

## Functional Decline and Hospitalization: Self Care in the Elderly and the Challenges of Rehabilitation

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The events of hospitalization in elderly people imply changes in the person's autonomy and leads to dependence situation, mainly in the area of self-care. The self-care's functional capacity can be affected by several factors, causing dependence and diminished quality of life.

**Aim:** To verify if there is a functional decadence to the self-care in old patients admitted in the Medicine Service BA of CHUC, looking at the functional capacity for the self-care in pre-internment, admission and discharge. The variables age, gender and hospitalization time were analyzed as possible factors influencing functional decline.

**Methodology:** A longitudinal observational study with repeated measures in an accidental non- probabilistic sample of 52 elderly patients hospitalized during July 15 and November 15, 2017. Data collection was performed with an adapted version of InterRAI-CA-PT (Amaral et al., 2014) applied at the time of admission and discharge, following all ethical-legal procedures.

**Results:** Functional decline was observed in hospitalized old patients between pre-internment, admission and discharge. The evaluations of AIVD's and AVD's showed global increase of dependence level during internment, being more evident this increase between pre-internment and admission ( $Z = -4,718$  e  $p = 0,00$ ;  $X^2 = 45,852$  e  $p = 0,00$ ;  $X^2 = 55,843$  e  $p = 0,00$ ). The variables age and hospitalization time shows a positive correlation with the increase of functional decline in discharge.

**Conclusion:** These results explain a need of a patients' careful evaluation, through suitable mediation planning in order to minimize the impact in patients' life hospitalization. In the promotion area of autonomy and functional decline minimization, the rehabilitation nurse must take the main role as a direct worker with patients through their specific skills, but also as a trainer in the nursing team improving actions which allow health gains. We suggest new studies that analyze the effectiveness of rehabilitation nurses' interventions in this area.

### Biography

Armenio Guardado Cruz is a researcher at the Health Sciences Research Unit: Nursing (UICISA:E) and coordinating research projects (promotion mobility to revert functional decline of dependent adult and elderly; promotion of the autonomy of people undergoing health transition processes). He is a supervisor of master's dissertation in rehabilitation nursing and occupational health. He is an author of several scientific publications and communications in National and international meetings and congresses. He has completed his PhD in University of Extremadura, Spain (2007), Master in Occupational Health, Coimbra University (1996), Graduation in Nursing (1988) with a specialization in Rehabilitation Nursing (1989), Postdoc in Nursing, Rio de Janeiro State University (2015).

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