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Resilience in the elderly:

accuracy study of a nursing outcome

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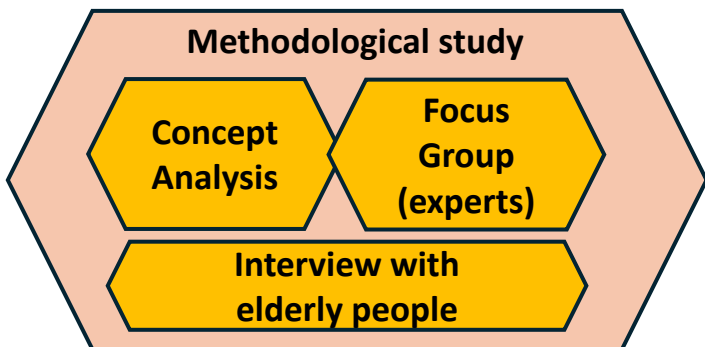
Introduction

The nurse's clinical reasoning must be expressed by indicators validated by accuracy measures in achieving favorable nursing outcomes for patients, families, and the community. Elderly people are characterized by their resilient potential, which develops throughout life and is a protective factor in old age.

Aim

To analyze the accuracy of the elements of the nursing outcome “Personal resilience: elderly” in elderly people.

Methods



Results

Concept model

Title: "Resilience in the elderly"

Definition: "positive attitudes of the elderly, with the help of available resources in the face of adversity"



- ❖ 8 nurse experts (Brazil and Portugal).
- ❖ Virtual environment.
- ❖ Opinion and the degree of adequacy and representativeness of the proposed indicators.

- ❖ 25 elderly patients (Mean=75,0 years old; 78,3% female).
- ❖ Geriatrics Outpatient Clinic.
- ❖ Categories: "Meaning and Sense of Resilience", "Resilient Characteristics", "Resilience Context", "Attitudes and Behaviors in Old Age".

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. Thus, they will be able to help nurses elaborate the care plan with more effective nursing interventions and positive health results.

Implications for nursing practice

Evidence supporting the validity of the resilience phenomenon in the elderly people is believed to strengthen the nursing outcome “Personal Resilience” (1309) of the Nursing Outcomes Classification.

References



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