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27. Health through the global functionality estimation of the elderly in a continuing care unit.

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Introduction

Work performed under the Stage Specialization in Medical-Surgical Nursing in Integrated Continuing Care Unit (ICCU), in order to describe the health gains achieved with a program to stimulate the overall functionality, adapted to the degree of physical dependence patients and the psychological profile.

Benefits of mobility stimulation

The Portuguese Health General Direction (HGD, 2001) states that the increased mobility improves the well-being and self-autonomy, help increase the ability to perform tasks in diary activities. The practice of regular exercise contributes to an improvement in: posture, look, strength and vigor. According to WHO (2003) physical activity is important to the elderly health, because it promotes and maintains the quality of life, and their autonomy and independence. These were the arguments that supported the planning and implementation of a project to stimulate the overall functionality of a sample of patients from an ICCU.

Elderly group initial evaluation

In the first stage of the plan we proceeded to physical and cognitive evaluation of a sample of patients, in which was applied the Barthel Index and Mini Mental State Exam (MMSE) and recording clinical history and pathological findings of a 5 seniors homogenous group, with ability to respond to simple commands and walking capacity.

Diagnoses identified

This assessment allowed us to identify some nursing diagnoses like social isolation, unproven treatment regimen adherence and ineffective adaptation, impaired mobility, body balance changes, sleep changes, the global pain (psychological, physical, social, spiritual), some fall risk, decreased will to live and anxiety, self-care dependency.

Interventions implemented

Our role like nurse was to direct the group, but without showing "directive" attitude, being empathetic and available, but without paternalism, being attentive to the needs of group and individual needs, knowing the group, regarding the type of activities they liked most making by providing a session time communication, relationship and listening.

In a second phase, were implemented psycho-motor stimulation exercises planned for 4 weeks, like warm-up muscle and knuckle-bone exercises, movement activities - "Geometric figures", "Mirror", "Dancing", "Shoot the ball", "Exercises with balloons and

scarves", "Exercises with ball of wool" and relaxing activities -"Feel the music", "Conducted imagery exercises", "Laughter Therapy".

Outcomes

The evaluation of the Barthel Index has shown improvements in the ability of fooding, clothing, bladder and bowel elimination and using the toilet more autonomously, while evaluating the MMSE showed improvements in guidance, information retention, language, attention and calculation. We observed overall improvement in relations among pairs and with professionals, increased self-esteem, prolonged wakefulness, improved balance and mobility, feelings of joy and satisfaction.

Conclusion

Nursing interventions in this study showed positive outcomes in response to some nursing diagnoses common in the elderly. Thus, exercise is evident in improving the training of the elderly to self-care.