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Kinaesthetics outcomes for the elderly in a long term rehabilitation care: A prospective intervention study

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Background: Kinaesthetics which has developed in Europe, mainly Germany, Austria and Switzerland is getting a well - known concept in Japan. It is also known in Italy, Nederland,Finland,Russia etc. Kinaesthetics is written in official nursing school books not only Europe nowadays. Several papers suggested that nursing care using Kinaesthetics concept is effective various health promotion for many cases having acute and chronic disease included in cancer, elderly, and handicapped etc. However, it has not been made clear by investigations under actual clinical intervention study having controlled group. This research aims to scientifically determine the effectiveness of pain and QOL by nursing applied for Kinaesthetics concept in promoting health of the elderly and nurses in long term rehabilitation care setting.

Methods: The elderly hospitalized in long term rehabilitation care unit and nurses who take care of them were divided kinaesthetics intervention group and control group. Both were investigated pain in a resting state, pain before and after transfer from wheel chair to bed supported by nurses, movement sense after the transfer, and quality of life measured by sf-36 for three times at the time of admissions, one month later and discharges. Braden scale and fim (functional independence measure) for the elderly were also determined. Nurses were scored by sopmas (structure of the observed patient movement assistance skills).

Results: Subjects in this study were the elderly: (a) kinaesthetics group n=41, [age74.0 (60.5, 80.0)], (b) controlled group n=46, [age74.0 (66.8, 78.3)]. The each elderly had (a) edema12.5%, obesity 2.1%, arthritis 52% and (b) edema 4.3%, obesity 2.2%, arthritis 4.3%, braden scale (a) [16.0 (15.0,19.0)] and (b) [17.5(15.0,21.0)] , and fim (a) [65.0(42.3,98.0)] and (b) [78.5(48.3,98.0)] were on baseline. Sf-36 summary score each showed positive difference in kinaesthetics group than controlled group. The score of pain showed increased after transfer (p<0.01) and lower score in kinaesthetics group than controlled group.

Conclusion: This study indicates that Kinaesthetics in nursing effect on pain and QOL for the elderly in a long term rehabilitation care.

Biography:

Hiroko Tadaura is a Professor in Graduate School of Nursing and Rehabilitation Science in International University Health and Welfare Graduate School, Tokyo, Japan. She is also Part-time Assistant Professor in Graduate School of Medicine, Tohoku University, Miyagi, Japan. Guest Researcher in School of Nursing Science in University of Witten/Herdecke, Witten, Germany in 2008-2011. Senior Guest Researcher in School of Nursing Science in University of Witten/Herdecke, Witten, Germany in 2012-2015. She is also a Member of European Kinaesthetics Association, German Branch. IOS New Scholar Award of Self-Care Dependent-Care Nursing, International Orem Society, USA in 2014.

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