



THE ETHICAL GUIDELINES



FOR CARE OF THE ELDERLY

REFERENCES:

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- 3. Portugues Code of Ethics for Nurses http://www.ordemenfermeiros.pt/publicacoes/Documents/LivroCJ_ Deontologia_2015_Web.pdf (accessed 23.06.2016)
- 4. Rippon I., Kneale D., de Oliveira C., Demakakos P., Steptoe A. (2014) Perceived age discrimination in older adults. Age and Ageing, 43: 379-386.
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- 6. The Code of Ethics for Polish Nurses and Midviwes, 2003 http://www.nipip.pl/index.php/samorzad/informacje-o-samorzadzie/2135-kodeks-etyki-zawodowej-pielegniarki-i-poloznej-rzeczypospolitej-polskiej?tmpl=component&print=1&page= (accessed 23.06.2016)
- 7. WHO, Multisectoral action for life course approach to healthy ageing: draft global strategy and plan of action on ageing and health, Sixty-ninth World Health Assembly, A69/17, 22 April 2016. http://apps.who.int/gb/ebwha/pdf_files/WHA69/A69_17-en.pdf (accessed 23.06.2016)

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HEALTHY LIFESTYLE FOR AGING WELL



INTRODUCTION

AIM

APPROACH

Two steps were undertaken in preparation of the ethical guidelines proposal:

nalysed Documents:

- (1) The ICN Code of Ethics for Nurses, 2012;
 (2) The Code of Ethics in nursing, Slovenia, 2014;
 (3) Ethical Guidelines of Nursing, Finnish Nurses Association, 1996;
 (4) The Code of Professional Ethics for the Polish Nurse and Midwife,

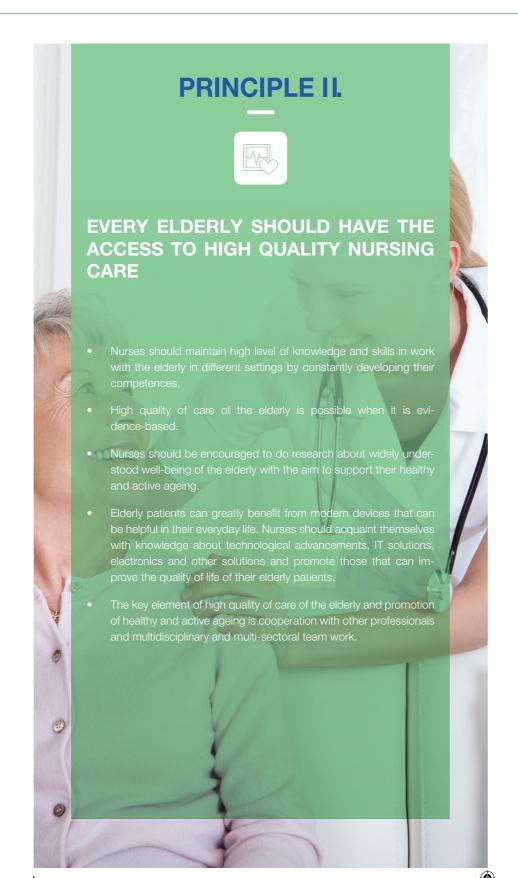
THE PROPOSAL OF HLAW'S ETHICAL GUIDELINES FOR CARE OF THE ELDERLY

PRINCIPLE I.



EVERY ELDERLY SHOULD BE PERCEVED AS A UNIQUE PERSON WITH SPECIFIC PHYSICAL, PSYCHO-SOCIAL, CULTURAL AND SPIRITUAL NEEDS

- The bio-psycho-social, cultural and spiritual integrity of the elderly should be protected.
- Nurses are obliged to protect each elderly's life and to provide care maintaining its highest quality.
- Nurses act to empower people in all health states.
- Every elderly is a unique human being characterized by his own set of needs. Diversity and uniqueness of the elderly should always be respected and patients' individuality protected.
- The elderly should have the possibility to decide about the place of being cared of as well as about the person who will provide this care.
- In order to minimize the risk of age discrimination, elderly patients should be safeguarded by nurses in all settings where care is provided. Any discrimination should immediately be reported and reacted against.
- Nurses should always remember that, due to their age limitations, the
 elderly need more patience and understanding than average-aged patients. Therefore, nurses should pay more attention to practical aspects
 of care of the elderly and take into account impairments such as: poor
 eyesight, hearing impairment, speech impairment, poor memory, problems with mobility and many other conditions present in older age.



PRINCIPLE III.



EVERY ELDERLY'S AUTONOMY AND THE RIGHT TO MAKE INFORMED DECISIONS SHOULD BE RESPECTED

- Using their knowledge and experience, nurses should help the patients make informed decisions and supervise if the patient's preferences are respected by the personnel and the family/guardians.
- In contact with the patients all information should be clear and understandable, without any medical jargon. Elderly patients should be given the right to participate in all decision making processes, their feedback should always be taken into consideration and their right to choose respected at all times.
- Patients should be patiently informed about all activities undertaken and about accessible equipment which can be helpful in healthy and active ageing.
- Nurses should support patients' freedom, autonomy and their independence by ensuring their right to second opinion. Nurses should wait for patients' consent and respect their decisions.
- Nurses should also protect fair and equal access to health care and act against any abuse or discrimination directed at an elderly person by reporting its every occurrence.



