

Original Research Article

# The Strategy of Geriatric Nursing Personnel Training Based on the Demand of Geriatric Nursing

Lu Yang<sup>1</sup>

The Sixth People's Hospital of Chengdu, Chengdu 610051, Sichuan, China 610051

**Abstract:** With the increasingly serious aging trend in China, the incidence of some chronic diseases related to it is also increasing. In this regard, the demands of elderly care gradually show a trend of diversified development, and the requirements of nursing quality become more and more strict. In China, most nursing personnel training is accomplished through colleges and universities, many of which come from the nursing profession. However, there is no division of nursing disciplines for elderly patients at present, and the corresponding training plan, content and target for elderly care are not specific. Next, we focus on the implementation strategy of training elderly nursing talents based on the needs of elderly care.

**Keywords:** Elderly Care Needs; Nursing Talents; Training Strategy

## 1. Introduction

According to the concept, old age refers to people over 65 years old. Due to the continuous upgrading of medical technology and the continuous improvement of people's quality of life in China, the number of the elderly population in China continues to increase, and its proportion is also constantly increasing. According to the relevant regulations of the international population health organization, an aging country can be defined as one where the proportion of the elderly is  $>.7$  percent. By the end of 2018, there were about 160 million people over the age of 65 in China, accounting for about 10.9 percent, making China an aging country worthy of the name. As the number of older persons is increasing, their health problems are receiving more and more attention, which puts more stringent requirements and regulations on the work of elderly care. Based on this, how to improve the consciousness and ability of self-care of the elderly, improve their living conditions, and truly achieve the goal of healthy aging, is an important task for Chinese medical workers to think about. In this regard, this paper first discusses the specific current situation of elderly care needs in China, and then, under the promotion of advanced and first-class nursing experience at home and abroad, summarizes some feasible and effective coping strategies and methods for strengthening the training of elderly care personnel, hoping to provide guidance and reference for relevant education schools.

## 2. The current elderly care needs in China to explore

### 2.1 The health status of the elderly is declining, and the demand for clinical care is increasingly tense

As the health of the elderly continues to decline with age, for example, functional loss and impairment rates continue to increase, standardized, professional and continuous care is required. According to the statistical analysis of data from China's Ministry of Health, the prevalence rate of the elderly over 65 years old is about 47.3% per year, and the proportion of those with chronic diseases is about 67.5%, and the hospitalization rate is 16.2%<sup>[1]</sup>. With the passage of time, the incidence of brain atrophy and dementia in the elderly continues to increase, and the reason is that the proportion of the elderly who are confined to bed keeps increasing with the growth of age, so their demand for clinical care and other aspects becomes more and more tense.

### 2.2 The function of family pension deteriorates and the demand for social pension increases

Due to the drastic changes in family structure, the increasing mobility of the population in different parts of the country is bound to pose a certain challenge and threat to the traditional pension model. For a family with only one child, it is generally necessary to bear the burden of supporting four elderly people. However, most young people are forced to leave their parents or hometown for work or living abroad due to their livelihood, which will inevitably increase the dependence of more and more old people on clinical nursing work. The empty-nest phenomenon has become a common problem in the current society. However,

<sup>1</sup> **About the author:** Lu Yang, female, born in 1982, deputy chief nurse, director of nursing Department of Chengdu Sixth People's Hospital, research direction: elderly care, nursing management.

social institutions for the aged are relatively scarce. Therefore, China is creating a service model of the aged with the family as the unit, the community as the auxiliary, and the aged unit as the support.

### **2.3 The mental health problems of the elderly are becoming increasingly serious**

People's health includes two aspects: physical health and mental health. Through the investigation, it is found that maintaining healthy psychology plays a positive role in improving people's immunity and reducing the morbidity, and is conducive to the recovery and recovery of diseases. However, the majority of the elderly have different chronic diseases, leading to a continuous decline in their ability to care for themselves, and even dysfunction or degeneration. Through clinical research and data investigation, it is found that depression is an important manifestation of mental health problems in most of the elderly. Due to the long-term lack of emotional interaction and daily life care, many empty nesters are not in an ideal state of mental health. Compared with some non-empty nesters, they have a very high risk of "empty nest syndrome", about 35.8%. Therefore, in the process of physical care for the elderly, attention should also be paid to the psychological care and intervention of the elderly.

