

## Teaching reform and practice of elderly nursing talent training from the perspective of active aging -- Taking the digital platform as the medium

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**Abstract:** In the context of the accelerating aging of the population and the rapid development of the elderly care service industry, the society's demand for elderly care talents and the requirements for service quality continue to increase. By reforming the training mode of senior nursing talents based on modern apprenticeship and applying it to practical teaching, this paper explores the training scheme suitable for modern apprenticeship, improves the quality of personnel training and meets the needs of enterprises/industries. In order to solve the problems, the article proposes to build a "four linkage" coordination mechanism of government school linkage, bank school linkage, school school linkage and school enterprise linkage, establish a "Four Integration" industry education integration mechanism of team integration, curriculum integration, base integration and technology integration, and implement the "three integration" comprehensive education reform of integrating enrollment and recruitment, connecting secondary and higher vocational education and training, so as to form distinctive An effective new training model for elderly nursing talents. Starting with the general situation of higher vocational nursing talent training mode, this paper analyzes some problems existing in higher vocational nursing education, and summarizes the ways of talent training mode reform, so as to provide reference for deepening the practice and research of higher vocational nursing education reform.

### 1. Introduction

According to the population aging standards of developing countries, my country has entered an aging society [1]. Since the recovery of higher nursing education in the 1990s, the development of nursing education has made great achievements in scale and quality [2]. In order to improve the quality of talents trained in higher vocational nursing education, it is extremely important to reform the talent training mode, whether from the perspective of school training or hospital talent team [3]. With the aging process, the number of elderly people such as disabled, old age, empty nest, living alone or chronic diseases has increased significantly. Elderly care and medical security have become prominent issues of social people's livelihood [4]. The training mode of modern apprenticeship system can fully mobilize and make use of the resources of schools, enterprises and industries to give apprentices full and effective vocational training, which not only improves the technical ability and professional quality of workers, but also promotes the development of economy and society [5]. Nursing operation is the means of implementing nursing measures. The quality of practice directly affects the quality of students' practice and whether the training goal of qualified nursing personnel can be achieved [6]. But so far, there is still a lack of a unified training model, which is mostly formulated by colleges and universities based on their own teaching experience, with varying degrees of limitations. Therefore, vigorously developing community pension and institutional pension, establishing and improving the old-age security system, and cultivating a large number of professional nursing talents are one of the keys to solving the current and future problems of population aging [7].

## **2. Reform and application of talent training mode**

### **2.1. Talent training mode of "Five-year Higher Vocational Education"**

The five-year higher vocational education has the overall design advantage of the five-year teaching plan, and more scientifically arranges theoretical learning, curriculum integration and skill development. The teaching activities are arranged by stages and goals in the academic year, effectively taking into account theoretical knowledge learning and practical teaching activities. [8]. At present, no matter from the position of nursing specialty in the whole health field, or from the point of view that nursing specialty will meet the nursing needs of the elderly population in the future, there is a big gap between the nursing situation in China and the developed elderly countries [9]. Due to the decline of physical function and high prevalence of the elderly, most of them are accompanied by psychological problems, the decline of daily living ability, easy to fall, etc. nursing is difficult and needs a large amount of nursing. With the continuous increase of the elderly, the demand for professional nursing personnel increases. Most of the large and medium-sized nursing students now are only children. Their parents are relatively young and lack the feeling and pressure of aging in concept. However, the rapid aging of the population makes them shoulder heavy responsibilities in the future, so it is the key to firmly establish the importance of elderly care and health care in the minds of students [10].

In view of the insufficiency of traditional geriatric nursing teaching, it is very important to carry out teaching reform. It is necessary to pay attention to the connection between teaching and practice, set up courses reasonably, choose appropriate teaching modes, pay attention to the nursing needs and characteristics of the elderly, and establish nursing training and practice bases for the elderly relying on social elderly care institutions and communities. The establishment of geriatric nursing practice bases is also conducive to the development of the nursing institutions themselves. The traditional "3+2" and "4+1" talent training modes are generally adopted in five-year higher vocational education health vocational colleges, and the internship is put in the last year after theoretical study. The talent training mode has created opportunities for nursing students to get in touch with clinic, communicate with patients, and use their own hands and brains at an early stage. During the practice, nursing students observe and practice in their assisting role, from constantly using simple knowledge and skills to being able to comprehensively use their learned professional knowledge for nursing work. In practice, they comprehend and deepen the consolidation of classroom theory, gradually form clinical thinking, and form the professional ability of nursing work.

