-Geriatric Patient

Health Maintenance During the Life Span	9
Adult Risk Assessment Form	9
Adult Preventive Healthcare	9
Adult/Geriatric Screening Recommendations	9
Abdominal Aortic Aneurysm	16
Bone Mass Density Measurement for Osteoporosis	17
Cardiovascular Disease and Cardiac Screening (Cardiac Calcium Score)	18
Colorectal Screening	19
Dental Care	20
Depression Screening	20
Diabetes Screening	21
Hepatitis C Screening	21
HIV Screening	22
Immunizations	22
Mammography	22
Pap Smear/Pelvic Examination	22
Prostate Cancer Screening	29
Sexually Transmitted Infections Screening	29

Vision Screens	29
Pretravel Health Screenings	31
Bibliography	32

3. Adult-Geriatric Assessments

Adult Risk Assessment	35
Functional Capacity and Disability	35
Environmental Assessment	38
Cultural Diversity and Sensitivity	45
Exercise	47
Bibliography	50

4. Caregiver and End-of-Life Issues

Caregiver Support Issues	53
Formal and Informal Caregivers	53
Informal Caregiver Demographics	53
Care Recipient Demographics	54
Informal Caregiver Concerns	54
Providers' Assistance With the Caregiver	54
Caregiver Resources	55
Advance Directives	55
Palliative Care	57
Special Considerations—Hospice Care	58
Key Factors of Care in the Elderly Patient at the End of Life	63
Physical Aspects of Care	64
Symptom Management	66
Social Aspects of Care	73
Spiritual, Religious, Cultural, and Existential Aspects	74
Ethics	75
Bibliography	75

5. Geriatric Syndromes and Frailty

Introduction	77
Incontinence	77
Falls	78
Delirium/Altered Mental Status (AMS)	78
Weight Loss/Appetite Suppression	78
Depression	79

Pain	79
Dementia	80
Impaired ADL/IADL	80
Conclusion	80
Bibliography	81

6. Pain Management Guidelines

Acute Pain	83
Chronic Pain	85
Pain Assessment and Management in the Aging Population	89
Low Back Pain	93
Bibliography	95

7. Dermatology Guidelines

Acne Rosacea	97
Acne Vulgaris	98
Atopic Dermatitis	100
Benign Skin Lesions	101
Bites	102
Bullous Pemphigoid	106
Candidiasis	107
Cellulitis and Abscess	108
Contact Dermatitis	111
Erythema Multiforme	112
Folliculitis	113
HSV Type 1	115
Herpes Zoster (Shingles)	116
Lice (Pediculosis)	117
Lichen Planus	118
Pityriasis Rosea	119
Precancerous or Cancerous Skin Lesions	120
Psoriasis	122
Scabies	123
Seborrheic Dermatitis	125
Tinea	126
Tinea Versicolor	127
Warts	128
Wound Care: Lower Extremity Ulcer	129
Wound Care: Pressure Injuries/Ulcers	131
Wounds of the Skin	133
Wound Healing: High-Protein Nutrition	134
Xerosis (Winter Itch)	135
Bibliography	136

8. Eye Guidelines

Blepharitis	139
Cataracts	140
Chalazion	141
Conjunctivitis	142
Corneal Abrasion	144
Dacryocystitis	146
Dry Eyes	147
Excessive Tears	148
Eye Pain	149
Glaucoma, Acute Angle Closure	151
Hordeolum (Stye)	152
Macular Degeneration	153
Refractive Disorders	154
Retinopathy	156
Subconjunctival Hemorrhage	157
Uveitis	157
Bibliography	159

9. Ear Guidelines

Acute Otitis Media	161
Cerumen Impaction (Earwax)	162
Hearing Loss	163
Otitis Externa	165
Otitis Media With Effusion	166
Presbycusis	167
Tinnitus	168
Bibliography	170

10. Nasal Guidelines

Allergic Rhinitis	171
Epistaxis	173
Nonallergic Rhinitis	174
Sinusitis	176
Bibliography	178

11. Throat and Mouth Guidelines

Dental Abscess	179
Dysphagia	180
Epiglottitis	181
Oral Cancer, Leukoplakia	182
Pharyngitis	184
Stomatitis, Recurrent Aphthous Stomatitis	186
Thrush	187
Bibliography	188

12. Respiratory Guidelines

Asthma	191
Bronchitis, Acute	196
Bronchitis, Chronic	197
Chronic Obstructive Pulmonary Disease	199
Common Cold/Upper Respiratory Infection	204
Cough	205
Dyspnea	207
Emphysema	209
Influenza (Flu)	213
Obstructive Sleep Apnea	216
Pneumonia (Bacterial)	218
Pneumonia (Viral)	221
Tuberculosis	223
Bibliography	225