## **3. The analysis of the root cause of the elderly care needs not met**

### **3.1 The discipline of geriatric nursing is updated slowly**

Chinese nursing association officially founded in 2000, then aged care professional committee is set up, but from the Angle of reality, the development of Chinese aged care disciplines pace slow, discipline level is relatively backward, and for some of the colleges, they have little or no set elderly nursing profession, to our country in the aspect of cultivating professional talents of aged care has not had any experience, a serious shortage of related staff also. Compared with some western countries, there are obvious shortcomings in the development of gerontology in China. For example, there are imperfect problems in the curriculum setting of gerontology, and the content of discussion is relatively superficial. And for the relevant curriculum, the curriculum is also seriously insufficient. These problems will lead to students' inability to deeply learn relevant knowledge, which is not conducive to students' accumulation of sufficient and rich practical experience<sup>[2]</sup>.

### **3.2 There is a serious shortage of elderly nursing staff with varying professional quality**

In our country, the number of clinical nursing staff is seriously insufficient, especially the number of professional elderly nursing staff is very few, unable to truly meet the current market in the elderly nursing work of the basic needs. For the elderly clinical nursing work, it has the characteristics of "high responsibility, heavy task, low salary, low welfare", which will inevitably lead to the improvement of the flow rate of practitioners, leading to a serious shortage of professional nursing staff. Nowadays, in the community elderly nursing, nursing clinical nursing work, such as many nursing staff education is relatively low, not or rarely standardization, specialization, the steps of aged care knowledge training, so they in the practical work, can't fully grasp the basic needs of old people, also don't understand the inner dynamic of old people, so can't for the elderly more comfortable, more satisfied, more professional nursing and medical care.

## **4. Specific strategies for the cultivation of elderly nursing talents based on the needs of elderly nursing**

### **4.1 Form a new concept of elderly care**

Since the 1990s, the International Health Organization has clearly pointed out the concept of "healthy aging", which mainly refers to: the elderly not only to ensure longer life, but also the need to gradually improve the quality of life. In the 48th Session of the United Nations General Assembly, some experts also clearly put forward: in the elderly care work, must strictly follow the "independence, care, self-realization, respect" and other principles. According to the above concept, this will inevitably pose a certain challenge to the traditional nursing concept, leading to obvious adjustment and innovation in the specific content of elderly care, the most critical is the need for the elderly in five aspects, namely: physical health, physiological health, preventive health care, social function, self-care. Therefore, in practice, the scope is not only limited to hospitals, but also needs to be extended to families, communities and other related units. At present, the fundamental goal of geriatric care is to enhance the independence of old age as much as possible, prevent the appearance of disability, relieve pain and maintain dignity. This not only needs to strengthen the relevant education and training, but also needs to use the radio, radio, newspapers and other to improve the publicity, promote the elderly nursing staff and related social groups to update the concept of elderly care, so as to truly provide comprehensive care for the majority of the elderly.

### **4.2 Strengthen the quality training of elderly nursing personnel**

Must strengthen the professional quality of aged care professionals training, to master the most comprehensive theory knowledge, skilled operation skills at the same time, you also need to fully understand the clinical features of senile disease and rehabilitation techniques, and master the psychology, ethics, law and other aspects of knowledge, combined with the psychological needs of old people to provide personalized, targeted services<sup>[3]</sup>.

### **4.3 To guide institutions of higher learning to formulate professional and perfect nursing training plans**

For some higher medical colleges in China, it is necessary to strengthen the application of bachelor, master, doctor and other degree education programs in gerontology as soon as possible. Discuss and develop a scientific, effective and perfect training program for elderly nursing staff together with relevant experts, and define corresponding training requirements and standards, so as to scientifically set up professional nursing courses and ensure that their contents are consistent with the actual needs.

## 5. Conclusion

Anyhow, with constant expansion of aged care disciplines, for related nursing staff must constantly update professional ideas, and master the corresponding training skills, accumulated the rich practical experience, the work of aged care fully, and constantly improve the corresponding nursing system, only the related parties to the joint efforts of the whole society and promote, can really smooth realization of social development in our country play a positive role, such as “healthy aging”.

## References

---

- 1 Liu Yongbing, Xue Huiping. Exploration of the application of industry-University-Research Collaborative education mechanism in the cultivation of nursing Talents in the Health care service industry [J]. Health Vocational Education, 2019, 037(016): 18–20.
- 2 Yuan Yunzi. Investigation of elderly Care Needs under the background of “Combination of medical care and nursing care” [J]. Heilongjiang Science, 2020(20).
- 3 Zhao Jin. Demand Analysis of Senile Nursing and training of Senile nursing staff [J]. Chinese Medical Guide, 2018, 016(002): 293.