



UiO • **Institute of Health and Society**
University of Oslo

Getting transition care of the elderly right

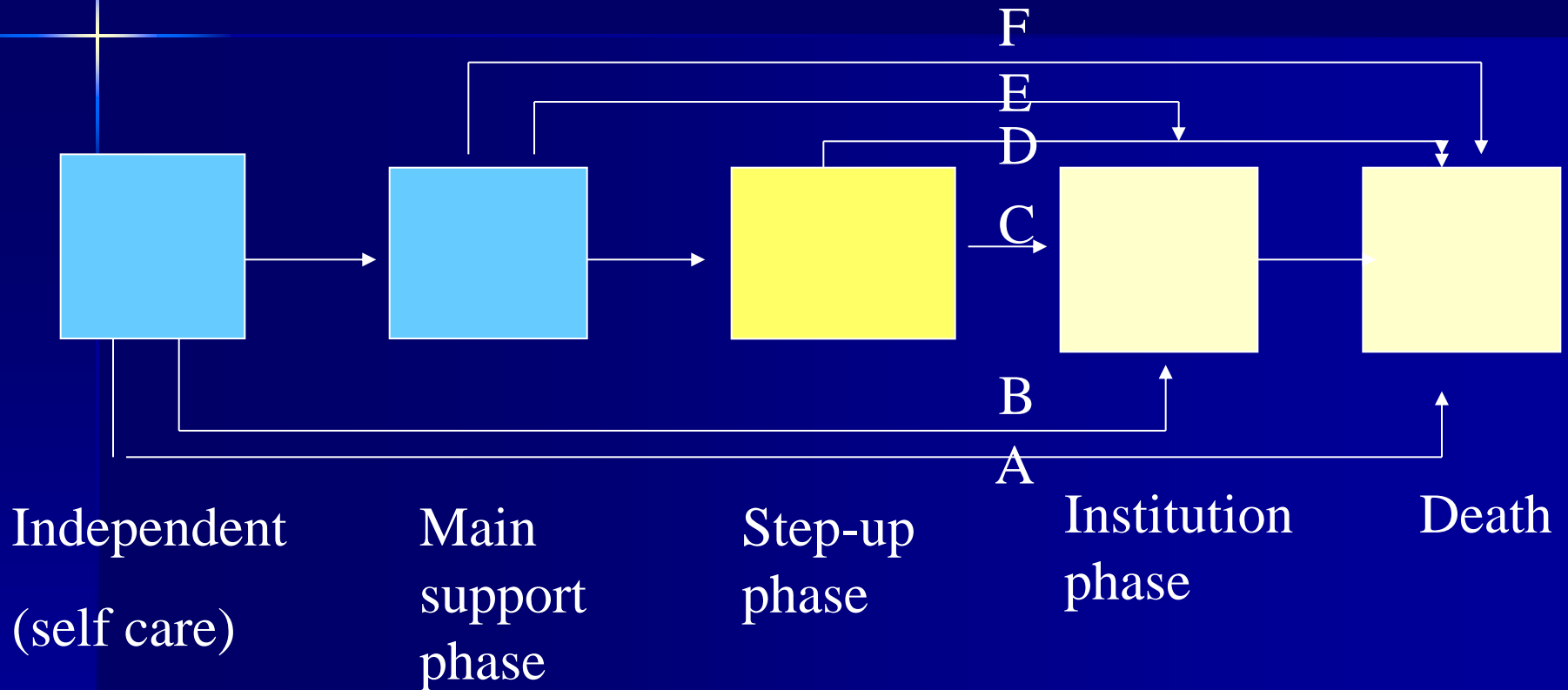


Marit Kirkevold,
Professor
University of Oslo, Norway



- 5 million people
- 2 mill. live in or close to the three largest cities (1 mill. around Oslo, Norway's capital, and Bergen and Trondheim)
- Long distances & rural communities
- Total number of nursing home beds: 44.000 (ca. 1000 homes)
- Total number of home care recipients: 280.000 (provided by 430 municipalities)

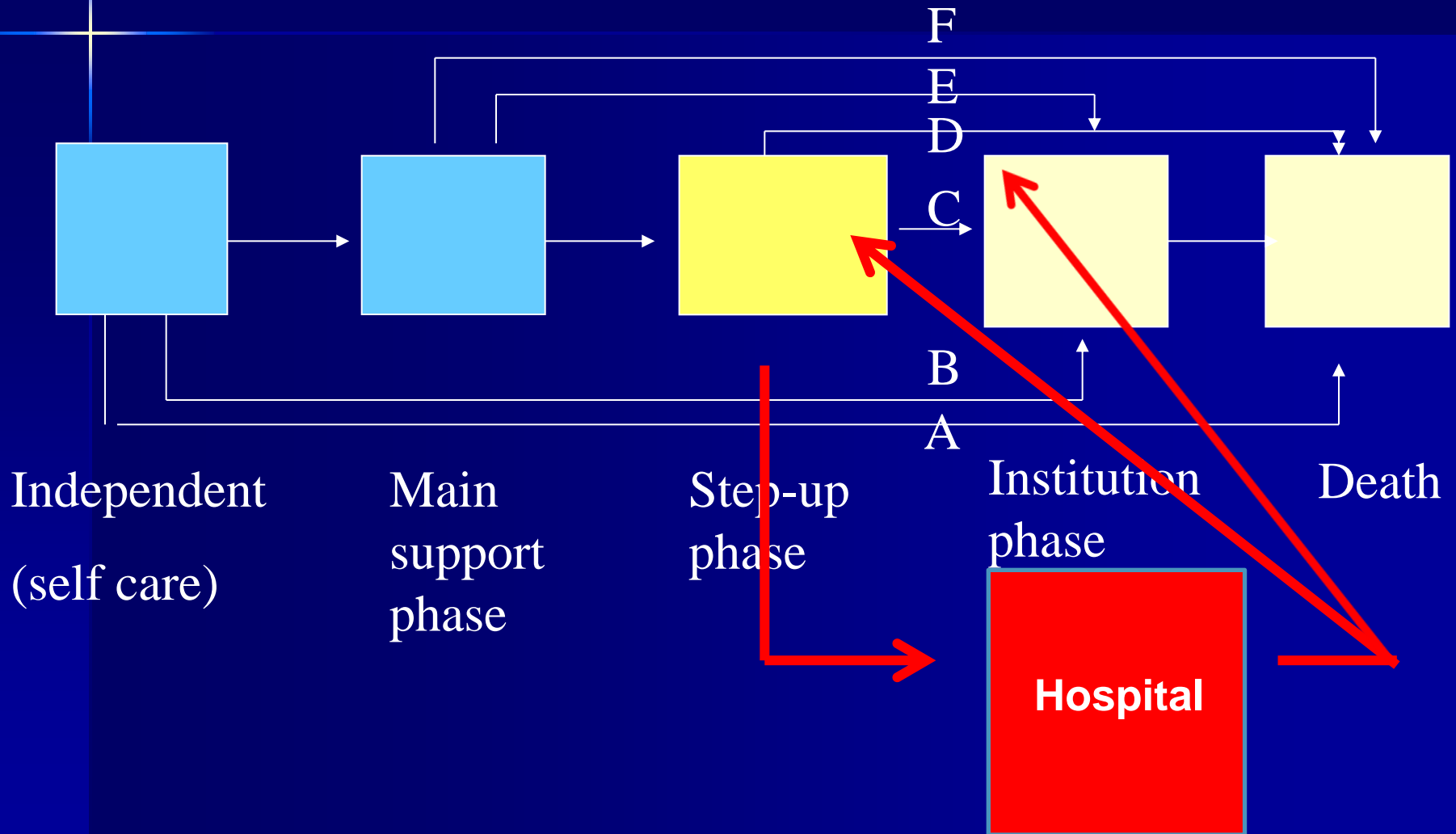
Care pathways for older people



Romøren 2003

All patients 80+ in Larvik municipality until death (N= 432; 19 years follow up)

