# Contents

Contributors, vii  
Introduction, viii  

**Part 1**  
**Person-centred care in practice**  
1 Promoting person-centred care 2  
2 Capacity and consent 4  
3 Communication 6  
4 Compassion 8  

**Part 2**  
**Quality of life in practice**  
5 Quality of life 12  
6 Nutrition and hydration 14  
7 Hearing and vision 16  
8 Pain 18  
9 Sleep 20  
10 Continence 22  
11 End of life care 24  
12 Sexual health and well-being 26  
13 Carers 28  

**Part 3**  
**Promoting health in practice**  
14 Health promotion 32  
15 Falls and falls prevention in older people 34  
16 Medication management 36  
17 Polypharmacy 38  
18 Skin care 40  
19 Pressure area care 42  
20 Infection control 44  
21 Older people and the arts 46  
22 Physical activity in older age 48  

**Part 4**  
**Complex care in practice**  
23 Mortality and morbidity: focus on frailty 52  
24 Long-term conditions and comorbidities 54  
25 Good practice in dementia care 56  
26 Caring for the older person with delirium 58  
27 Severe and enduring mental health problems in older life 60  
28 Recognising dying 62  
29 Grief, loss and bereavement 64  
30 Safeguarding 66  
31 Spiritual beliefs and religious practices 68