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The possibilities to use special communication techniques in geriatric care

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The increasing number of seniors suffering from dementia symptoms is a reality all over the world. The disease is associated among other characteristics with a communication barrier, requiring care takers to think about the ideal conditions for treating the elderly with dementia. There are several possibilities to improve communication and to use several types of communication tools and techniques in communication to elderly people. One of them is the Validation by Naomi Feil® concept, which seems to be a convenient communication tool for those who are caring for the disoriented senior. This is a communication method claiming to lessen stress, nervousness, crying and aggression, and to positively affect the relationship between caregivers and seniors. What has to be highlighted is that the caregivers who would like to use this method should be well educated to know the way to use it. The best learning methods for nurses in daily geriatric practice are seminars with practical demonstrations in the own workplace, self-studying, obtaining professional theoretical knowledge, use of an interactive-learning course and an online counseling or internet advisory center. Validation methods used by professional caregivers could lead to the prevention of the burn-out syndrome and of course help not only caregivers but also to their elderly patients to understand each other.

Biography

Andrea Pokorna has completed her PhD in 2009 at Masaryk University Brno (her doctoral thesis was focused on the prevention of ageist attitudes to elderly). She became an Associate Professor in Nursing in 2014 at South Moravian University in České Budějovice. She works at Masaryk University and also at Institute of Health Informatics and Statistics. She is also involved in wound care activities (member of the board of Czech wound Association and EWMA – European wound management association). She is publishing regularly in Czech and also in international journals.

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