### **2.2. Connotation of "Four Linkages, Four Fusion and Three in One" Talent Training Mode**

China has entered an aging society. Facing a large number of elderly groups, how to delay aging, improve their quality of life and realize healthy aging has become a social problem of global concern. It also puts forward a new topic for higher nursing education and nursing workers. There is a huge talent gap in the elderly care service industry, and the contradiction between the supply of elderly nursing talents is prominent. First, the demand for elderly health services surged. In 2016, the elderly population aged 60 and above accounted for 16.7% of the total population, and the number of disabled and semi-disabled elderly people was roughly 40.63 million, accounting for 18.3% of the elderly population. The aging population faces a series of livelihood problems such as life care, psychological and spiritual care, disease care, and rehabilitation care. Second, the elderly nursing team is extremely scarce. The elderly people's demand for health services is increasing day by day, and the prevalence of chronic diseases in the disease spectrum of the elderly has obviously increased, becoming the main body of hospital inpatients and community health service clients.

In the face of the rapid development of the elderly care service industry and the endless emergence of new elderly care systems such as community elderly care, home-based elderly care and intelligent elderly care, the ability of the elderly care professional service industry in vocational colleges is insufficient, and the system and mechanism of industry education integration have not been formed. It is urgent to build a school enterprise linkage, efficient and sustainable industry education deep integration operation mechanism. Therefore, the geriatric nursing profession (or

professional direction) should fully meet the development of the elderly care service industry and the urgent needs of talents at different levels, and build a "four linkages" talent training collaboration of government-school linkage, business-school linkage, school-school linkage, and school-enterprise linkage. mechanism; establish a "four-integration" production-education integration operation mechanism of team integration, curriculum integration, base integration, and technology integration; build training service platforms such as farmers' colleges and nursing education and training centers, and implement the integration of recruitment and recruitment, integration of middle and higher vocational education, The "three-in-one" senior nursing talent training model, such as training and training, is integrated. As shown in Figure 1:

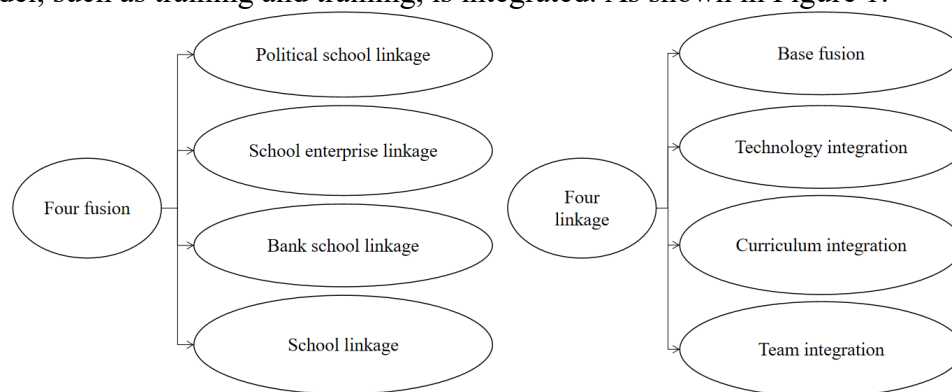


Figure 1 "Four linkage, four integration and three in one" training mode of elderly nursing talents

### 3. A new model of nursing talent training in Higher Vocational Colleges with domestic characteristics

#### 3.1. Research object

In order to cultivate a large number of practical geriatric nursing professionals, in addition to changing the teaching method of filling the classroom in theoretical courses, nursing students should also go out of school and actively participate in social practice activities. At present, the vast majority of primary and secondary schools in my country are still in the stage of examination-oriented education, and some courses that are not important in the middle school entrance examination and college entrance examination, such as politics, history, etc., have been artificially compressed or simply deleted, which has caused many students to enter higher vocational colleges. There are many gaps in knowledge, especially ignorance and confusion about modern Chinese history. Inclusive criteria: Students in the nursing direction class for the elderly, who have been trained in modern apprenticeship, successfully completed basic medical courses and mastered basic medical knowledge; Have completed the study of basic courses of basic nursing theory and technology; Those who volunteer to participate in this project.