Care pathways for older people



Transition care

- I. Transitions within the health care system
- II. Transitions in health and health care needs
- III. Personal transitions

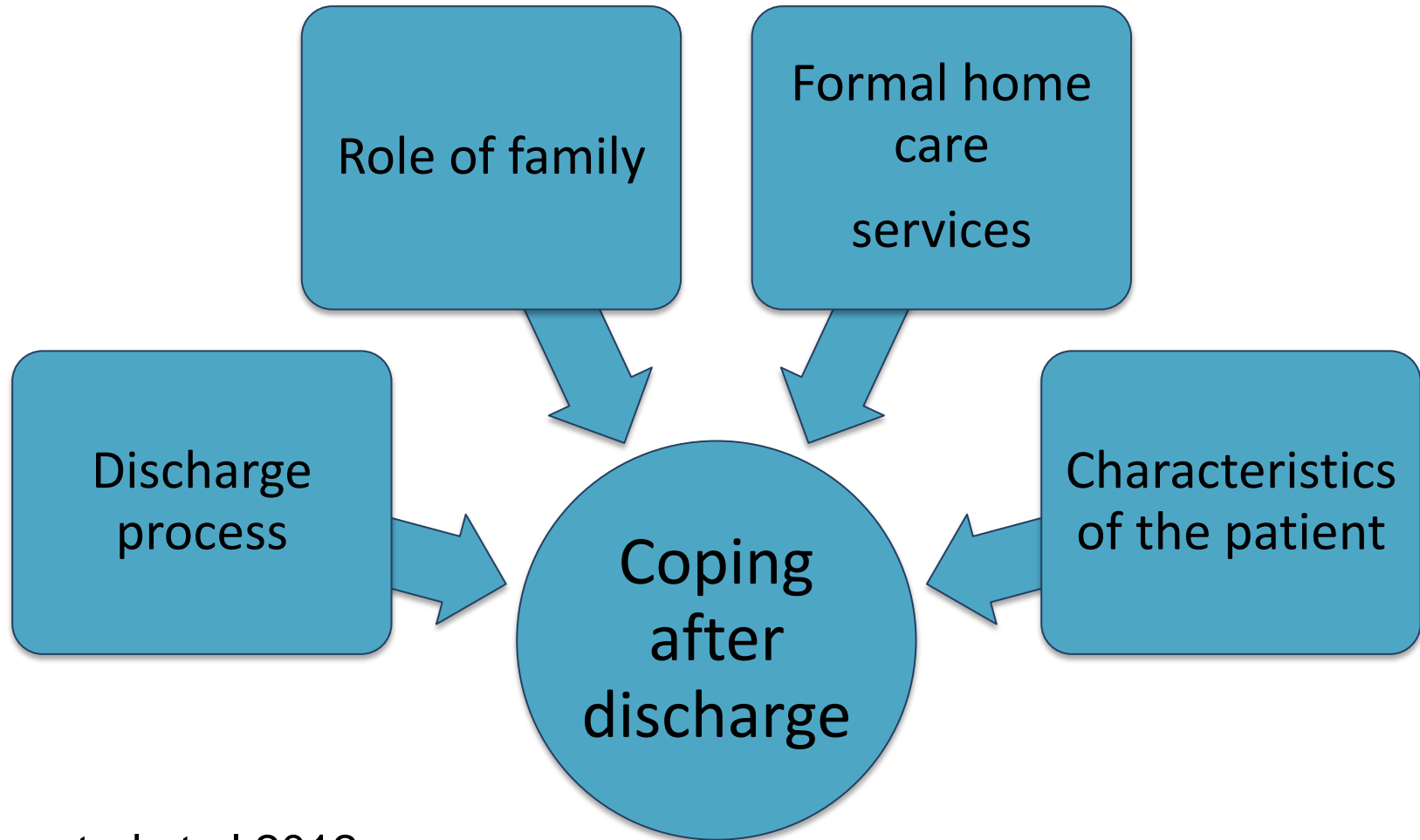
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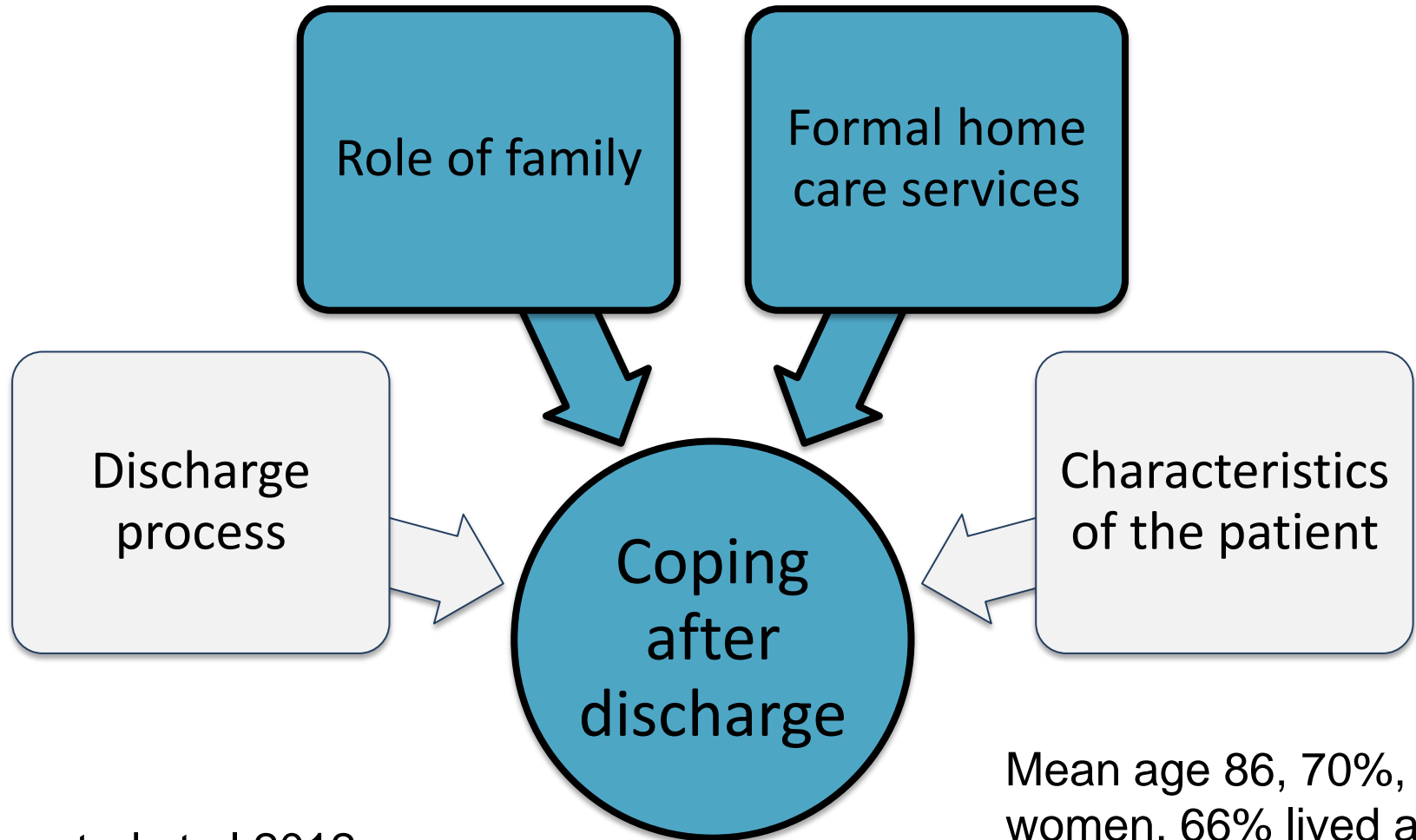
Factors associated with successful discharge from hospital to home

