

International Course on Health Care Issues 2 – ICHCI 2

Enabling Client Responsibility in Health Care

Healthy Ageing



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Introduction

Name	Profession	Country/University
Frederik	Occupational Therapist	Belgium / PHL
Marloes	Physical Therapist	The Netherlands/ Hanze
Beatriz	Speech & Language Therapist	Portugal / ESS
Lianne	Dietician	The Netherlands/ Hanze
Wendy	Nurse	The Netherlands/HAN
Jessica	Nurse	Belgium / HUB

Serviços de Assistência Medico-Social SAMS - Residence for elderly People



Method

- Group discussion
- Interview
 - Half-open interview
 - General questions
 - 3 pillars of the course



Global view of the clients

First visit to SAMS-Azeitão

- 6 clients : 5 women and 1 man
 - Ages: 81 – 93 years old
 - Health Problems:
 - Diabetes Type II
 - Cardiovascular problems
 - Hypertension
 - Pneumonia
 - Osteoarthritis

First visit to SAMS-Azeitão

- Position of the clients
- Language barrier
- Interview with physiotherapist

First visit to SAMS-Azeitão

No specific needs



Promoting healthy ageing

Goal

The residents can maintain a high quality of life during their stay at the residence by stimulating healthy ageing.



- Interaction / socializing
- Giving knowledge
- Enabling client responsibility

Intervention

- The Game
- The implementation
- The reflection

Intervention

- The Game = Interactive quiz
 - Teams of 3-4 people
 - Discuss the questions with their team
 - Right answer: 1 or 2 points



Intervention

- The implementation
 - Small-scale implementation of the game
 - 2 teams of 3 residents
 - Discuss questions within the team
 - Perform the exercises



Intervention

- The reflection
 - After the intervention
 - How did the residents experience the intervention?
 - How should it be implemented in the future?

Each profession

Group 1:

- Occupational therapist from Belgium
- Physiotherapist from The Netherlands
- Speech and language therapist from Portugal

Subjects

- Physical activity
- Fall prevention
- Transfers
- Breathing techniques

Each profession

Group 2:

- Nurse from Belgium
- Nurse from The Netherlands
- Dietician from The Netherlands

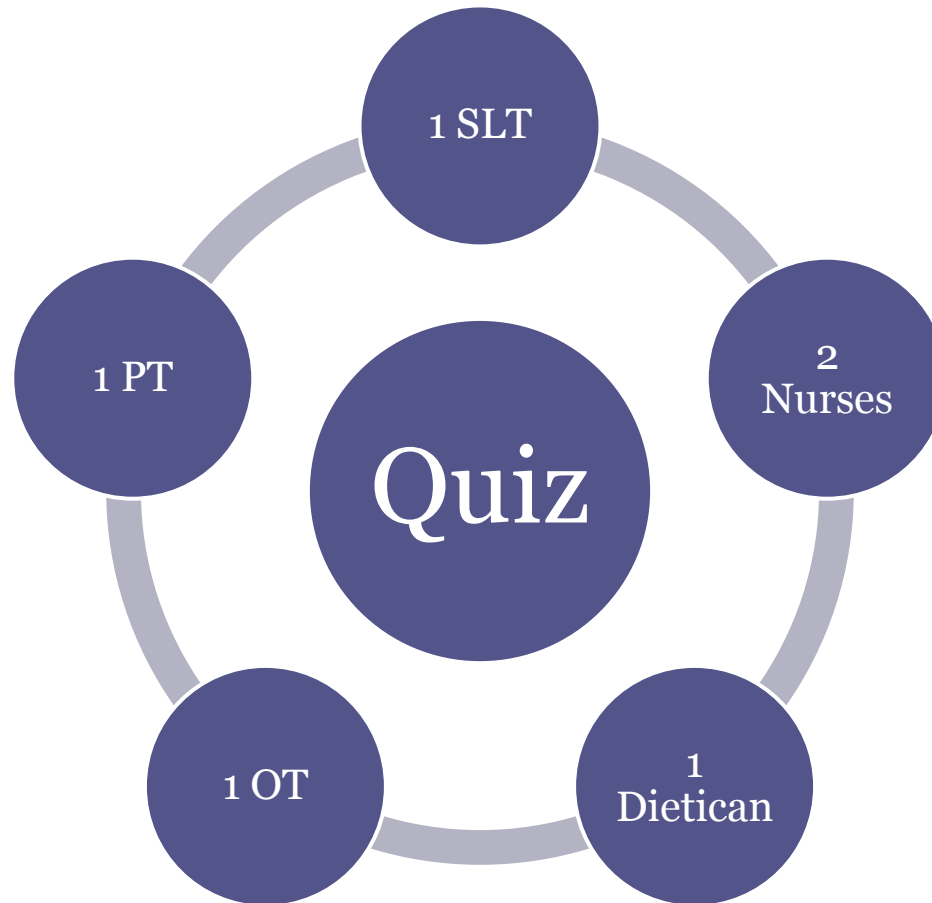
Subjects

- Salt intake
- Water intake
- Weight
- Medicines
- Smoking

Differences between cultures

- Physiotherapist from the Netherlands → Occupational therapist from Belgium
- Nurse from The Netherlands → nurse from Belgium

Interdisciplinary work



Conclusion and Discussion

What worked:

- Equality of the group
- Frequent change of roles
- Exchange of information and opinions
- The main goal is reached

Difficulties:

- Thinking outside the box
- Language barrier

Conclusion and Discussion

What could we change ?

- More resource for evidenced based information
- If we had more time we could have a different view on the intervention
- If we had more visits too the residence, we could gather more information about the clients to improve our intervention

References

- De Gucht, V., Hurkmans, E., Knittle, K., Maes, S., Peeters, A., Runday, H., et al. (2010). Motivation as a Determinant of Physical Activity in Patients With Rheumatoid Arthritis. *Arthritis Care & Research* , 371-377.
- Fischer, T.; Julsing, M. (2008). *Onderzoek doen!* Groningen: Noordhoff Uitgevers.

The End

