



Resilience in the elderly: accuracy study of a nursing outcome

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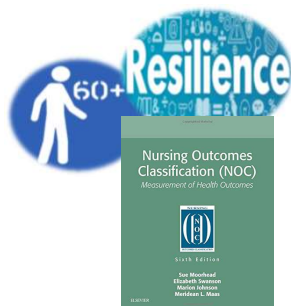
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Background



Elderly or older adults are characterized by their resilient potential, which develops throughout life and is a protective factor in old age, and resilience is included in the Nursing Outcomes Classification¹

To analyze the accuracy of the elements of the nursing outcome
"Personal resilience: elderly" in elderly

Materials and Methods

Methodological study in three stages:

Concept Analysis

- ✓ Evolutionary model²
- ✓ Identified the attributes, antecedents, consequences, and empirical elements
- ✓ "Resilience in the elderly"

Validation by experts

- ✓ Focus group virtual³
- ✓ Nursing experts from Brazil and Portugal
- ✓ Verified the suitability and recommendation of the title, definition, and indicators of the nursing outcome

Clinical Study

- ✓ Older adults treated at Geriatric Outpatient Clinic
- ✓ Structured interview with an approach to resilient aspects (meaning, behaviors, and attitudes) throughout life and in old age
- ✓ Direct content analysis⁴

Approved by the Research Ethics Committee of the Nursing School of Ribeirão Preto, University of São Paulo, Brazil.

Results

- ✓ Concept "resilience in the elderly"
 - ✓ Definition:

"positive attitudes of the elderly, with the help of available resources in the face of adversity experiences"
- ✓ 08 nurses expert
 - ✓ Virtual environment
 - ✓ Discussions were the opinion and the degree of adequacy and representativeness of the proposed indicators to the nursing outcome
- ✓ Participants total of 25 older adults;
 - ✓ Characteristics: 82.3% female; 74.7 (SD=5.9) age; 52.9% were married and 41.1% widowed; education 3.0 (SD=2.5) years; 76.4% Catholics religion;
 - ✓ Medical diagnostic mean of 7.2 (SD=2.8);
 - ✓ Mini Mental State Examination 26.2 (SD=24) points;
 - ✓ Interview was audio recording and were identified 03 categories:

| | |
|-------------------|--|
| PERCEPTION | represented the meaning of resilience for the elderly |
| STATE | composed the characteristics of resilience attributed by the elderly |
| BEHAVIOR | examples of resilient attitudes in the face of adversity situations in the past and present of the elderly |

Conclusions

The accuracy and validation measures of the nursing outcome "Personal resilience: elderly" suggested more accurate indicators of the complexity of care for the elderly.

References:

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