- Cross sectional study
- Older persons (80+) discharged from 14 hospitals to 67 municipalities
- Sample:
 - 330 older persons (142 discharged to home)
 - 262 informal caregivers
- Personal, structured interviews

Which factors impact on post-discharge coping?



Which factors impact on post-discharge coping?

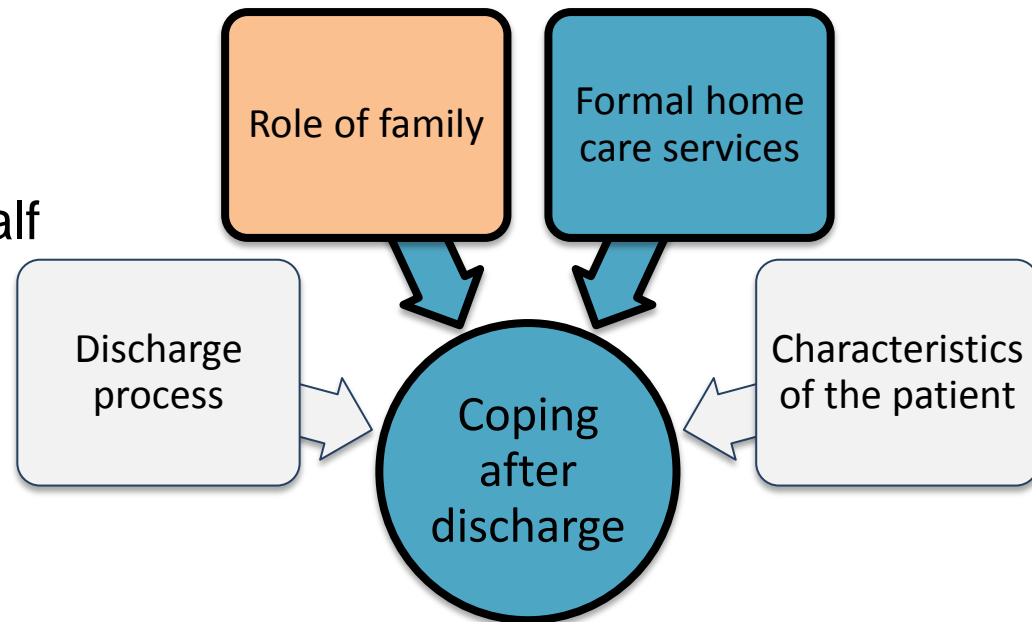


Mean age 86, 70% women, 66% lived alone, low functional status

Indispensable intermediaries

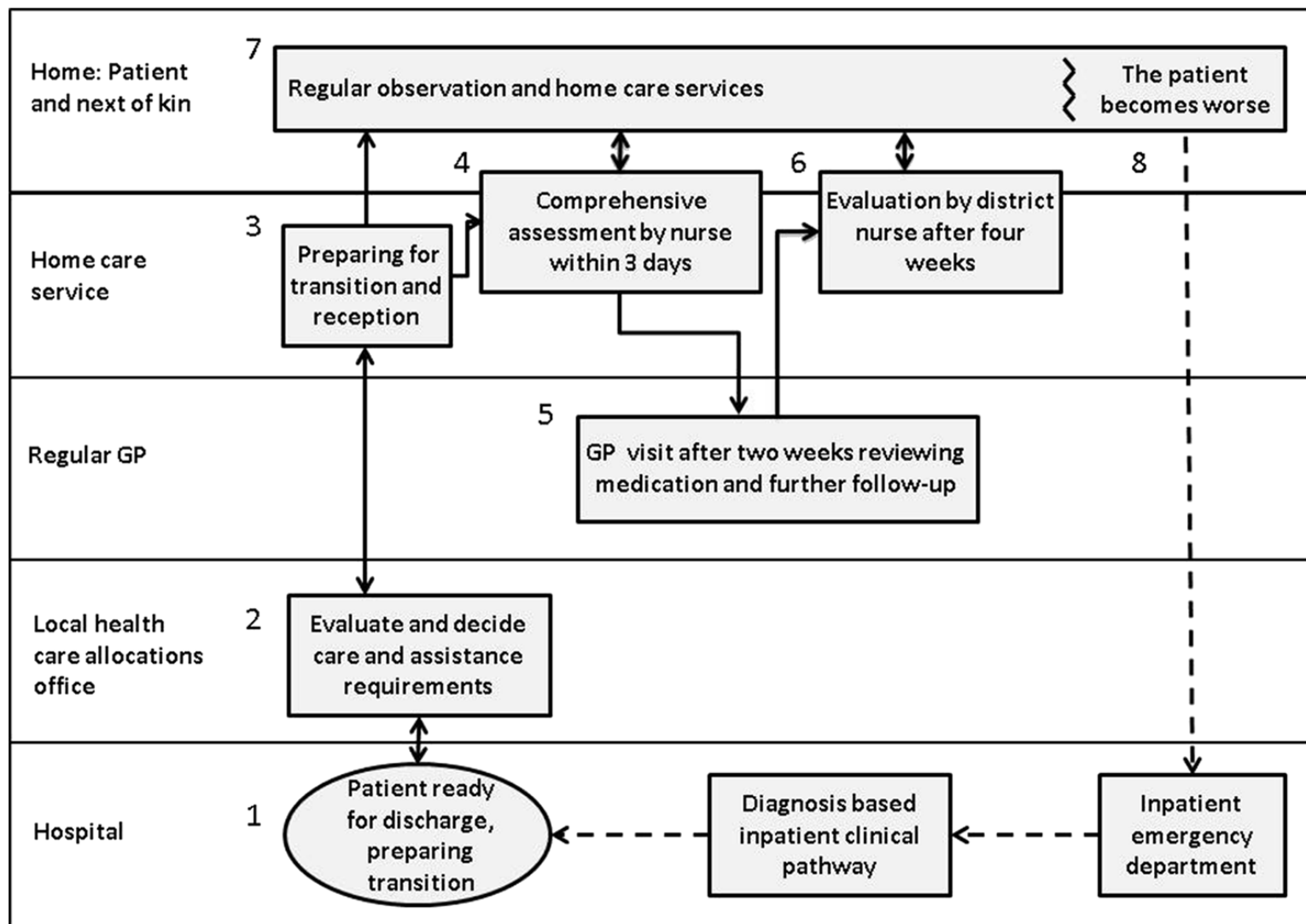
Family had to deal with:

