Educating Seniors in Brooklyn

Team

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Team Members

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Each week at the senior housing centers we educated the seniors. We spent time explaining blood pressure readings, medications, the benefits of rehabilitation, and many more. Every week the seniors learned something new from us, as well as we learned new things from them. They invited us into their lives and gave us the opportunity to enhance our nursing skills. Many of us were able to work with different cultures, which increased our culture competence. Being able to adapt in an unfamiliar and new setting is an extremely important attribute to have, especially if we want to become successful Community Health Nurses. Throughout the semester we accomplished many things. The following is a chart showing our weekly experiences in the senior housing centers.

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| --- | --- | --- | --- |
| Date | Harbor Hill Senior Center | Sunset Park Senior Center | Shore Hill Senior Center |
| February 5, 2014 |  |  | ⦁ We all met the staff from each center  ⦁ Introduced ourselves  ⦁ Received our presentation assignments  ⦁ Collaborated with the staff to find out the best way to educate all three center |
| February 19, 2014 |  | ⦁ We all met with the Rehabilitation project director and discussed introducing the new project to all centers |  |
| February 26, 2014 | ⦁ Introduced ourselves to the residents  ⦁Fall Prevention Presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood Pressure Screenings | ⦁ Fall Prevention Presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood Pressure Screening  ⦁ Engaged in Dominoes playing with residents | ⦁ Fall Prevention Presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood Pressure Screening |
| March 5, 2014 | ⦁ Behavior Management Presentation  ⦁ Blood Pressure Screening  ⦁ Rehabilitation Services Screening started  ⦁ Home visits started (assessed home safety, overall health and, medication management) | ⦁ Behavior Management Presentation  ⦁ Blood Pressure Screening  ⦁ Rehabilitation Services Screening started  ⦁ Ate lunch with residents | ⦁ Behavior Management Presentation  ⦁ Blood Pressure Screening  ⦁ Rehabilitation Services Screening started  ⦁ Home visits started (assessed home safety, overall health and, medication management) |
| March 12, 2014 | ⦁ Body Mechanics Presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁Assisted  Lenny James (Director of Emergency Preparedness from the Department of Aging) with his presentation on Emergency Preparedness | ⦁ Body Mechanics Presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Educated several residents on Medications they were taking and side effect  ⦁ Ate lunch with residents | ⦁ Body Mechanics Presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Home visits (assessed home safety, overall health and, medication management) |
| March 19, 2014 | ⦁ Bone Health Presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Discussed medication management with some residents | ⦁ Bone Health Presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Did Crossword Puzzles and played Dominoes  ⦁ Ate lunch with residents | ⦁ Bone Health Presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening |
| March 26, 2014 | ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Discussed medication management with some residents  ⦁ Home visits (assessed home safety, overall health and, medication management) | ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Ate lunch with residents | ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Home visits (assessed home safety, overall health and, medication management) |
| April 2, 2014 | ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Discussed medication management with some residents  ⦁ Home visits (assessed home safety, overall health and, medication management) | ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Ate lunch with residents | ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Home visits (assessed home safety, overall health and, medication management) |
| April 9, 2014 | ⦁ Diabetes & Hypertension presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Home visits (assessed home safety, overall health and, medication management) | ⦁ Diabetes & Hypertension presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Ate lunch with residents | ⦁ Diabetes & Hypertension presentation  ⦁ Administered Pre/Post test on presentation  ⦁ Blood pressure Screening  ⦁ Rehabilitation Services Screening  ⦁ Home visits (assessed home safety, overall health and, medication management) |

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