13. Cardiovascular Guidelines

Acute Myocardial Infarction	229
Arrhythmias	231
Atherosclerosis and Hyperlipidemia	234
Atrial Fibrillation	237
Carotid Artery Stenosis	241
Chest Pain	244
Chronic Venous Insufficiency and Varicose Veins	248
Deep Vein Thrombosis	250
Heart Failure	252
Hypertension	259
Lymphedema	263
Murmurs	264
Palpitations	267
Peripheral Arterial Disease	269
Superficial Thrombophlebitis	271

14. Gastrointestinal Guidelines

Abdominal Pain	279
Appendicitis	283
Bowel Obstruction	285
Celiac Disease	288
Cholecystitis	291
Cirrhosis of the Liver	293
Colorectal Cancer Screening	297
Constipation	299
Crohn's Disease	303
Cyclosporiasis	310
Diarrhea	312
Diverticulosis and Diverticulitis	315
Elevated Liver Enzymes	318
Fecal Incontinence	321
Gastroenteritis, Bacterial and Viral	324
Gastroesophageal Reflux Disease and Dyspepsia (GERD)	327
<i>Giardiasis Intestinalis</i>	331
Hemorrhoids	332
Hepatitis A	335
Hepatitis B	338
Hepatitis C	344
Hernias, Abdominal	348
Hernias, Pelvic	350
Hiatal Hernia	353
Irritable Bowel Syndrome	355
Jaundice	358
Malabsorption	361
Nausea and Vomiting	364
Pancreatitis	367
Peptic Ulcer Disease	370
Post-Bariatric Surgery Long-Term Follow-Up	374
Ulcerative Colitis	380
Bibliography	384

15. Genitourinary Guidelines

Benign Prostatic Hyperplasia	391
Chronic Kidney Disease	394
Epididymitis	399
Hematuria	401
Interstitial Cystitis	403
Nocturia	406
Prostatitis	409
Proteinuria	413
Pyelonephritis	415
Renal Calculi, or Kidney Stones (Nephrolithiasis)	418
Sexual Dysfunction, Male—Erectile Dysfunction	421
Sexual Dysfunction, Male—Premature Ejaculation	426
Testicular Torsion	428
Urinary Incontinence	429
Urinary Retention	434
Urinary Tract Infection (Acute Cystitis)	436
Varicocele	440
Bibliography	441

16. Obstetrics Guidelines

Preconception Counseling: Identifying Patients at Risk	445
Prenatal Care: Initial Prenatal Visit	447
Prenatal Care: First Trimester Overview	447
Prenatal Care: Second Trimester Overview	449
Prenatal Care: Third Trimester Overview	449
Postpartum Overview	450
Anemia, Iron Deficiency	452
Gestational Diabetes Mellitus	454
Preeclampsia (PIH)	456
Preterm Labor	460
Pyelonephritis in Pregnancy	462
Vaginal Bleeding: First Trimester	464
Vaginal Bleeding: Second and Third Trimesters	466
Postpartum Breast Engorgement	469
Endometritis	470
Mastitis	471
Postpartum Depression	472
Secondary Postpartum Hemorrhage	476
Wound Infection	477
Postpartum Exam	478
Bibliography	479

17. Gynecologic Guidelines

Amenorrhea	483
Bacterial Vaginosis (<i>Gardnerella</i>)	485
Bartholin's Cyst or Abscess	486
Breast Pain	487
Cervicitis	489
Contraception	490
Dysmenorrhea	494
Dyspareunia	496
Emergency Contraception	498
Endometriosis	500
Female Sexual Dysfunction	502
Genitourinary Syndrome of Menopause	505
Infertility	508
Menopause	512
Pap Smear Screening Guidelines and Interpretation	516
Pelvic Inflammatory Disease	517
Pelvic Organ Prolapse	519
PMS and Premenstrual Dysphoric Disorder	527
Preventive Care for Adult Survivors of Sexual Violence	529
Sexual Health Issues in the Aging Population	531
Sexuality and Chronic Health Conditions	536
Sexuality and End of Life	537
Sexuality and Physical Disabilities	538
Vulvovaginal Candidiasis	539
Bibliography	541

18. Sexually Transmitted Infections Guidelines

Chlamydia	547
Gonorrhea	549
Herpes Simplex Virus—Genital Herpes	551
Human Papillomavirus	553
Syphilis	557
Trichomoniasis	559
Bibliography	561

19. Infectious Disease Guidelines

Cytomegalovirus 563
 Encephalitis 566
 Lyme Disease 568
 Meningitis 571
 Mononucleosis (Epstein-Barr) 574
 Rheumatic Fever 576
 Rocky Mountain Spotted Fever 579
 Toxoplasmosis 582
 Varicella (Chickenpox) 585
 West Nile Virus 587
 Bibliography 590

