

ELDERLY CARE PROGRAM 2020-2021 COURSE CONTENTS

SEMESTER I

MYO101 Basic Anatomy and Physiology (3+0), ECTS:4

Introduction to Anatomy and Physiology; cell theory, cell organelles; item exchange; cell metabolism; locomotor system anatomy and bone, joint and muscle physiology; anatomy and physiology of the respiratory system; anatomy and physiology of the circulatory system; anatomy and physiology of the digestive system; urinary system anatomy and physiology; genital system anatomy and physiology; anatomy and physiology of the endocrine system and nervous system; sensory organs anatomy and physiology.

YBH105 Basic Gerontology (2+0), ECTS:5

Basic concepts of gerontology and geriatrics; demographic and social change of old age; health problems in old age; individual life in old age; psychosocial life in old age; social life in old age; elderly workforce, working life and active aging; maintenance services; social services for the elderly; social work practices in older individuals; acute and chronic diseases in elderly individuals; accidents that occur in old age; home care in the elderly; nutrition in the elderly.

YBH101 Elderly Care Principles and Applications I (2+0), ECTS:5

Basic concepts about aging and old age; basic needs of the elderly; life signs; individual hygiene practices in the elderly; pain and its evaluation; pressure sores and wound care in the elderly; skin integrity and massage in the elderly; ensuring the mobilization of the elderly; drug administration methods; drug applications in the elderly; hot and cold applications; nutrition in the elderly; aseptic techniques; comprehensive geriatric assessment.

RPSI209 Positive Psychology and Communication Sciences (2+0), ECTS:3

Definition of positive psychology, basic concepts, theoretical foundations and applications; to examine the brain behavior systems of emotional experience and behavior; knowing yourself and others; psychosocial life skills and problem solving skills; motivation and planning; anger, aggression, violence; Relationship management; healthy decision making; persistence and compromise.

RKUL103 University Culture I (0+2), ECTS:4

Each semester includes seminars, conferences, panels, workshops and speeches that will be held for 14 weeks within the framework of a program consisting of academic units, student council and student clubs at the university.

ATA103 Ataturk's Principles and History of Revolution I (2+0), ECTS:2

Define concepts, lesson methods and definition of resources; Industrial Revolution and French Revolution; Distribution of the Ottoman State (XIX. Century); Tanzimat and Reform Edict, I. and II. Constitutionalism; World, Tripoli and Balkan Wars; Mondros Armistice Treaty, Wilson Principles, Paris Conference; The Exit of M. Kemal to Samsun and the Situation in Anatolia; Amasya Circular, National Congresses, Opening of the Mebusan Assembly; Establishment of

the Parliament and Internal Revolts; Organization Law, Establishment of Regular Army; I. II. Battle of İnönü, Kütahya-Eskişehir and Sakarya and Great Attack; Treaties during the War of Independence; The Lausanne Peace Treaty; Abolition of the Sultanate.

TURK103 TURKISH LANGUAGE I

(2+0), ECTS:2

Oral presentation studies; what is tongue; world languages, the place and historical development of Turkish among them; the problems of Turkish today with current texts; the writing of “de”, “ki” and “mi” in the presence of current texts; problems with the writing of Turkish words with compiled texts; text review: review of a scientific article; spelling rules and punctuation applications; text review: review of a column; expression disorders, language mistakes and applications; Turkish as the language of science accompanied by sample texts; oral presentation studies.

INGU103 English I

(2+0), ECTS:2

Meet, verb, subject pronouns; signal pronouns, countable / uncountable nouns, quantitative expressions; Wide time (Simple present tense), frequency envelopes; object pronouns, possessive adjectives, have got / has got; should, should, (must / mustn t) can, can (can / can t); Past tense (Simple Past Tense); Present tense; Conjunctions (and-but-so-because); Comparisons.

BES101 Nutritional Principles

(2+0), ECTS:3

Definition and importance of nutrition; carbohydrates; the importance of pulp lipids, the importance of cardiovascular disease; proteins; the importance of water in human nutrition, diarrhea and nutrition; minerals vitamins; food groups; nutrition in special cases: pregnancy-lactation, childhood and elderly nutrition, worker nutrition; evaluation of nutritional function; diet types prepared in hospital dining hall

SEMESTER II

FAR105 Basic Pharmacology

(2+0), ECTS:3

Introduction to Pharmacology and basic concepts; pharmacokinetics, pharmacodynamics; central nervous system drugs; autonomic nervous system drugs; drugs of the cardiovascular system; analgesics; anti-inflammatories; anesthetics; Using medicine with care; principles of drug use in the elderly.

