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Effectiveness of a multi-disciplinary intervention of deglutition disorders in elderly inpatients

Qian Chen

Sichuan University, China

Background: The incidence of deglutition disorders in elderly inpatients had reached 30%, which increased the incidence of complications and death.

Aim: The aim is to verify the effectiveness of multi-disciplinary intervention model led by nurses for functional deglutition disorders elderly inpatients.

Methods: By cluster sampling, 73 patients were in the intervention group, who accepted multidisciplinary intervention, and 72 patients in the control group, who received traditional care. The objects were investigated at baseline, collected the data after 30 days and 90 days. The questionnaires contents included: demographics, Kubota water swallow test, MNA-SF, aspiration pneumonia, etc.

Results: The demographics, swallowing function between two groups had no statistical significance ($P>0.05$). The ration of SSA in intervention group was significantly higher than that in control group (67.1% vs. 44.4%). The difference had statistical significance ($Z=8.96, P=0.011$). The incidence of aspiration pneumonia in the 90 days in the intervention group was lower than that in the control group (5.5% vs. 23.6%). The incidence of malnutrition in the intervention group was lower than that in the control group (2.7% vs. 11.1%), both with statistical significance ($P<0.05$).

Conclusion: The nurses-led multi-disciplinary intervention model of deglutition disorders elderly inpatients contributed to improve the swallowing function, and reduce the incidence of aspiration pneumonia and malnutrition of elderly patients with deglutition disorders.

Biography

Qian Chen has completed his PhD from Sichuan University. She is the In-charge nurse of Department of Geriatrics West China Hospital, and an Associate Professor at the Sichuan University. She has done her studies associated with Geriatric Syndrome. She has published more than 30 papers in Chinese journal.

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