



A CARDIAC REHABILITATION DECISION TREE: ALSO FOR GERIATRIC PATIENTS ?





A geriatric patient is an elderly patient with complex problems on physical, psychological and social aspects.

In the Netherlands

30.000 patients admitted in Geriatric Rehabilitation Care

- 60% will be discharged home
- 30% transfer to a nursing home
- 10% die



1 million Cardiovascular patients

- 1.4 million expected 2040
- Health costs 2015: 8.3 billion Euro



(RIVM 2014: een gezondernederland.nl)



HIGH RISK
25% or more
for Cardiovascular patients



The Dutch Cardiac Rehabilitation Decision Tree

(Netherlands Society of Cardiology, 2012) www.nvvc.nl

**Enhances empowerment of patients
by process of shared decision making**



Elements of the Decision Tree:

- Assessment of quality of life

Physical

Psychological

Social

- Risk Factors

- Motivation/Empowerment

- Clear Goal setting: formulated together with the patient
- Needs: information, support, contact experts, one central person of care.



The Question



What is the empowerment of
geriatric cardiovascular rehabilitation
patients
in achieving a healthier life?

Design

(Antens, 2012. "Empowerment bij hart- en vaatpatiënten, meer power minder risico?")

Pilot: survey

Questionnaires:

- Dutch Empowerment List (Boevink, Kroon & Giesen, 2009)
- 12 Cardiovascular Risk Factors (targets guidelines)
- Quality of Life

Interviews:

- Topic list pertaining to the Dutch Empowerment List and the Cardiovascular Risk Factors.

Analysis:

- SPSS and transcript.

Inclusion



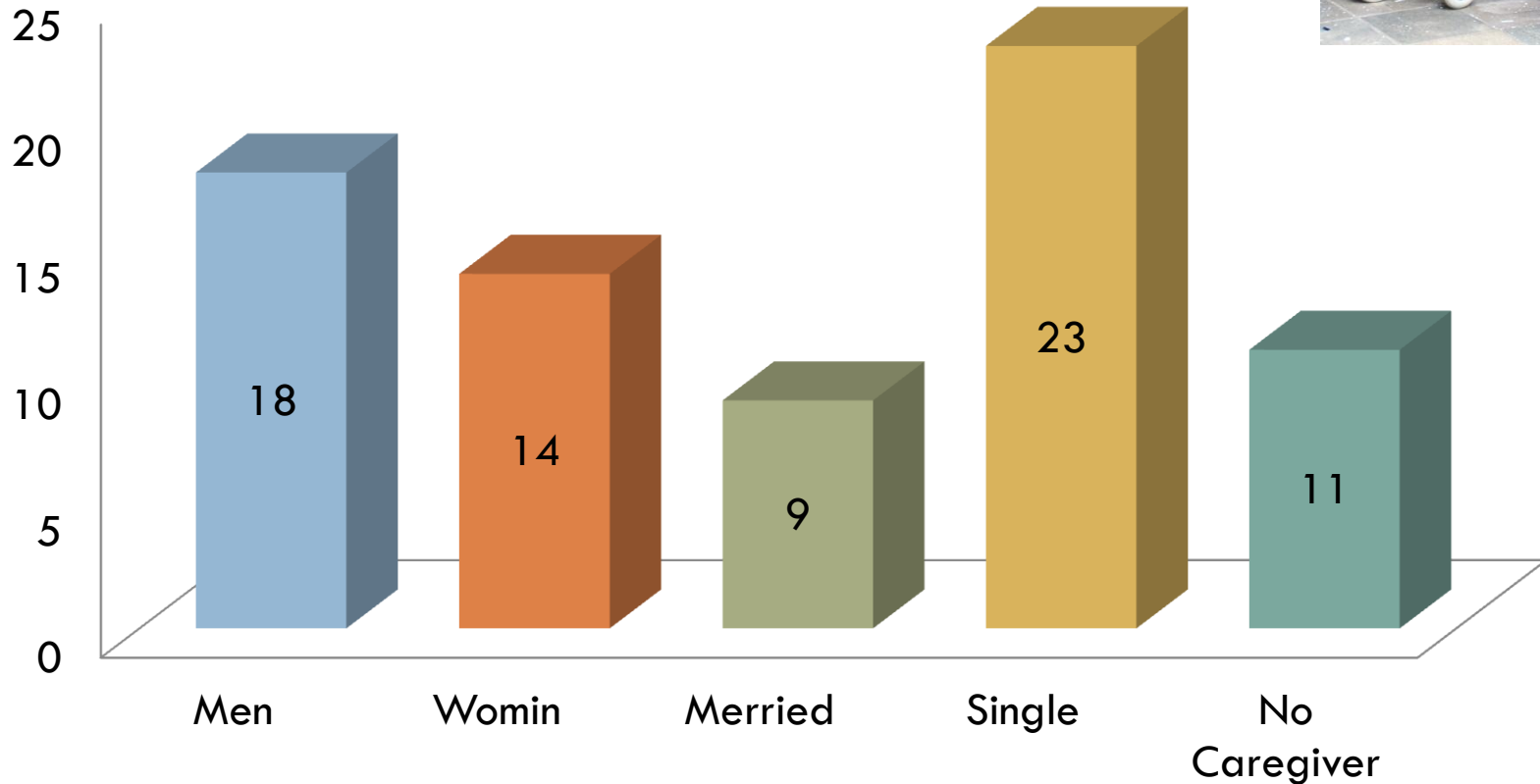
Geriatric rehabilitation patients with cardiovascular history in the medical file, from organization Aafje Care Hotel and the Medical Rehabilitation of the Maastad Hospital Rotterdam.