YBH106 Elderly Chronic Diseases I

(2+0), ECTS:4

Definition, characteristics, course and stages of chronic and neurological diseases in the elderly; cardiovascular system changes due to aging; heart failure; coronary artery diseases; heart failure; hypertension; peripheral vascular diseases; endocrine diseases; diabetes mellitus; chronic diseases of the gastrointestinal tract; chronic diseases of the pulmonary system.

YBH117 Elderly Care Principles And Applications II**(2+8), ECTS:9**

Stress concept and ways to cope; oxygen therapy in the elderly; aspiration practice in the elderly; liquid electrolyte and acid base balance; skin problems in the elderly; respiratory system diseases; GIS and its diseases; diseases of the cardiovascular system; diseases of the uro-genital system; neurological and psychiatric disorders; common infections in the elderly; foot care in the elderly; patient care at home; home care applications. The course has a weekly practice (8 hours) for 14 weeks.

RKUL104 University Culture II**(0+2), ECTS:4**

Each semester includes seminars, conferences, panels, workshops and speeches that will be held for 14 weeks within the framework of a program consisting of academic units, student council and student clubs at the university.

ATA104 Ataturk's Principles And History Of Revolution II**(2+0), ECTS:2**

Lausanne Peace Treaty and Its Evaluation; Revolutions in the Political Area, the Declaration of the Republic and the Abolition of the Caliphate; Transition to Multiparty Political Life Trials; Revolutions in the Field of Law; Revolutions in the Social Field; Revolutions in Education and Economy; Turkish Foreign Policy Between 1923-1938; Turkish Foreign Policy Between 1938-1950; Democratic Party Power and Adnan Menderes Period (1950 - 1960); Political Developments in 1960 and After the Coup; Domestic Politics of Turkey 1980-2002 period; Basic Principles of Turkish Revolution (Atatürk's Principles and Complementary Principles); Atatürk Revolutions, Rationalism and Scientific Thought; Republicanism and Populism; Nationalism and Etatism; Secularism and Revolutionism.

TURK104 Turkish Language II**(2+0), ECTS:2**

Oral presentation studies; what is tongue; world languages, the place and historical development of Turkish among them; the problems of Turkish today with current texts; the writing of "de", "ki" and "mi" in the presence of current texts; problems with the writing of Turkish words with compiled texts; text review: review of a scientific article; spelling rules and punctuation applications; text review: review of a column; expression disorders, language mistakes and applications; Turkish as the language of science accompanied by sample texts; oral presentation studies.

INGU104 English II**(2+0), ECTS:2**

Demonstrative Pronouns, Possessive Pronouns; Past Continuous Tense; Reading and vocabulary (Simple Past Tense & Past Continuous Tense); Preposition of Time and Place; Present Perfect Tense; General Repetition (units 1-5); Possessive "s", Adverbs of manner; Future Tense; Making Suggestions & Requests; Gerunds - Infinitives; Modals (must, should, have to, don't have to, may).

YBH114 Elderly Psychology**(2+0), ECTS:4**

Physical change in older individuals; cognitive change in older individuals; psychosocial change in older individuals; psychological changes due to aging; stress in older individuals; anxiety

disorders in older individuals; mood disorders in older individuals; psychotic disorders in the elderly; death anxiety and mourning in older individuals; sleeping disorders; dementia; personality changes in older individuals; effective communication with older individuals; psychological approach in elderly individuals.

SEMESTER III

YBH213 Aged Care Principles III

(2+0), ECTS:6

Biological changes in the elderly; common diseases in the elderly; elderly care problems; emergency applications in the elderly; evaluation of the elderly individual; bed-dependent patient care; bed-dependent patient care; cancer prevention; terminal term aged care; neglect, abuse, ethical and legal problems in older individuals; protection and promotion of health in older individuals; old age and business; quality of life in the elderly; rehabilitation in the elderly.

YBH221 Aged Care Applications III

(0+8), ECTS:8

The course has a weekly practice (8 hours) for 14 weeks.

YBH209 Elderly Chronic Diseases II

(2+0), ECTS:4

Chronic kidney diseases; hematological diseases, anemias in old age; old age and cancer; skeletal system changes due to aging, osteoporosis and fractures in the elderly; collagen tissue diseases, rheumatoid arthritis, low back pain, ankylosing spondylitis, gout, osteoarthritis, tendinitis, bursitis, foot problems; chronic fatigue syndrome, pain control in the elderly; personality changes in old age, psychotic disorders in old age; bipolar disorder in old age, senile depression, paranoid states similar to schizophrenia in the elderly, anxiety disorders in old age, dementia in old age.

