

عنوان مقاله:

Learning Effective Teaching Methods for Self-Care in Elderly

محل انتشار:

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خلاصه مقاله:

Introduction: All of us start elderly from our birth. This process doesn't stop or reverse but we can postpone it by appropriate caring and minimizing habits which lead to faster elderly by using suitable methods. Methodology: In this study researcher use systematic review method in a purposeful way and focusing on research question, so retrieving, evaluating and consolidating searched required information. Findings: The results of analyzing the data of 13 selected papers in regards to the research question indicates that different methods exist for teaching self-care to patients. These methods are summarized in three categories: 1- teaching by nurses 2- pre-vocational interviews and 3- changing teaching methods from traditional to modern. Conclusion: Informing and educating the traditional nursing education using new technologies (computers and internet), applications (video doctrine itself) and participating in educational and counseling programs are important for self-care education and changes in the behavior of the elderly.

کلمات کلیدی:

Teaching, Learning, Elderly, Self-care

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