

## **Drug Safety and Nursing Care for the Elderly**

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**Keywords:** the elderly; medication safety; nursing care; problems; measures

**Abstract:** With the advancement of society and the improvement of medical standards, the life expectancy of our country is also increasing, and the aging of the population has become a very important issue in social and medical fields. How to keep the elderly healthy and healthy is an important task. It is necessary to use various methods to ensure the safe use of drugs for the elderly and to improve the level of care and health, so as to truly improve the quality of life of the elderly. To this end, the first part of this paper describes the need to pay attention to the physical and mental health of the elderly, and the significance. The second part analyzes the problems of the elderly in terms of medication safety and nursing care, and explores the causes of these problems. Finally, in order to better solve the problems of elderly people in drug safety and nursing care, relevant solutions were proposed.

### **1. Pay attention to the importance of physical and mental health of the elderly**

Paying attention to the physical and mental health of the elderly, recognizing the importance of it, and making effective measures can improve the quality of life of the elderly in our country, so as to truly achieve the goal of living in old age. At the same time, the study found that too many elderly people have a great impact on social and economic development and medical insurance. The elderly are vulnerable groups of the society. If they are chronically ill and unable to take care of themselves, they will cause great pain to their hearts and will also impose a certain burden on society. On the contrary, if measures are taken in time, care and health care, and healthy living habits, they can ensure their health and inner happiness, and even continue to create value for the elderly, thus realizing the value of life. Therefore, in order to meet the needs of social development, it is necessary to enable the elderly to safely use medicines, care and health care, and to meet the needs of the elderly. Medical institutions and services for the elderly should provide quality care for the elderly, improve their quality of life, and let them have a happy old age. At the same time, reduce social problems caused by aging, ensure social stability and harmony, and promote sustainable social development.

### **2. The elderly have problems in medication safety and care and health care**

First of all, in many cases, elderly patients will suffer from a variety of diseases, and they need to take a variety of drugs at the same time, and these drugs are prone to adverse reactions. In addition, the symptoms of the disease are not obvious, and it is easy to be ignored or misdiagnosed. Moreover, many elderly people often take their own medications. They don't understand the effects of drugs and whether there is a conflict between drugs. It often leads to other situations. Secondly, the elderly have a lack of rational understanding of drugs, and they are not deeply aware of the dangers of drug abuse. Some elderly people do not use the medicine according to the will, and often carry out self-addition or reduction, which has certain blindness to the medicine. Finally, eating habits are irregular and the lifestyle is unhealthy. Some elderly people take tea, juice, etc. in the process of taking drugs, and they are very random. Sometimes I don't want to pour water, swallow drugs directly, and even have problems with drinking during medication. This blind and random medication will not only affect the efficacy, but also other adverse reactions that will harm the elderly health.

With the increase of age, the elderly will experience hearing and visual impairment,

comprehension and memory loss. In the process of communication with people, mistakes often occur, and problems often occur in medication safety. On the one hand, it may be difficult for the elderly to distinguish the shape and color of the drug, and there may be problems with the wrong drug for similar drugs. On the other hand, in the process of inability to distinguish between drugs, there may be problems with repeated medication or missed service and multiple services. In addition, older people may have problems understanding drugs. For example, they will take one day's medicine as one meal, or one dose as a day's dose. These problems will occur to the elderly. Health causes harm.

On the one hand, after retirement, the social environment and economic conditions and lifestyles of the elderly have changed, disrupting the old habits of the elderly. At the same time, the decline of auditory function and visual function makes it difficult for them to communicate normally with others, and the sensitivity and fragility of the heart, often causing discomfort in their hearts, and affecting their health for a long time. On the other hand, some elderly people lack an objective understanding of themselves. Some elderly people gradually enter the old age physically, but they are psychologically very resistant to this matter. They think that they are as energetic as they were when they were young. Therefore, they often have excessive physical exercise and other physical burdens. At the same time, some elderly people do not like to go to the hospital to see a doctor when they are sick. They are psychologically resentful of this matter, or they think that the body is not harmful, and there is no need to go to the doctor. Often, these thoughts have many serious consequences.

