



Ain Shams University
High Institute of Nursing
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Health of the Elderly As a Programmed Self-Learning Package for Nurses in Different Health Settings in Cairo.

D.N.Sc. Thesis

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for the Partial Fulfillment of Doctorate Degree in
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(Geriatric Nursing) ✓

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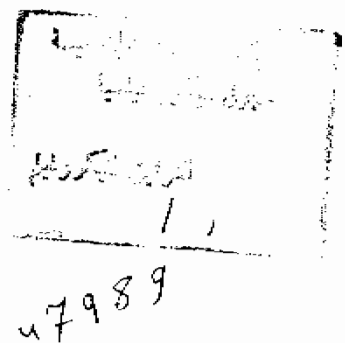
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بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

"وقضى ربك ألا تعبدوا إلا إياه وبالوالدين إحساناً إما يبلغن عندك الكبر أحدهما أو كلاهما فلا تقل لهما أفٌ ولا تنهرهما وقل لهما قولا كريماً وأخفض لهما جناح الذل من الرحمة وقل رب ارحمهما كما ربياني صغيراً"

﴿صدق الله العظيم﴾

سورة الأسراء (آية ٢٣، ٢٤)

"أكرم أباك وأمك وأحب قريبك كنفسك"

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المعهد العالي للتمريض

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N.Y. Seif
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Abstract.

To assess nurses' knowledge, attitude and practices about the elderly health needs in the four different health settings in Cairo, data were obtained from 50 nurses chosen randomly according to the total number of the nurses in the study settings, 5%, 10% and 100%. There was marked lack of knowledge with some negative attitude towards the elderly in general and towards the elderly health needs in particular as well as less quality of performance, which may enhance the effect of the programmed self- learning package (PSLP). On conclusion, the development and implementation of the in-service educational program (PSLP) about elderly health and the nursing measures needed for this specific age were very much effective in the nurses' knowledge, attitude and practices.

﴿ كلمة مخبرة ﴾

" إني رأيت أنه لا يكتب لإنسان كتابا في يومه ثم ينظر فيه من غده إلا قال:

لو غير هذا لكان أحسن،
ولو زيد هذا لكان يستحسن،
ولو قدم هذا لكان أفضل،
ولو أخر هذا لكان أكمل،

وهذا من أعظم الخبر،
وهو دليل إستيلاء النقص على جملة البشر "

الحماد الأصفهاني



Dedication

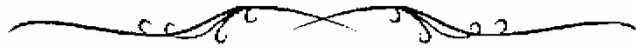
**To All Who Taught me
a letter,
To Whom I will be gratefull
forever.**

**To Samir, my Husband,
To John, Nancy & Diana,
my Children,**

**To my Father & Mother,
Whose Love and Support
Enhanced my spirit and strength,
to fulfill this Work.**



"Growing Old"



To Live is to Age

Nobody grows old by merely living a number of years.

- ❁ *People grow old only by deserting their ideals...*
- ❁ *You are as young as your self-confidence, as old as your despair...*
- ❁ *In the central place of every heart, there is a recording chamber so long as it receives messages of beauty, cheer and courage so long are you young...*
- ❁ *When the wires are all down and your heart is covered with the snows of pessimism and ice of cynicism, then and then only are you grown old.*

Fikry M.E. (1985).

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