- Emerging dependency & feelings of responsibility
- The complexity of the health care system
- Develop strategies to gain influence & participate on behalf of their older relative



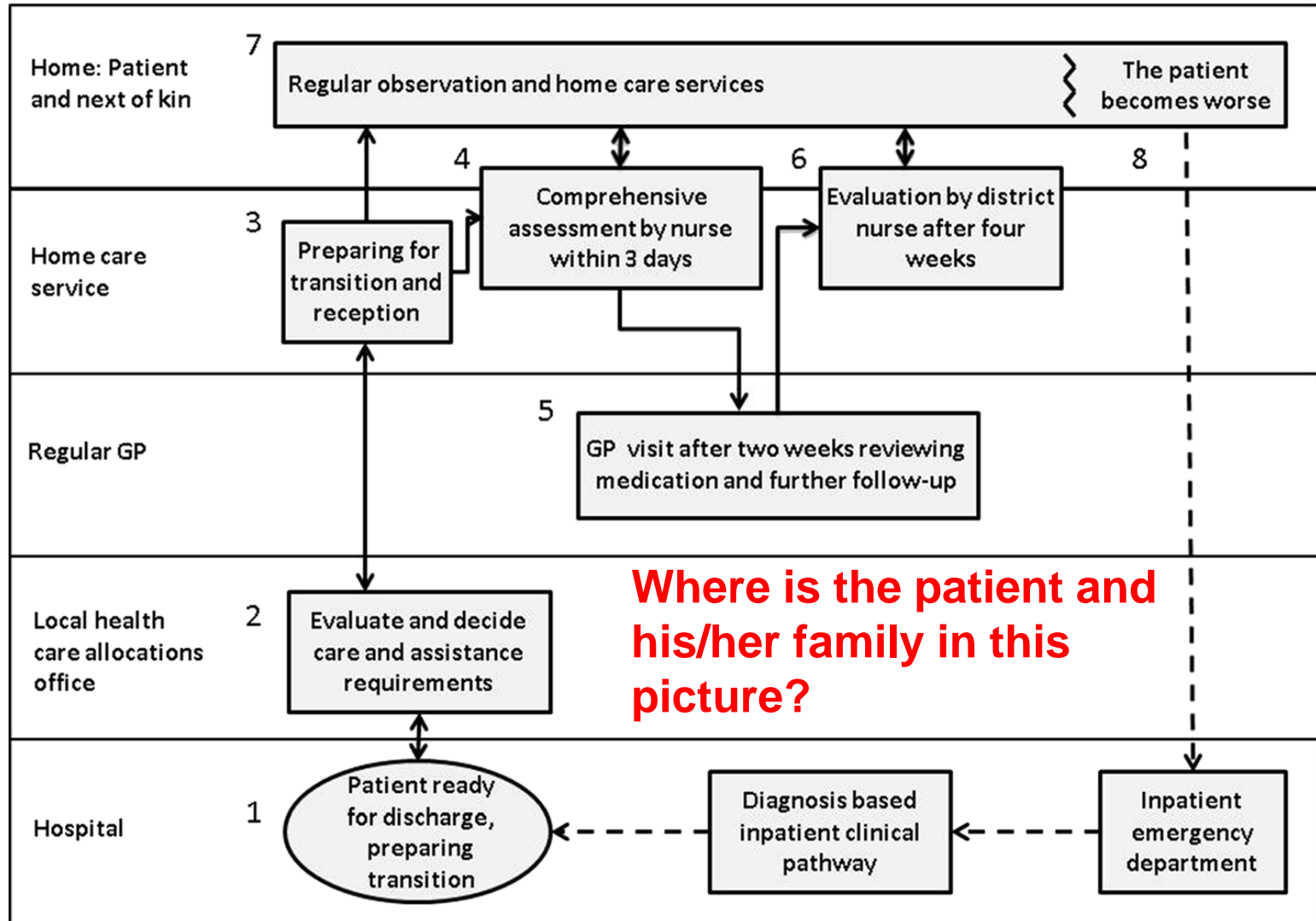
PATH (Patient Trajectory for Home-dwelling elders)

Purpose: Improve transitional care & follow-up to reduce need for institutionalization (Røstad et al. 2015)