On the one hand, with the rapid development of society, the pollution of the ecological environment is becoming more and more serious, and eating habits are unhealthy, which often leads to chronic diseases in the elderly. For example, high blood pressure, coronary heart disease, etc., the existence of these chronic diseases seriously affect the quality of life of the elderly. On the other hand, due to work and other reasons, some elderly children need to work outside the home, have little time to accompany them, and even have little time to contact by phone. There is less and less communication between parents and children, which leads parents to miss children more often, and often worry about suspense, and such emotions are not conducive to the health of the elderly.

### **3. The elderly medication safety and care related measures**

First, the elderly should be systematically evaluated before taking the drug. In the process of prescribing drugs to the elderly, relevant medical personnel need to assess the history of medication used by the elderly and carefully check for any adverse reactions such as allergies. At the same time, when dispensing medicines for the elderly, we must abide by the principle of individualization, rationally allocate the dose of the drug, and pay attention to whether there will be conflicts between the drugs, and no other adverse reactions. To correctly assess the drug use ability of the elderly, it is often necessary to check whether the elderly have a wrong drug or repeated medication to avoid these harmful things. Secondly, the situation after the use of drugs in the elderly should be monitored in a timely manner. For elderly patients who have been on medication for a long time, health care providers need to let the elderly and their families know about possible adverse drug reactions and teach them how to monitor them. For example, regular check of blood routine and liver function. When taking antihypertensive drugs, it is necessary to constantly measure the blood pressure of the elderly. If the condition changes, it is necessary to go to the hospital for treatment in time. It is not advisable to increase or decrease the dose to avoid the randomness and blindness of the medication. Finally, it is necessary to give reasonable guidance to the elderly. On the one hand, for those elderly patients who are hospitalized, the medical staff needs to assist them in taking the medication. If a family member is taking care of the medicine, the nurses will also check the medication to see if the wrong medicine will occur. On the other hand, for elderly patients who are treated at home, it is necessary to ensure that their medications are taken by family members. At the same time, it is necessary to let the elderly and their families know the name of the drug and the role of the drug, as well as the specific matters that need to be paid attention to when using the drug. Instruct the elderly to take medication, avoid repeated medications, and teach them the correct way

to take medicine. In addition, the elderly should be told not to take tea or juice for medication, nor to swallow the drug directly. For those drugs that are similar, they can be labeled with more conspicuous labels to facilitate the identification of the elderly and avoid the use of the wrong drugs, thus ensuring the safety of medication for the elderly.

Due to the downward trend of the various functions of the elderly, there are often errors in the use of drugs. Therefore, medical personnel should enhance the importance of the safety of medication for the elderly, improve their work literacy and strengthen the training of medical knowledge for medical staff. Health care workers are often exposed to medications for the elderly, so it is important to understand the importance of medication. Specifically, the clinical nurse needs to know all aspects of the drug, what kind of disease is applicable, what are the contraindications for the drug, the time of taking the drug, whether there will be adverse reactions, if there is any adverse reaction, etc., etc. These are all medical personnel to know, but also need to inform patients and their families. Mastering these conditions can better monitor the use of drugs in the elderly, thus ensuring the safety of medication for elderly patients and promoting the health of the elderly.

Instruct the elderly to carry out self-care and maintain psychological balance

On the one hand, it can guide the elderly to carry out self-care and enhance various self-prevention awareness. Specifically, health education for the elderly can be made to let them understand that self-care has certain social value and enhance their self-awareness, which helps them to prevent self-care defects and overcome self-care difficulties. At the same time, they must develop their ability to observe and judge. Through the health education work for the elderly, let them reasonably control their physical and mental health. If problems are found or the early stages of physical illness appear, they should go to the hospital in time to improve their health concerns and actively cooperate with doctors. The condition cannot be delayed because the heart does not want to go to the doctor.

