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Older people engaging in self-work: A self-management programme for *living well* despite multi-morbidity.

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This paper reports pilot study findings for community dwelling older adults with multiple chronic illnesses, who learnt self-management and mindfulness techniques to improve quality of life and functioning. Evidence is gathering on the usefulness of mindfulness, a third wave strategy within psychology to have beneficial effects on health and wellbeing. Addressing the burden of long-term conditions for individuals and health systems is a matter of urgency internationally. Although self-management programmes have been successful with adults with one long term condition data is beginning to build on usefulness with people with multi-morbidity. Our study sought to improve overall self-management and wellbeing for over 65 year olds with long term conditions, such as, diabetes, heart, mood alteration, respiratory and neurological diseases. The study design was a randomized open-label controlled trial with a wait-listed control group. The trial comprised an education intervention with 48 older people in Canterbury, New Zealand. Participants attended sessions utilising the cognitive therapy of mindfulness, covering healthy living and self-management to improve quality of life. Participants were offered a range of practical tools, information and a manual designed to assist in achieving 'living-well'. The programme aims to promote approaches that will ease difficulties in everyday life due to long-term conditions, such as fatigue, pain control, medication management, getting enough sleep, nutrition and dealing with loneliness, distresses and worry. Self-reported survey data collected during 2015 & 2016 will be presented. Outcomes on quality of life, functioning, symptom management, self-management activities, medication adherence and mindfulness will be reported.

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