20. Systemic Disorders Guidelines

Anemia, Iron Deficiency (Microcytic, Hypochromic) 593
 Malnutrition 595
 Megaloblastic Anemia 597
 Cancer Management 600
 Myalgic Encephalomyelitis/Chronic Fatigue Syndrome 603
 Fevers of Unknown Origin 605
 HIV 607
 Idiopathic (Autoimmune) Thrombocytopenic Purpura 610
 Lymphadenopathy 612
 Bibliography 615

21. Musculoskeletal Guidelines

Aging Knee/Knee Pain 619
 Bunion 621
 Degenerative Disc Disease (Neck/Lumbar) 622
 Hammer Toe 623
 Morton's Neuroma 624
 Neck and Upper Back Disorders 625
 Plantar Fasciitis and Bone Spurs 627
 Sciatica 628
 Shoulder Pain 630
 Spinal Stenosis 632
 Sprains: Ankle and Knee 636
 Bibliography 638

22. Rheumatological Guidelines

Ankylosing Spondylitis 641
 Fibromyalgia 642
 Gout 644
 Osteoarthritis 646
 Osteoporosis/Kyphosis/Fracture 648
 Polymyalgia Rheumatica 651
 Pseudogout 652
 Psoriatic Arthritis 654
 Raynaud's Phenomenon 655

Rheumatoid Arthritis 657
 Systemic Lupus Erythematosus 661
 Temporal Arteritis/GCA 663
 Vitamin D Deficiency 665
 Bibliography 666

23. Neurologic Guidelines

Alzheimer's Disease 669
 Bell's Palsy 672
 Carpal Tunnel Syndrome 674
 Guillain-Barré Syndrome 675
 Headache 678
 Migraine Headache 681
 Mild Traumatic Brain Injury 686
 Multiple Sclerosis 689
 Myasthenia Gravis 693
 Neurocognitive Disorders (Dementia) 694
 Normal Pressure Hydrocephalus 697
 Parkinson's Disease 699
 Restless Legs Syndrome 702
 Seizures 703
 Stroke 708
 Transient Global Amnesia 713
 Transient Ischemic Attack 714
 Trigeminal Neuralgia 717
 Vertigo 719
 Bibliography 723

24. Endocrine Guidelines

Addison's Disease 729
 Cushing's Syndrome 731
 Diabetes Mellitus 733
 Galactorrhea 739
 Gynecomastia 740
 Hypogonadism 741
 Metabolic Syndrome/Insulin Resistance Syndrome 743
 Obesity 744
 Polycystic Ovarian Syndrome 748
 Thyroid Disease 750
 Bibliography 759

25. Psychiatric Guidelines

Anxiety 763
 Bipolar Disorder 765
 Depression 770
 Failure to Thrive 774
 Grief 776
 Intimate Partner Violence 778
 Sleep Disorders 782
 Substance Use Disorders 785
 Suicide 794
 Violence Against the Older Adult 796
 Bibliography 798

II. PROCEDURES

Bimanual Examination: Cervical Evaluation During Pregnancy 803
 Canalith Repositioning (Epley) Procedure for Vertigo 805

Clock-Draw Test 807
 Cystometry 809
 Establishing the Estimated Date of Delivery 811
 Evaluation of Sprains 813

Hernia Reduction (Inguinal/Groin)	814	Rectal Prolapse Reduction	825
Inserting an Oral Airway	815	Removal of a Foreign Body From the Nose	826
Intrauterine Device (IUD) Insertion	816	Removal of a Tick	827
Neurologic Examination	818	Trichloroacetic Acid (TCA)/Podophyllin Therapy	828
Pap Smear and Maturation Index Procedures	819	Wet Mount/Cervical Cultures	829
Pessary Insertion and Management	821	Bibliography	831
Prostatic Massage Technique: Two-Glass Test	824		

