

## ACE.S Essential Nursing Actions

The Essential Nursing Actions enable nursing students and practicing nurses to translate their knowledge of individualized aging, complexity of care, and vulnerabilities during life transitions into actions that promote high quality care for older adults. Use in clinical experiences, skills lab/simulation, and lecture develops students' knowledge, skills, and abilities related to the care of older adults, while promoting positive perceptions of aging.

<p><b>Assess Function and Expectations</b></p>	<ul style="list-style-type: none"> <li>❖ Assess, respond to, and respect an older adult's functional status and strengths, wishes, and expectations.</li> <li>❖ Determine the older adult's function and expectations, along with cognition, mood, culture, physiologic status, and comfort to obtain a comprehensive assessment of health care needs.</li> <li>❖ Use standardized assessment tools to assess the older adult's individual aging pattern.</li> </ul>
<p><b>Coordinate and Manage Care</b></p>	<ul style="list-style-type: none"> <li>❖ Manage chronic conditions, including atypical presentations, in daily life and during life transitions to maximize function and maintain independence.</li> <li>❖ Assist older adults and families/caregivers to access knowledge and evaluate resources.</li> <li>❖ Advocate during acute exacerbations of chronic conditions to prevent complications.</li> </ul>
<p><b>Use Evidence-based Knowledge</b></p>	<ul style="list-style-type: none"> <li>❖ Understand geriatric syndromes and unique presentations of common diseases in older adults.</li> <li>❖ Access and use emerging information and research evidence about the special care needs of older adults and appropriate treatment options.</li> <li>❖ Interpret findings and evaluate clinical situations in order to provide high quality nursing care based on current knowledge and best practices.</li> </ul>
<p><b>Make Situational Decisions</b></p>	<ul style="list-style-type: none"> <li>❖ Analyze risks and benefits of care decisions in collaboration with the interdisciplinary team and the older adult, family, and caregivers.</li> <li>❖ Evaluate situations where standard treatment recommendations need to be modified to manage care in the context of the older adult's needs and life transitions.</li> <li>❖ Consider the older adult's wishes, expectations, resources, lived experiences, culture, and strengths when modifying care approaches.</li> </ul>