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Book Review

Kazer, Meredith Wallace and Murphy, Kathy. Nursing Case Studies on Improving Health-Related Quality of Life in Older Adults. New York, NY: Springer Publishing. 2015. ISBN-10: 0826127037 ISBN-13: 978-0826127037, 462 pp. \$75.00 (Hardcover).

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Nursing Case Studies on Improving Health-Related Quality of Life in Older Adults focused on dissecting various health illnesses and relevant strategies to improve the quality of life in the older patient population. Together with forty-six multidisciplinary authors, the text addressed patient care concerns in multiple patient care settings which include acute care, home care, hospice care, and assistive living facilities. The book is organized into three chapters: 1) Foundations of life; 2) Activities to enhance the quality of life; 3) Assessment and management of different clinical manifestations. The chapters are relevant and comprehensive with the overarching themes related to supporting the older patient at various stages of health from coping with the aging process to promoting a peaceful death. The book is organized to “showcase the experiences of older people as they struggle to maintain autonomy, dignity, and a sense of self amid the aging process and declining health” (p. xv).

The book cleverly provides real-life case studies which include subjective and objective information. Each case study is supported by extensive literature reviews and clinical reasoning questions. In addition, some sections include ethical and cultural considerations. The first case study “Quality of Life” describes a very real situation of an older patient who has lost a loved one and is experiencing changes in her health. The scenario includes the patient’s concerns and the goals of healthcare providers in addressing the cultural and role considerations of the patient. Additionally, thought provoking questions relating to the patient’s health care priorities are included.

Another chapter that would interest readers is “Autonomy” by Claire Welford and Catherine Sweeney. The case study describes promoting quality of care in a residential living facility. The authors suggest multiple strategies that promote and prohibit autonomy to nursing home residents which are delineated into: person, personality, being personal, and being personalized. Additional sections of the chapter give examples of care plan principles. Furthermore, the authors emphasize the need to create realistic expectations between the residential staff and patients in a long-term care environment.

The authors in chapter 13 titled “Keeping Me”, focus on maintaining the residents’ feelings of personal identity. The case study effectively described the circumstances surrounding the resident’s admission to the long-term care facility and the relevant areas for health care providers to provide care. The chapter addresses the goal to address the resident’s “human needs and preferences” (p. 149). The authors also focus on preserving the resident’s previous preferences and routines to support the resident’s transition into a long-term care facility and the role of the staff members to get to know the residents as individuals.

Several chapters focus on assessing and managing the clinical challenges that occur in older adults. In chapter 27, “Medication Use and Overuse”, Diana Mager describes the common incidence of medication mismanagement in older adults. Many older patients become confused with new changes to their medication routine by the health care provider. The author describes the frequent incidence of Adverse Drug Events (ADE) due to miscommunication leading to serious medication side effects and needing medical attention. Understanding the medication regimen is an important aspect of health care maintenance and the topic is especially significant to older adults. The authors suggest individuals who care for older

adults to include the patient's family in the doctor's appointments/visits and have the patient verbalize the new medication regimen to prevent any confusion.

In the final chapter, "Dying Well", Alison Kris continues with the theme of managing clinical challenges. The author describes a patient's transition from receiving a terminal diagnosis to her death. The case study includes the different clinical and psychological manifestations associated with the dying process and nursing concerns. Additionally, the author describes the nurses' hesitancy with administering morphine. The nurses in the case study mentioned that "the nurses at the facility were upset because they felt that they were killing her with the morphine" (p.424).

This book is relevant to multidisciplinary health care clinicians, students, and educators. Understanding the needs of the aging population is instrumental toward creating a supportive environment for the individual to cope and transition into different stages of life. The opportunities to provide older patients with support and independence is beneficial toward promoting quality of life.