MET101 Professional Ethics

(2+0), ECTS:2

What is ethics? / an overview of ethical theories / basic concepts: responsibility, accountability and obligation / ethical analysis; society and information ethics: two-way relationship between society and technology; effects of information technologies; Why optimistic, pessimistic, contextual views informatics ethics? the task of IT ethics; addiction, health problems, unemployment, social relationships; security, abuse and cybercrime; human rights and patient rights; hospital ethics committees; principles of medical professional ethics and deontology; principles of medical professional ethics and deontology; ethical case analysis; aged care and ethical job descriptions aged care according to legislation and regulations; dilemmas of ethical value conflicts in the elderly; institutions serving the elderly and their rights; ethical and legal issues in older individuals; case discussion.

YBH219 Home Care Services At Home

(2+0), ECTS:6

Aging, historical process of elderly services in Turkey, services provided for the elderly in Turkey, the world historical process of home care services, the historical process of in Turkey, home care services, the Turkish health system in home care services, the importance of home care and care needs, home care the goal of the service, the scope of home care services, the

services offered within the home care, classification of care services at home, caregiving, characteristics of caregivers to the elderly, the reasons for giving care to the elderly, the world and elderly caregiving situation in Turkey, caregiving burden, the difficulties faced by caregivers , factors affecting the difficulty of providing care, positive aspects of home care services, negative aspects of home care services, home care nursing, functions of home care nurse in practice, home care service providers, financing home care services.

EHB219 Busy Activities

(2+0), ECTS:4

Meaning and importance of occupational therapy, meaning and importance of artistic pursuits, classification of artistic pursuits, Ceramics (shaping of ceramics, materials to be used, rules to be considered and their benefits), Knitting (its construction and types, materials to be used, rules to be considered and its benefits), Beads (processing). and its types, materials to be used, rules to be considered and benefits) Glass painting (its preparation and types, materials to be used, rules to be considered and its benefits), Fabric painting (its preparation and types, materials to be used, cautions) rules and benefits), Wood painting (its preparation and types, materials to be used, rules to be considered and its benefits), Memory exercises-1 (what is memory, functions of memory, types of memory, memory disorders, and remembering, types of learning, learning and remembering in old age), Memory exercises-2 (methods and benefits), Celebration (meaning, importance, types, planning and implementation, points to consider), Determining, selecting and examining types of social activities (theatre, choir, competition, etc.), Trips (meaning, importance, types, planning and implementation, points to consider).

SEMESTER IV

YBH200 Elderly Care Principles And Applications IV

(2+16), ECTS:13

Demographic aged change dynamics; incontinence; sleep and rest in the elderly; old age and cancer; old age and death; mourning psychology and rehabilitation; the importance of dementia and social support in the elderly; elderly mental health; elderly mental health; abuse in the elderly; elderly care and ethics; elderly health; the role of the individual, family and society in health promotion; primary health care. The course has two days of practice (16 hours) per week for 14 weeks.

YBH212 Old Rehabilitation

(2+0), ECTS:5

Rehabilitation general concepts and principles; physiology of aging, effect of aging on systems, complications of immobilization; quality of life in older individuals; the effect of exercise on systems, the effects of regular physical activity in the elderly; exercise programs to be applied in the elderly, creating an exercise prescription in the elderly; chronic disease, disability, adjustment and coping; rehabilitation in special health changes: neurological disorders; rehabilitation of the patient with diabetes; Rehabilitation of the patient with COPD; heart diseases; rehabilitation in traumas; daily life skills; maintaining social life; family Education.

YBH218 Social Responsibility**(2+0), ECTS:4**

Basic concepts of community and community service practices and social responsibility projects; the importance of community service practices and social responsibility projects; determining the target audience problem, producing solutions for the problems identified; community service practices today: community service practices and social responsibility projects of public institutions and non-governmental organizations; researching community service practices and social responsibility projects in our city; Organizing panels, conferences, informative seminars, voluntarily participating in various projects within the framework of social responsibility.

YBH210 Palliative and End Of Life Maintenance**(2+0), ECTS:5**

Introduction of the course, palliative care concept, purpose, philosophy and principles; palliative care in the world and in our country; symptom management in palliative care, palliative care in special cases; spiritual / spiritual care; end-of-life care, the concept of good death / peaceful death, and hospices; psychosocial problems experienced by the patient family during the palliative and end-of-life care process and the care of the family; death and mourning; grieving process and family care; general palliative assessment.

ILK101 First Aid**(2+0), ECTS:3**

To apply the basic principles of first aid; to learn about the human body; evaluating the patient / injured and the scene of the incident; providing basic life support; to apply first aid in respiratory obstruction; to apply first aid in bleeding, shock, injuries; applying first aid in burns, frostbite and heat stroke; applying first aid in consciousness disorders; to apply first aid in poisoning; to apply first aid in animal bites; applying first aid to eye, ear, nose and foreign body escape; to apply first aid in drowning; to apply first aid in fractures, dislocations and sprains; transporting sick and injured.