- Invited: 100 medical files
- Participants: 40 patients
- Total inclusion: 32 patients

Characteristics (n=32)

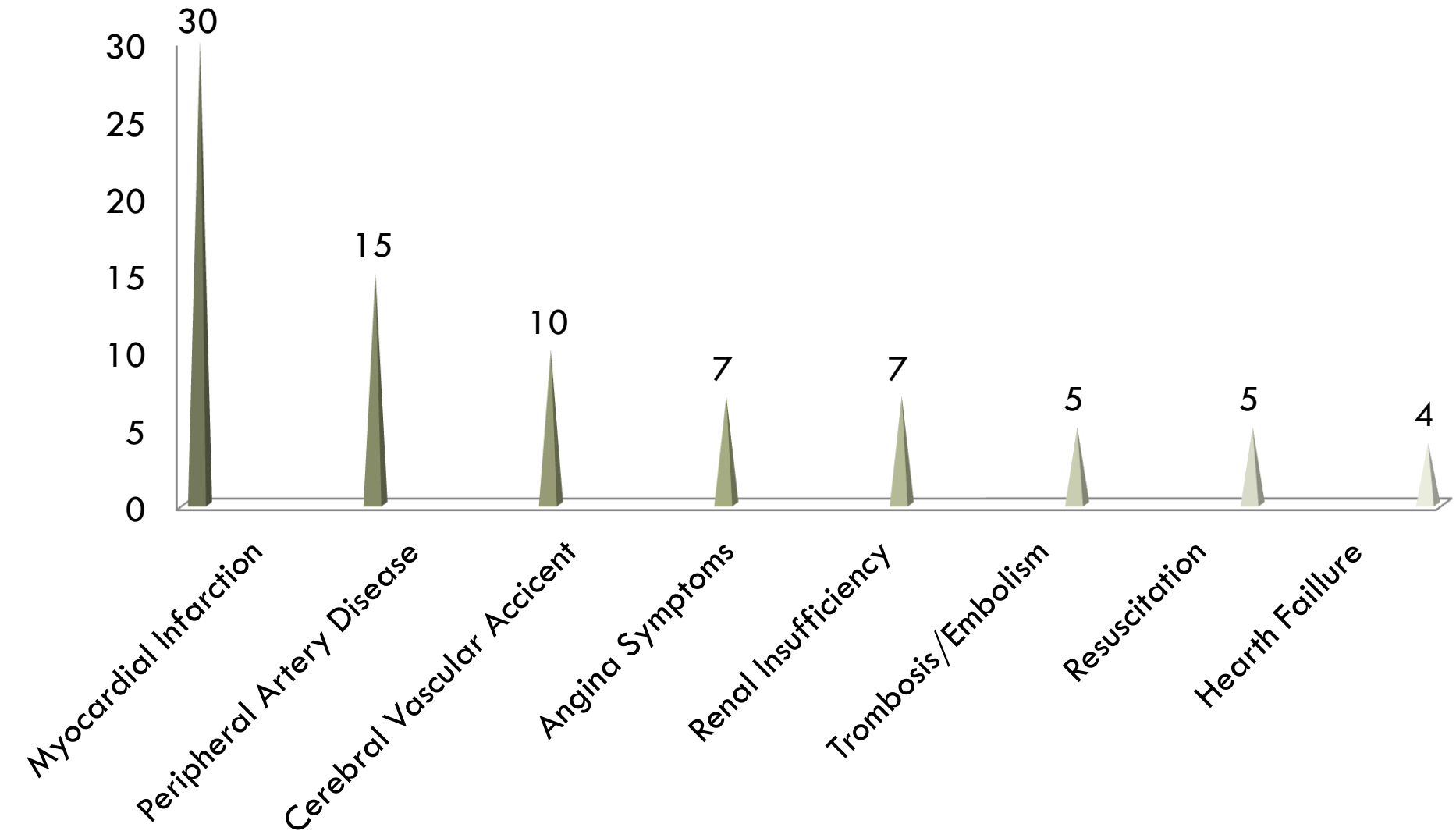
geriatric cardiovascular patients (average age 71 years)