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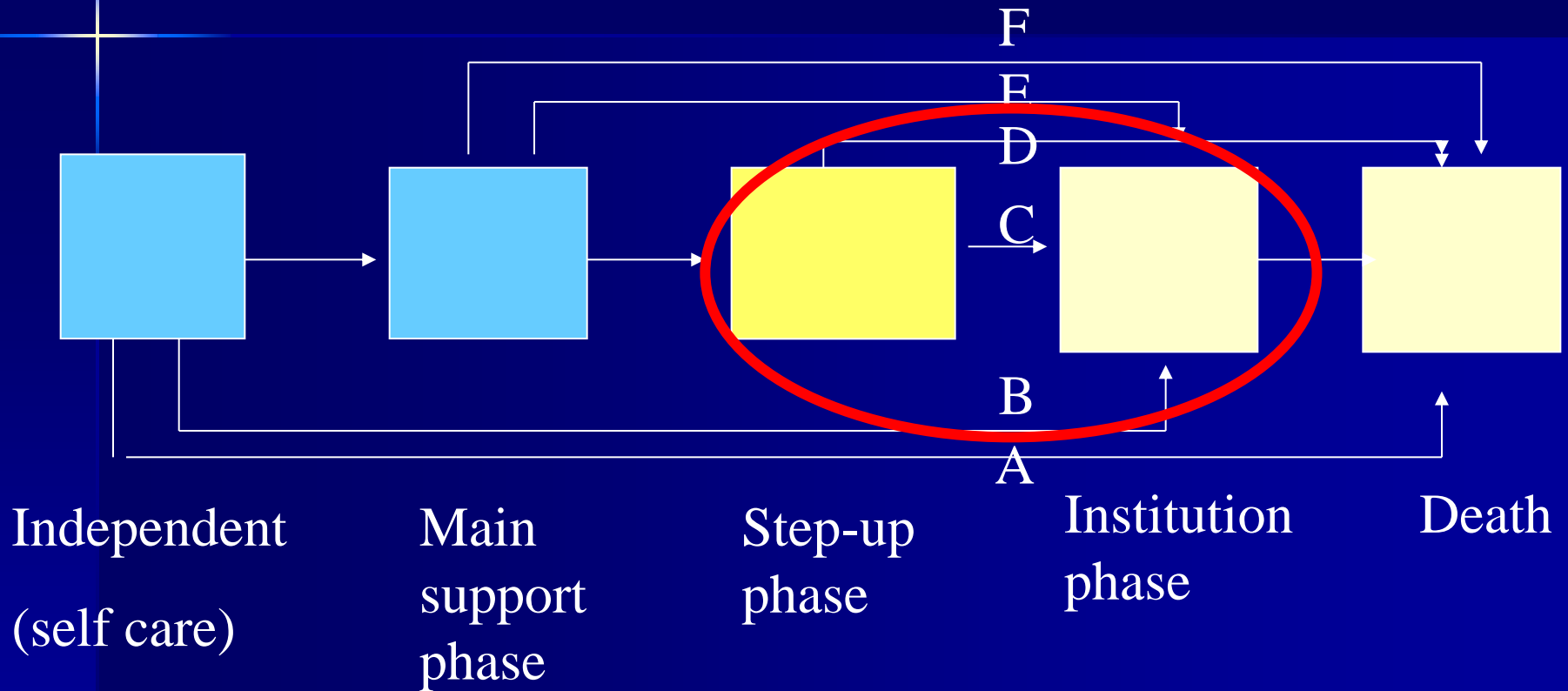
Transitions

- Transitions are processes, direction and change in life patterns
- At the individual and family level, transitions are associated with changes in
 - Identities,
 - Roles,
 - Relationships
 - Abilities &
 - Patterns of behavior

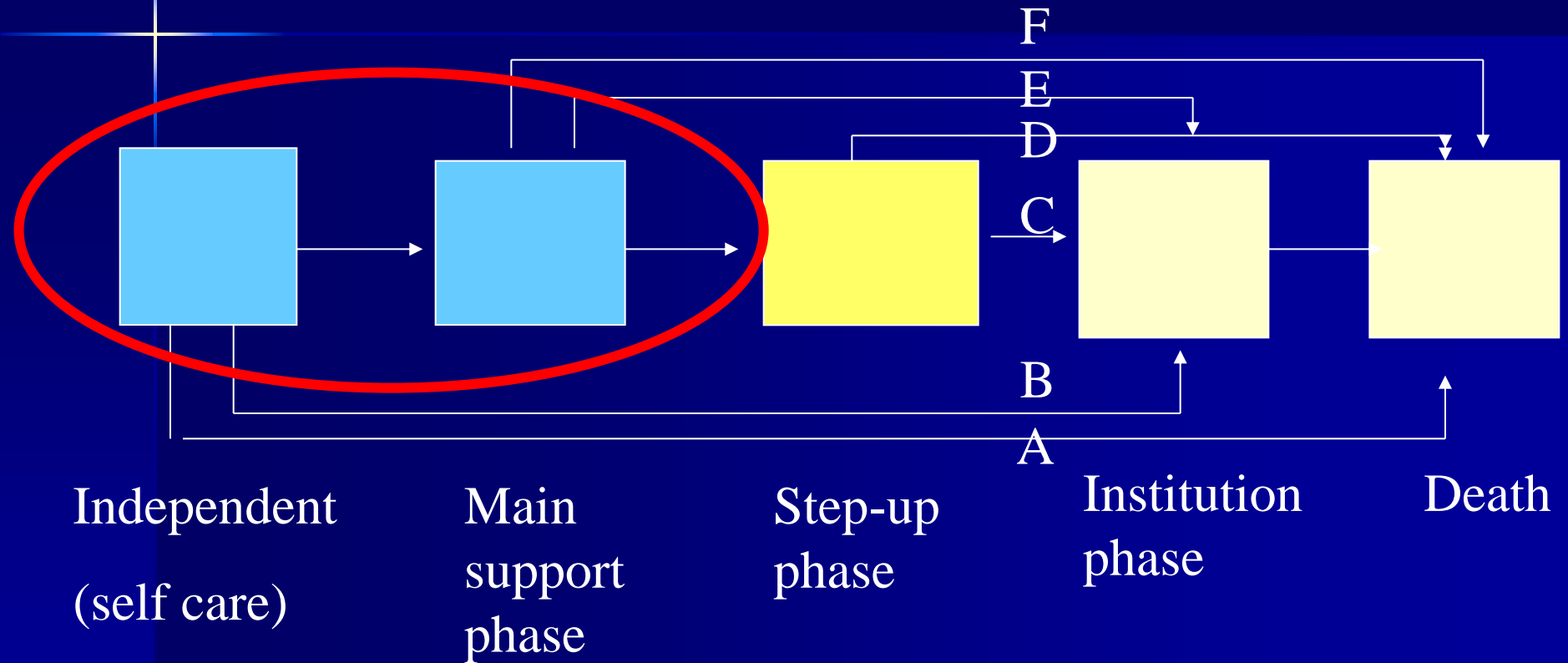
Transitions (2)

- Types of transitions:
 - Developmental
 - Situational
 - Health-illness related

Care pathways for older people



Care pathways for older people



Self-care of older people

- Self-care is an activity of mature persons who have developed their abilities to take care of themselves.
- Individuals can choose to actualize their self-care abilities into self-care activities to maintain, restore, or improve health and well-being.

Ability for self-care in urban living older people in southern Norway

- Randomized sample of 1044 persons 65+ living at home in urban areas in southern Norway
- Mean age 74.8 years (SD = 7.1).
- 83% had higher abilities to care for themselves.
- Self-care agency, perceived good health, being active, being frequently active, good mental health, not being at risk of under-nutrition, and satisfaction with life were positively related to self-care ability.

