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The Effect of Activity Participation on the Days of Bedridden for Institutional Residents before Death- An Observational Study of One Nursing Home

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The idea of successful aging and a good death is everyone's wish in their later life. With advanced medical technology care services extends human live longer than ever. Contrary to this positive outcome a lack of regular exercise and diet control leads to an increase of chronic disease and disability.

In 2015, according to the Ministry of Health and Welfare in Taiwan people with functional disability reached about 760,000 persons, with an expected projection of 1,200,000 persons in 2031. As a consequence people with disability and catering for their care needs are expected to become a major expenditure of the health care system. Not only the cost taken from the national medical health care and social welfare budget, but also a burden for each individual family with their supplementary care provision and financial support. Therefore, to understand how to reduce the level of disability and their length of being bedridden prior death is of importance.

Aim of Study:

- To understand the affect upon nursing home dying resident's number of being bedridden by providing them with non-pharmaceutical therapy, physiotherapy and exercise
- To explore the factors that affect the chronic physically Declining resident's participation to the activities offered in a nursing home.

Research Design: The study used a secondary data analysis of a retrospective longitudinal data set of the nursing home deceased residents. Data were collected from 1st March, 2012 to 31st May, 2016, excluding severely disabled residents and those diagnosed as terminally ill. Data collection include: demographic characteristics, participation to the activities and bedridden days prior death.

Data Analysis: Descriptive statistics were be used to describe the demographic characteristics of participants. In addition, T-test, ANOVA, Multiple Regression Analysis, Multinomial Logistic Regression Analysis and Survival analysis were used to analyze the data.

Result: The finding shows less bedridden prior death residents were those with higher score of ADL and frequently participated to 2 and more activities. Single and widows residents revealed a 25 times higher activity participation rate than those married and de facto. In regards to the group of residents' bedridden prior to death less than 30 days, they were showed a 100 times higher active participation of a single activity, in comparison to those bedridden more than 90 days.

In conclusion, from being active to the length of being bedridden prior to death, it was revealed a lower bedridden period was dependent upon a higher rate of participation of activities and exercise. Those residents also showed to have better physical functional ability and quality of life prior to becoming bedridden. In regards to the remaining family response they reported a better memory and ending for their love one compared to the perception of a lingering traumatic extended bedridden state.

Biography

Yi-Ting Lo is come from Taiwan. His major is nursing and management. After he graduated from the nursing department in 1999, He worked in the clinic hospital. In 2015, He study Doctoral program of health industry management at Asian University. Currently he was an operator with residential institution, Non-profit foundations and home nursing companies, etc., the main research domain are elderly care and hospice palliative care.