(Antens, 2012. "Empowerment bij hart- en vaatpatiënten, meer power minder risico?")



Results Medical History (n=32)

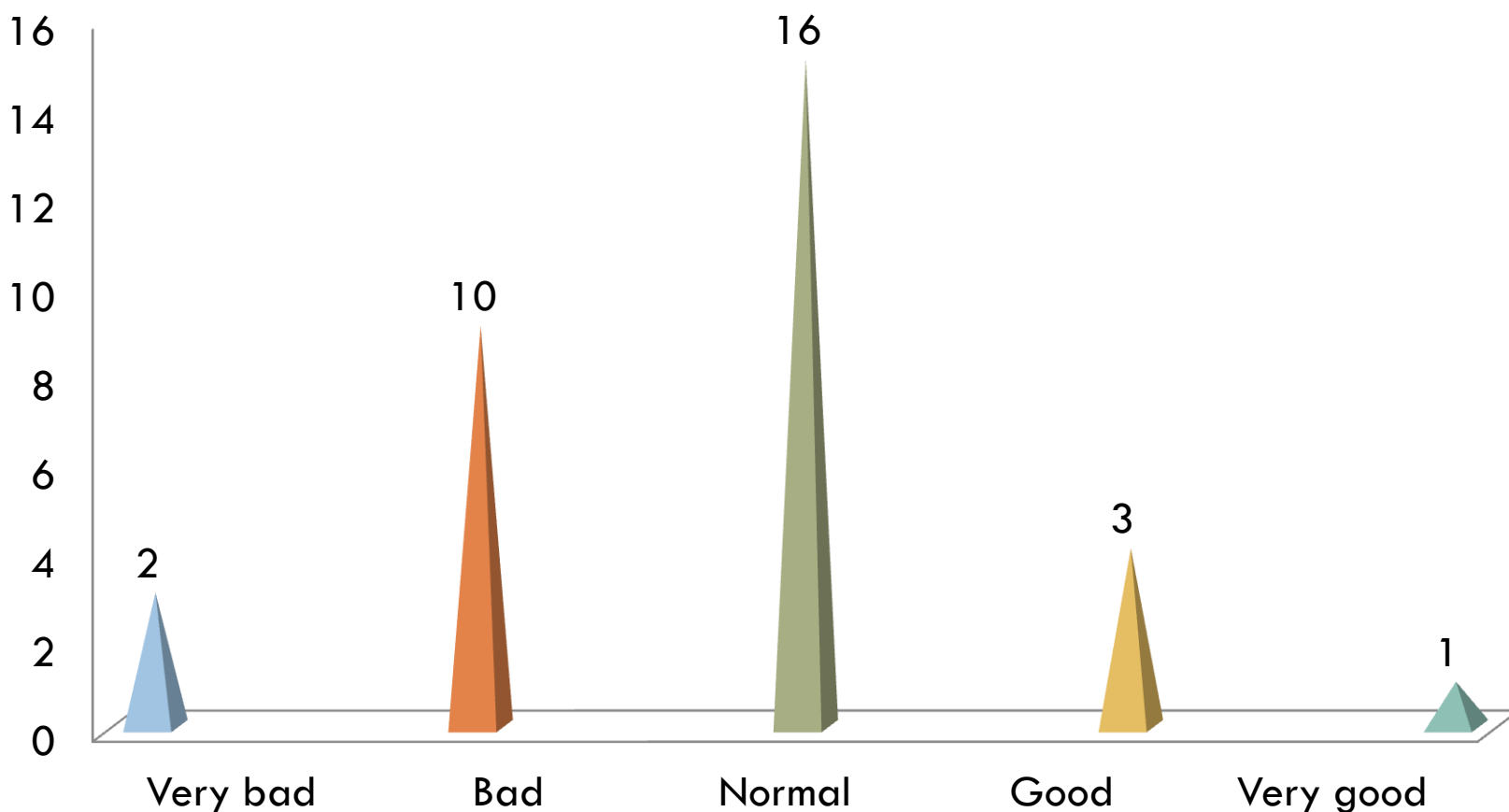
geriatric cardiovascular patients (Antens, 2012. "Empowerment bij hart- en vaatpatiënten, meer power minder risico?").



Results of the Quality of Life (n=32)