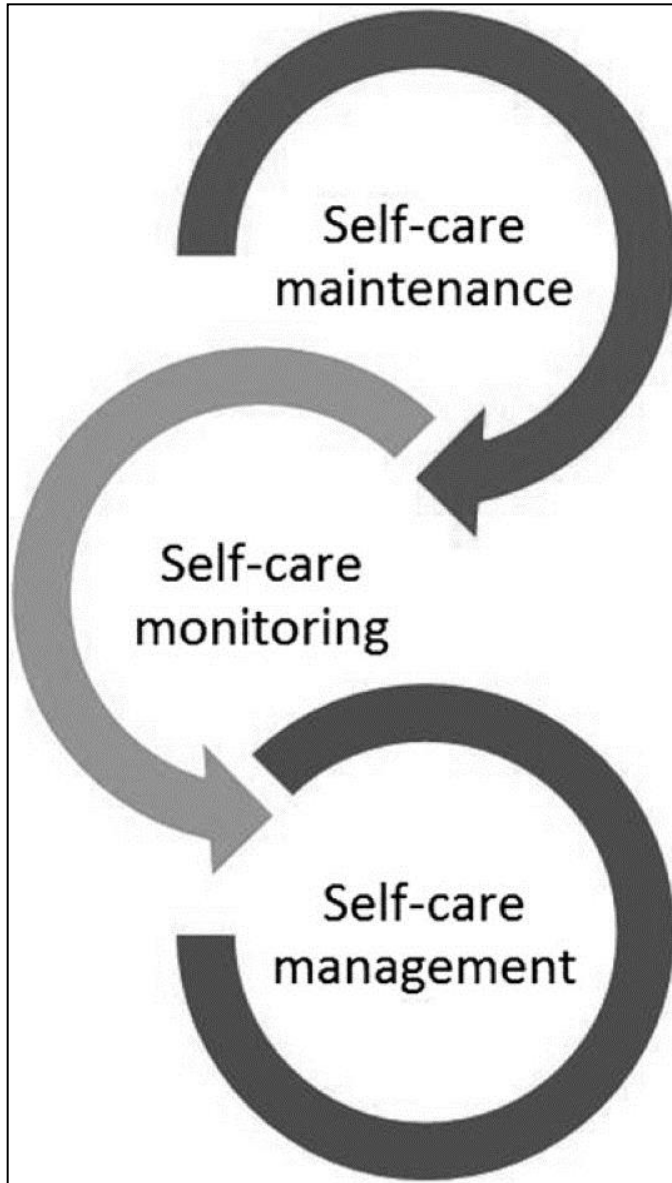
Meaning of self-care for older people

- Qualitative, hermeutic study
- 11 women and men

- “Desire to carry on”
- “Be of use to others”
- “Self-realization”
- “Confidence to manage in the future”.

Being old and living alone in urban areas: the meaning of self-care and health on the perception of life situation and identity

- Qualitative, phenomenological study of 9 single-living persons 70-82 y.o.
- “The informants were caring, autonomous, and robust characters, who had gone through difficult times in life, and in a resilient way moved towards a new future. They valued and were grateful for what they had learned in their lives and could go forward and still experience and explore.”



A Middle-Range Theory of Self-Care of Chronic Illness.

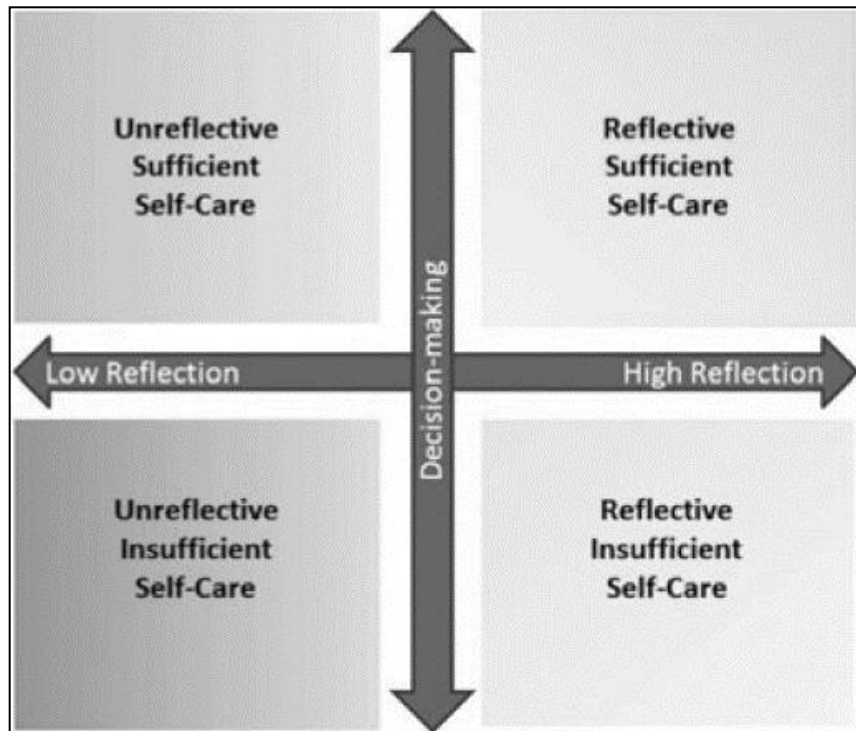
Riegel, Barbara; DNSc, RN; FAAN, FAHA; Jaarsma, Tiny; PhD, RN; FAAN, FAHA; Stromberg, Anna; PhD, RN; FAAN, NFESC

Advances in Nursing Science. 35(3):194-204, July/September 2012.

DOI: 10.1097/ANS.0b013e318261b1ba

Figure 2 . Self-care maintenance, self-care monitoring, and self-care management are core elements of the self-care of chronic illness.

Self-care management entails a process of recognition of changes in signs and symptoms, decision making about self-care actions, and evaluation of the outcomes of that action. Although each element is unique, they function in a synchronous fashion to maintain health and facilitate management of illness. As discussed further in the text, a variety of factors influence the success of individual patients in the performance of self-care.



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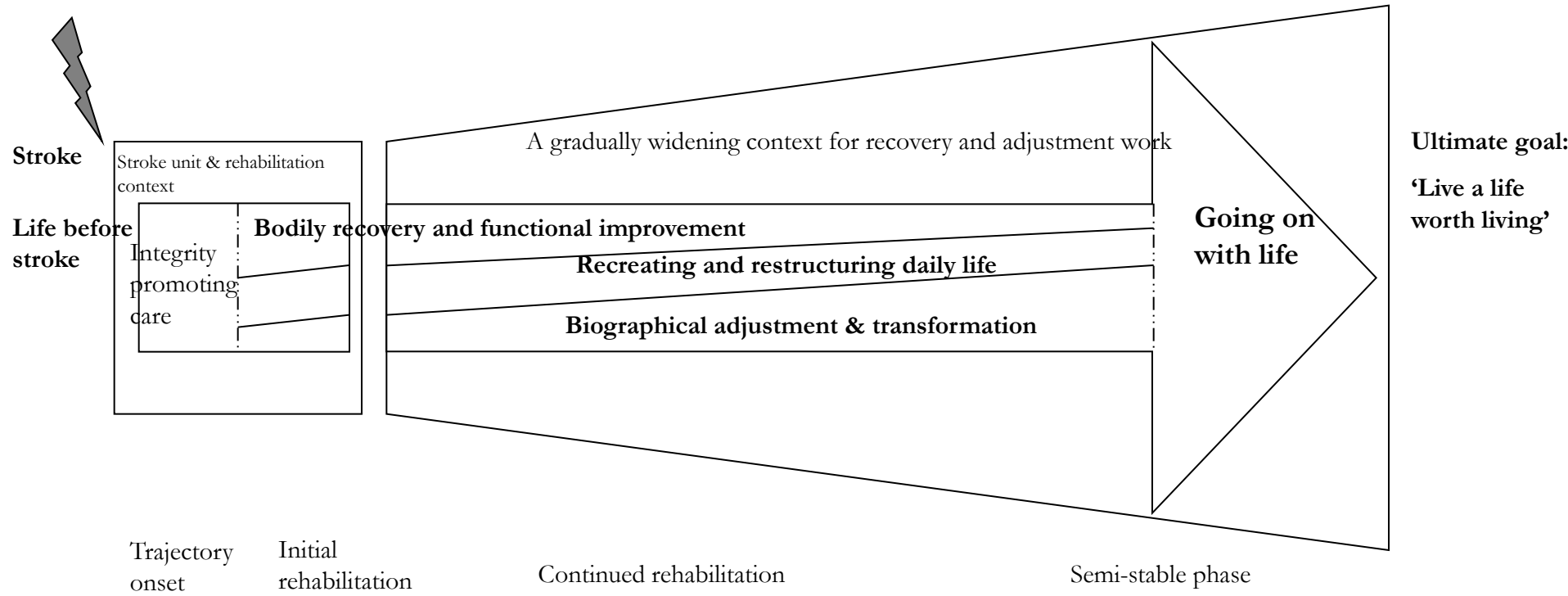
Figure 1 . Relationship of decision making and reflection on self-care.