On the other hand, the elderly should maintain an optimistic and balanced mentality. Because the physical function of the elderly is getting worse and worse than before, there are often diseases, such as riddled with the disease, directly or indirectly affecting the interpersonal relationship of the elderly. In the long run, it will lead to psychological imbalances, etc., and these negative emotions tend to make the body The disease is aggravated and is not conducive to the health of the elderly. Therefore, medical staff should teach the elderly to adjust themselves and maintain an optimistic attitude. First of all, the elderly should have a regular lifestyle, exercise in the morning and evening, and keep in touch with the society to cultivate some hobbies. In this process, the elderly can participate in activities such as going to a nearby park, playing chess in the community, practicing calligraphy and painting, and communicating with others. If all aspects of the conditions permit, the elderly can also be older than the old university, not only can enrich their lives, but also create value again. Moreover, regular brain learning can prevent the occurrence of senile dementia and is a very beneficial activity for both physical and mental health. Second, the elderly should adapt to the transformation of roles as soon as possible. Medical staff can guide the elderly to objectively understand their physical and psychological conditions, and carry out their activities as soon as possible according to their own evaluation, and enter the role as soon as possible. On the basis of learning to accept and adapt to the life of today, create self-value. At the same time, it is the law of nature to let the elderly understand that death is the right thing to do. Correctly look at this matter, correct the mentality, cherish life, and be optimistic and positive. To maintain inner happiness, it is more conducive to good health and longevity. Finally, family attention and support are very important. For the elderly, the family makes the most important part of their lives. Children should often communicate with their parents and travel with their parents on holidays. If there is no way to meet often, you should also make phone calls and video links. Don't let them lose their hearts and reduce their fears.

First of all, we must provide a good living environment for the elderly and create a comfortable home environment. Specifically, the elderly's bedroom should have sufficient sunlight, and there is a certain amount of ventilation every day. The specific ventilation time is mainly half an hour. The indoor temperature should be appropriate, not too hot or too cold, and the indoor temperature in

summer and winter will change. At the same time, the ground should be flat and must be slip-proof. If appropriate, some non-slip carpets can be laid. Second, the diet of the elderly should be reasonable. On the one hand, the food of the elderly should be dominated by coarse grains and fine grains, which is conducive to digestion in the gastrointestinal tract. At the same time, it is necessary to carry out some activities properly to maintain the balance of body energy, which is good for your health. On the other hand, there is also a need to pay more attention to drinking water. Because the elderly are not sensitive to the need to drink water, when the feeling of thirst, the body may have mild dehydration, so in order to avoid such a situation, you can urge the elderly to drink regularly, daily drinking water Not less than two thousand milliliters. Finally, the elderly must also ensure a good night's sleep. Good sleep quality can improve the body's immunity and ensure that they have a good mental state. Therefore, on the one hand, the life of the elderly should be regular, and the habits of daily life should be healthy. On the other hand, mood swings should not be too big, and they should not be irritated or extremely sad, which would cause a great burden on the mind or the body. In addition, the rest of the room environment should be appropriate. The light in the bedroom should be mild, not the glare of white light, the sound insulation of the walls should be good, and the sleeping environment is adequate.

#### **4. Conclusion**

Today, with the rapid economic development, China has entered the stage of population aging, and the physical and mental health problems of the elderly have attracted more and more people's attention. How to improve the physical and mental health of the elderly has become a problem that needs to be solved. From the current point of view, there are still some problems in the safety and health care of the elderly in China, which can not adapt to the current life, chronic diseases, lack of children's companionship, the existence of these problems, seriously affecting the physical and mental health of the elderly. Therefore, China's medical community, social institutions, and family members must work together to solve the various life problems faced by the elderly, ensure their health, inner happiness, and promote the physical and mental health of the elderly, so that they have a disease-free torture. There is no inner happiness in my old age.

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