geriatric cardiovascular patients

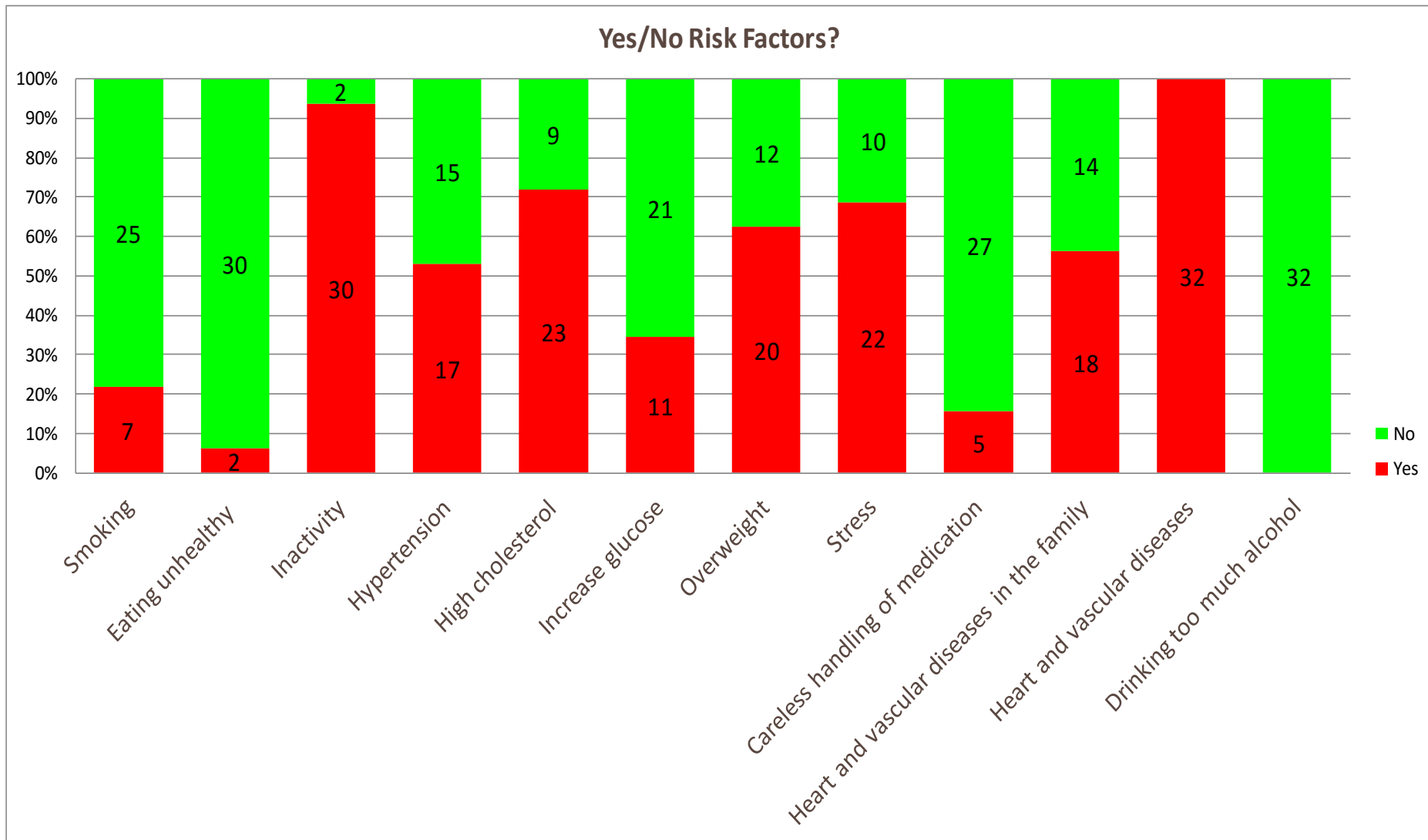
(Antens, 2012. "Empowerment bij hart- en vaatpatiënten, meer power minder risico?").



Results 12 Risk Factors (n=32)

geriatric cardiovascular patients.