The control group adopted the previously unreformed talent training scheme; The experimental group adopted the reformed. The pre internship of elderly nursing is arranged in the summer vacation, which is effectively combined with the students' social practice in the summer vacation, and the pre internship tasks are arranged: nursing students recognize their position in the social practice activities, find their own shortcomings, and improve their learning consciousness. Community geriatric nursing internship during class. (1) The main contents of the traineeship in the geriatric home: visit the geriatric home; learn the daily life nursing of the elderly; evaluate the health and quality of life of the elderly. (2) The main contents of community elderly nursing trainee: provide nursing services for the elderly through home visits; complete the survey on the health status, nursing needs and quality of life of the elderly. Through the comparison, it is concluded that the three scores of the experimental group are better than those of the control group, and the difference is statistically significant ( $P < 0.05$ ), that is, the reform of the talent training program has a certain effect, as shown in table 1.

Table 1 Two groups of students' course examination results (points, x-s)

Group	Theoretical achievements	Skill achievement	Average score
Control group (n = 30)	78.12 ± 6.60	8.68 ± 6.88	79.40 ± 6.47
Experimental group (n = 34)	85.98 ± 4.76	88.26 ± 4.20	87.12 ± 4.45
T value	5.5097	5.3892	5.6156
P value	<0.001	<0.001	<0.001

### 3.2. Effect observation

In order to improve students' professional love, in the first week of enrollment, senior nursing students can invite senior nursing experts to give lectures on "filial piety" and adopt real and vivid clinical examples to enhance students' concept of respecting and loving the elderly. Every two months, students are arranged to volunteer service activities in nursing homes. Through activities, students' contact time with the elderly is increased, and students' awareness of serving the elderly is further enhanced. Improve students' learning enthusiasm; The results of each nursing operation are transcribed by the study committee, and the students who do well in each nursing operation are often praised, which stimulates the students' self-improvement. The students' interest in listening to the class is improved, they can seize the time to practice, the classroom discipline is improved, and the students no longer have nothing to do after class. They often feel that they end the class unconsciously when they practice.

By analyzing the current specifications and goals of full-time personnel training in my country's secondary vocational, higher vocational, and undergraduate programs, it is a realistic way to quickly supplement the elderly nursing talent team by linking secondary and higher vocational training to long-term colleges. From the starting point of professional construction and the formulation of talent training programs, we insist on conforming to the development trend of the international nursing industry, the professional construction is in line with the actual needs of employers, and in line with the national nurse practitioner qualification examination. The talent quality standard of "three equal emphasis" on comprehensive quality, professional ability and sustainable development ability. Major in nursing, minor in rehabilitation medicine and nursing; Highlight the practicality of basic theory, pertinence of professional theory and applicability of humanistic knowledge; Strengthen professional skills, foreign language skills, computer skills, and humanistic quality training, which is referred to as "1, 2, 3, 4" nursing talent training features. Have a basic understanding of the background of China's revolution and construction. On this basis, the teacher will explain and guide again, and the effect will be natural. This teaching method is not only conducive to students' understanding of the contents of the teaching materials, but also conducive to cultivating their love for the Communist Party of China and firm belief in socialism.

## 4. Conclusions

In order to improve students' professional love, in the first week of enrollment, senior nursing students can invite senior nursing experts to give lectures on "filial piety" and adopt real and vivid clinical examples to enhance students' concept of respecting and loving the elderly. Every two months, students are arranged to volunteer service activities in nursing homes. Through activities, students' contact time with the elderly is increased, and students' awareness of serving the elderly is further enhanced. Improve students' learning enthusiasm; The results of each nursing operation are transcribed by the study committee, and the students who do well in each nursing operation are often praised, which stimulates the students' self-improvement. The students' interest in listening to the class is improved, they can seize the time to practice, the classroom discipline is improved, and the students no longer have nothing to do after class. They often feel that they end the class unconsciously when they practice.

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