III. PATIENT TEACHING GUIDES

Abdominal Pain	835	Fibrocystic Breast Changes and Breast Pain	906
Acne Rosacea	836	Fibromyalgia	907
Acne Vulgaris	837	Folliculitis	908
Addison's Disease	838	Gastroesophageal Reflux Disease (GERD)	909
Alcohol and Drug Dependence	839	Gestational Diabetes	911
Allergic Rhinitis	841	Gonorrhea	912
Amenorrhea	842	Gout	913
Ankle Exercises	843	Grief	914
Antepartum: First-Trimester Vaginal Bleeding	844	Hemorrhoids	915
Aphthous Stomatitis	845	Herpes Simplex Virus	917
Asthma	846	Herpes Zoster (Shingles)	919
Asthma Action Plan and Peak Flow Monitoring	847	How to Administer Eye Medications	920
Atherosclerosis and Hyperlipidemia	849	How to Use a Metered-Dose Inhaler	922
Atrial Fibrillation	850	Human Papillomavirus	923
Back Stretches	852	Influenza (Flu)	924
Bacterial Pneumonia	854	Insect Bites and Stings	926
Bacterial Vaginosis	855	Insulin Therapy During Pregnancy	928
Bell's Palsy	857	Iron-Deficiency Anemia	930
Benign Prostatic Hyperplasia	858	Iron-Deficiency Anemia (Pregnancy)	932
Bronchitis, Acute	859	Irritable Bowel Syndrome (IBS)	933
Bronchitis, Chronic	860	Jaundice and Hepatitis	935
Cerumen Impaction (Earwax)	862	Knee Exercises	937
Cervicitis	863	Lactose Intolerance and Malabsorption	938
Chlamydia	864	Lice (Pediculosis)	939
Chronic Kidney Disease	865	Lichen Planus	941
Chronic Obstructive Pulmonary Disease	869	Lyme Disease and Removal of a Tick	942
Chronic Pain	871	Lymphedema	945
Chronic Venous Insufficiency	872	Management of Ulcers	946
Common Cold	873	Managing Your Parkinson's Disease	948
Conjunctivitis	874	Mastitis	950
Contraception: How to Take Birth Control Pills (For a 28-Day Cycle)	875	Menopause	952
Coping Strategies for Teens and Adults With Attention Deficit Hyperactivity Disorder (ADHD)	877	Migraine Headaches	954
Cough	878	Mild Head Injury	956
Crohn's Disease and Ulcerative Colitis	879	Mononucleosis	957
Cushing's Syndrome	881	Myasthenia Gravis	958
Deep Vein Thrombosis	882	Neck Exercises	959
Dementia	884	Nicotine Dependence	960
Dermatitis	886	Nocturia	962
Diabetes	887	Nosebleeds	964
Diarrhea	890	Osteoarthritis	965
Dysmenorrhea (Painful Menstrual Cramps or Periods)	892	Osteoporosis	967
Dyspareunia (Pain With Intercourse)	893	Otitis Externa	969
Eczema	894	Otitis Media With Effusion	970
Emergency Contraception Pills	895	Pelvic Inflammatory Disease	971
Emphysema	897	Peripheral Arterial Disease	972
Endometritis	899	Pharyngitis	974
Epididymitis	900	Pityriasis Rosea	975
Erythema Multiforme	902	Pneumonia, Viral	976
Fecal Incontinence	903	Polymyalgia Rheumatica	977
		Postpartum: Breast Engorgement and Sore Nipples	979

Premenstrual Syndrome and Premenstrual Dysphoric Disorder	981	Urinary Tract Infection (UTI)	1028
Preterm Labor	983	Urinary Tract Infection During Pregnancy: Pyelonephritis	1030
Prostatitis	985	Vaginal Bleeding: Second and Third Trimester	1031
Psoriasis	987	Vaginal Yeast Infection	1032
Reference Resources for Patients With HIV/AIDS	989	Varicose Veins	1033
RICE Therapy and Exercise Therapy	990	Vitamin B ₁₂ Including Pernicious Anemia	1034
Rocky Mountain Spotted Fever and Removal of a Tick	991	Warts	1035
Safety Issues: Fall Prevention	993	Wound Care: Lower Extremity Ulcers	1036
Safety Issues: Medication Safety	996	Wound Care: Pressure Injuries/Ulcers	1037
Scabies	998	Wound Infection: Episiotomy and Cesarean Section	1038
Seborrheic Dermatitis	999	Wounds of the Skin	1039
Sinusitis	1000	Xerosis (Winter Itch)	1040
Skin Care Assessment	1001	Appendices	
Sleep Apnea	1003	<i>Appendix A: Normal Laboratory Values</i>	1043
Sleep Disorders/Insomnia	1005	<i>Appendix B: Dietary Recommendations</i>	1047
Superficial Thrombophlebitis	1007	<i>Appendix C: Beers Criteria</i>	1065
Syphilis	1008	<i>Appendix D: Deprescribing Algorithms</i>	1081
Systemic Lupus Erythematosus (SLE)	1009	<i>Appendix E: American Society for Colposcopy and Cervical Pathology (ASCCP) Algorithms for the Updated Consensus Guidelines for Managing Abnormal Cervical Cancer Screening Tests and Cancer Precursors</i>	1087
Testicular Self-Examination	1011		
Thrush	1012	<i>Index</i>	1089
Tinea	1013		
Tinea Versicolor	1014		
Tinnitus	1015		
Tips to Relieve Constipation	1016		
Toxoplasmosis	1018		
Transient Ischemic Attack	1019		
Trichomoniasis	1021		
Trigeminal Neuralgia	1022		
Urinary Incontinence: Women	1023		
Urinary Retention	1026		