Self-care may be sufficient or insufficient, reasoned and reflective, or automatic and mindless. Various combinations of reflection and sufficiency of self-care are illustrated in this figure. The ideal combination is reflective and sufficient self-care.

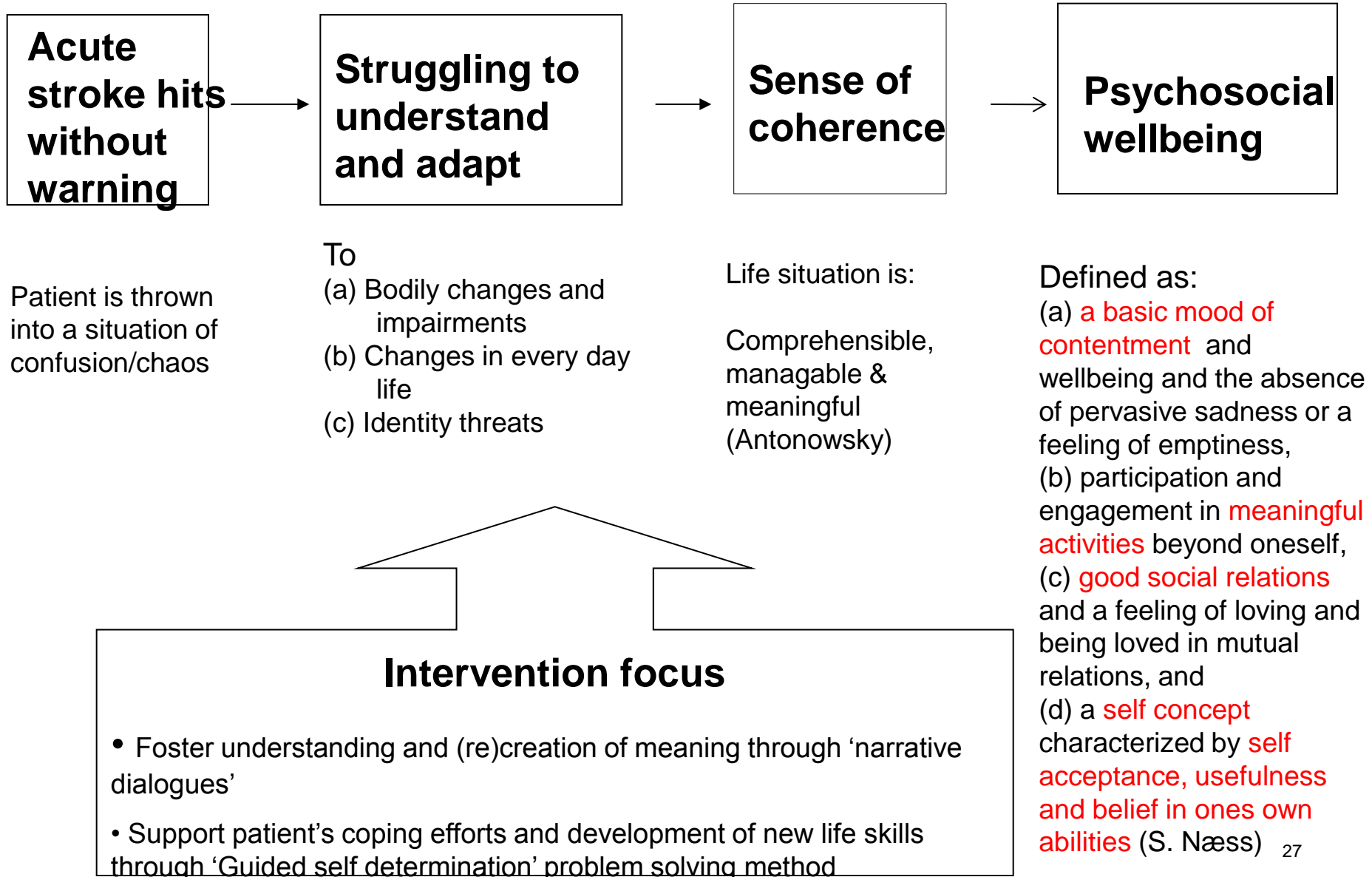
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Recovery and adjustment following a stroke



Theoretical structure of intervention



(Kirkevold et al 2014)

«The big trial of strength»

bicycle race



Distance from
Trondheim to Oslo:

500 km

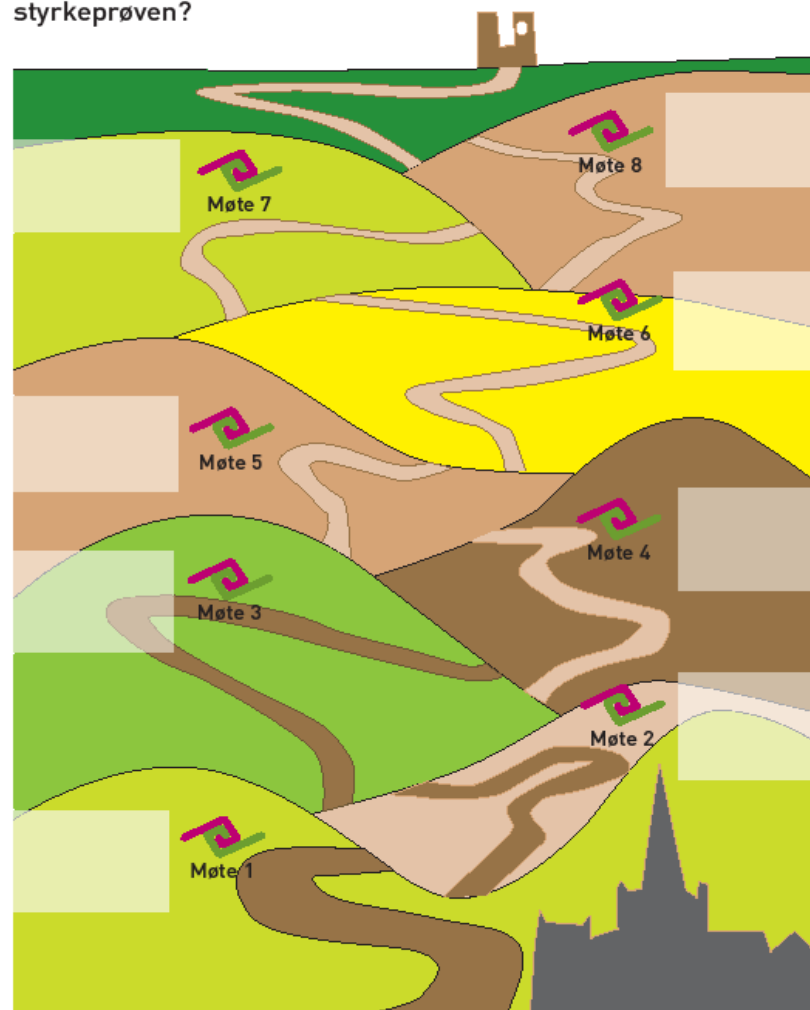
Through the most
mountainous area in
Norway

«Your big trial of strength»

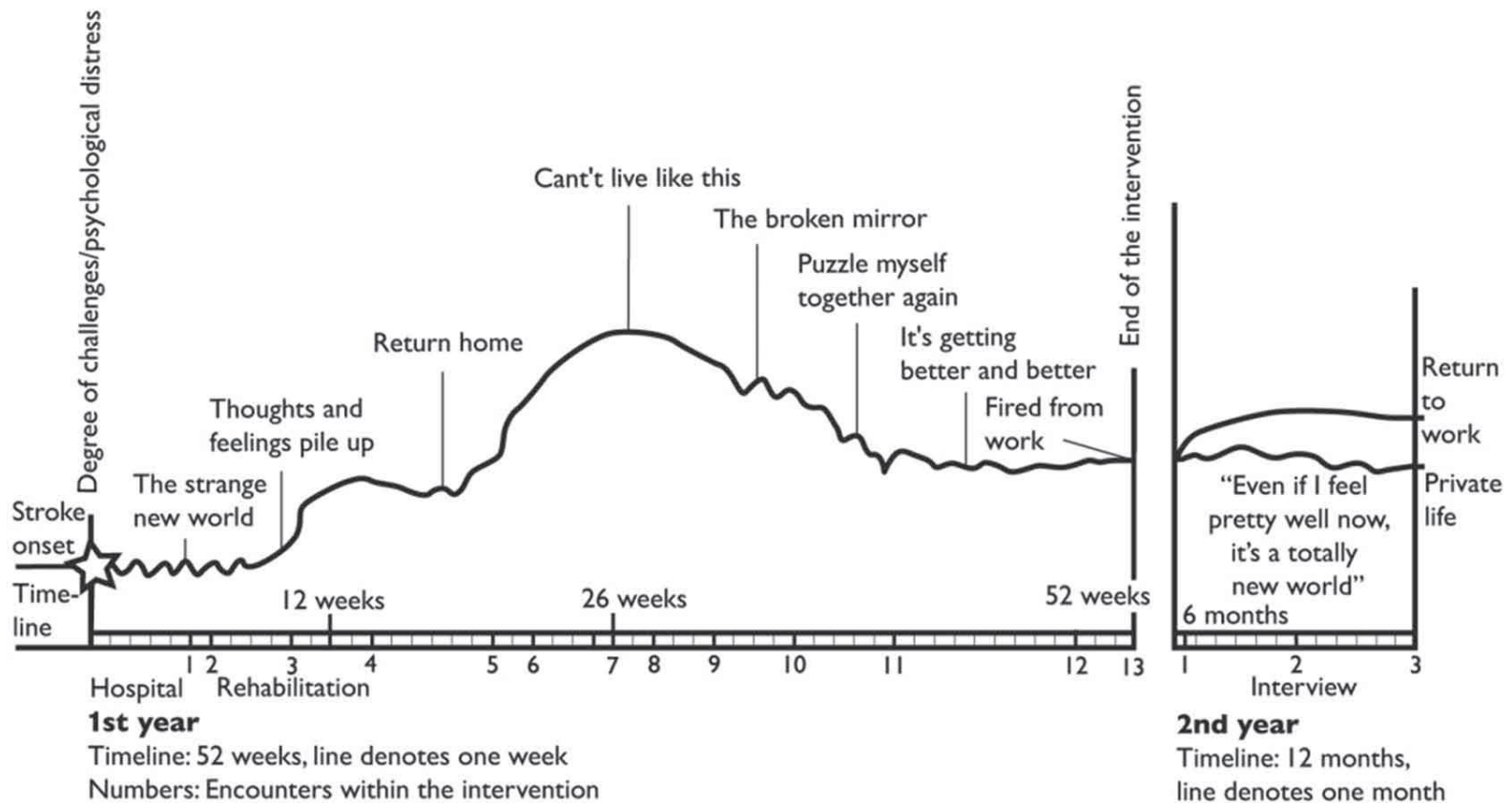
- Eight individual meetings over first 6 months
- Trained nurse/occupational therapist
- Patient and/or family (patient's decision)
- Individualized intervention based on a common framework

“Din store styrkeprøve”

Hvilken hjelp og støtte tror du best kan hjelpe deg til å fullføre styrkeprøven?



Maria's "journey of recovery" the first 2 years following a stroke

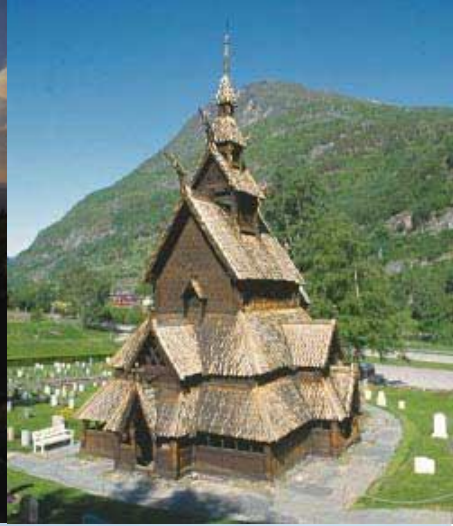


The illustration is based on the analysis of data and was created by the authors. Maria affirmed the illustration.

(Bronken et al 2012)

Getting transition care of older people right requires ...

- Equally careful attention to each of the three areas and levels of transition:
 - Transitions within the health care system
 - Transitions in health and health care needs
 - Personal transitions
- Must place the patient and family's resources and needs at the center
- Must acknowledge that older persons & their family generally have many self-care resources that must be supported and respected



Thank you!