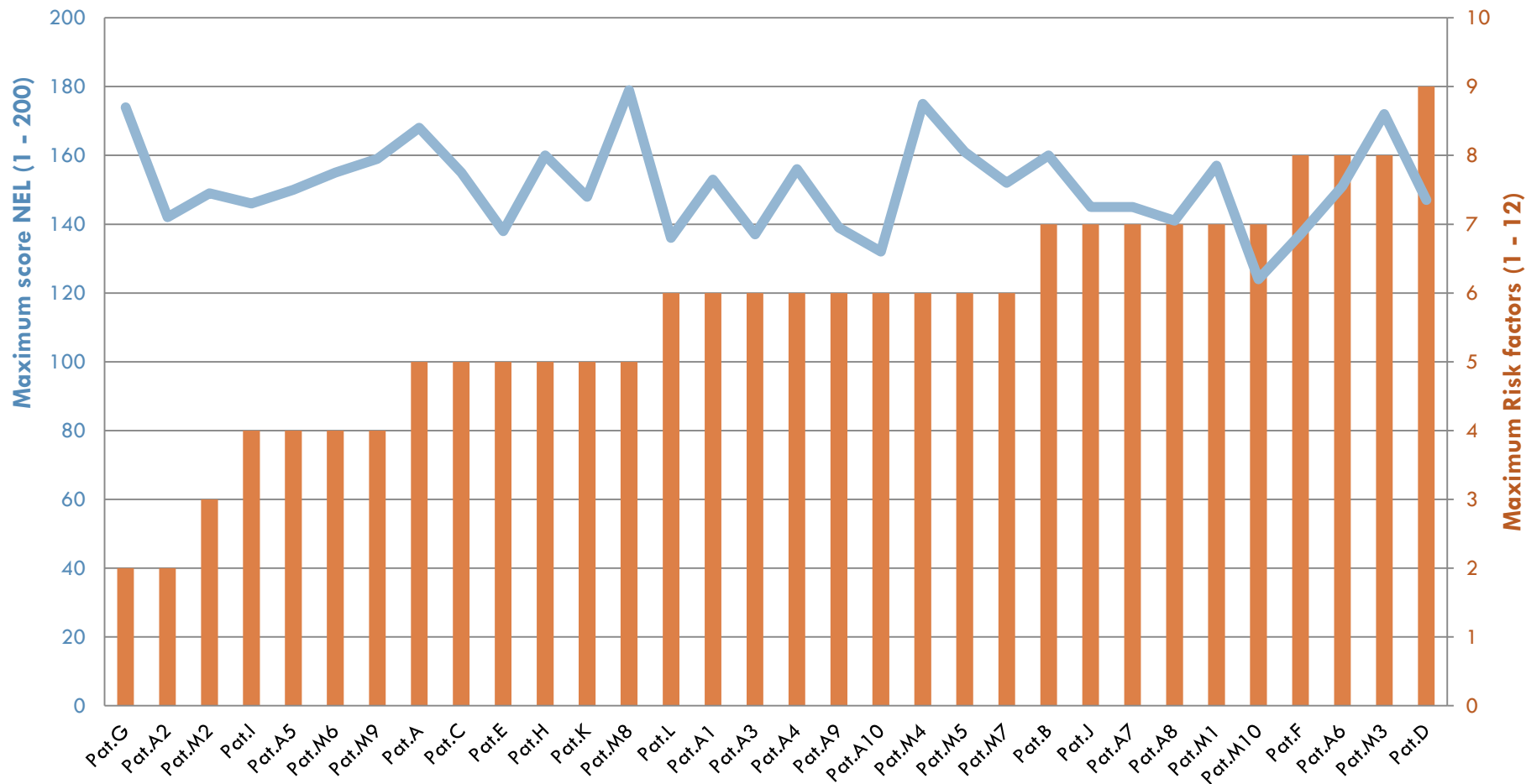
(Antens, 2012. "Empowerment bij hart- en vaatpatiënten, meer power minder risico?").



Results Empowerment & Risk factors (n=32)

geriatric cardiovascular patients (Boevink, Kroon & Giesen, 2009). (SPSS, Pearson Correlation Theory).

(Antens, 2012. "Empowerment bij hart- en vaatpatienten, meer power minder risico?")



Results interviews (n=12)

geriatric cardiovascular patients

(Antens, 2012. "Empowerment bij hart- en vaatpatiënten, meer power minder risico?")

Unanimous:

"Reducing risk factors will give us more health".

1. Inactivity: (n=7) wants guidance of the physiotherapist
2. Overweight: (n=9) wants to have a healthier weight
3. Stress: (n=11) wants to talk about it
4. (n=11) wants to have more support from the professional(s)
5. (n=11) finds social support very important, but won't ask for this
6. (n=8) will choose their own goal
7. (n=8) would like to have the support of groups
8. (n=10) wants to learn self-management skills
9. (n=11) doesn't want to be discriminated.

Conclusion

- High frequencies of cardiovascular risk factors are seen in geriatric rehabilitation patients with comorbid cardiovascular disease.
- No assessment of their quality of life (physical, psychological and social), Risk Factors and Empowerment!



Recommendation



A decision tree, such as Cardiac patients for all the Geriatric Rehabilitation Patients.

This decision tree promotes **shared decision making** and **empowerment**.

My relationship with the UKON is...

- Contacted by the Geriatric Rehabilitation Care **Organization tanteLouise** at Bergen op Zoom.
- Sharing **knowledge** to improve care for geriatric patients and carers.
- Designing a **care program** with **empowerment interventions** for geriatric patients.



Thank you!

Nellie de Wijs - Antens

