



A co-design approach to developing a group intervention for ageing well in the community.

Enhanced Community Care

Presented by Edel Dolan, Senior Occupational Therapist, Theresa Drury, Senior Physiotherapist, Integrated Care of Older Persons, Roscommon/East Galway

INTRODUCTION

Leading a physically active and cognitively engaged lifestyle can have multiple benefits in advancing age. Females over 75 with sarcopenia are associated with poor quality of life, cognitive impairment, and increased risk of falls, fractures, disability, hospitalization and death (Beudart et al 2017). A 5 week physical and cognitive pilot program (n=13) was commenced as part of the health promotion aspect of ICPOP to promote positive ageing in the community.

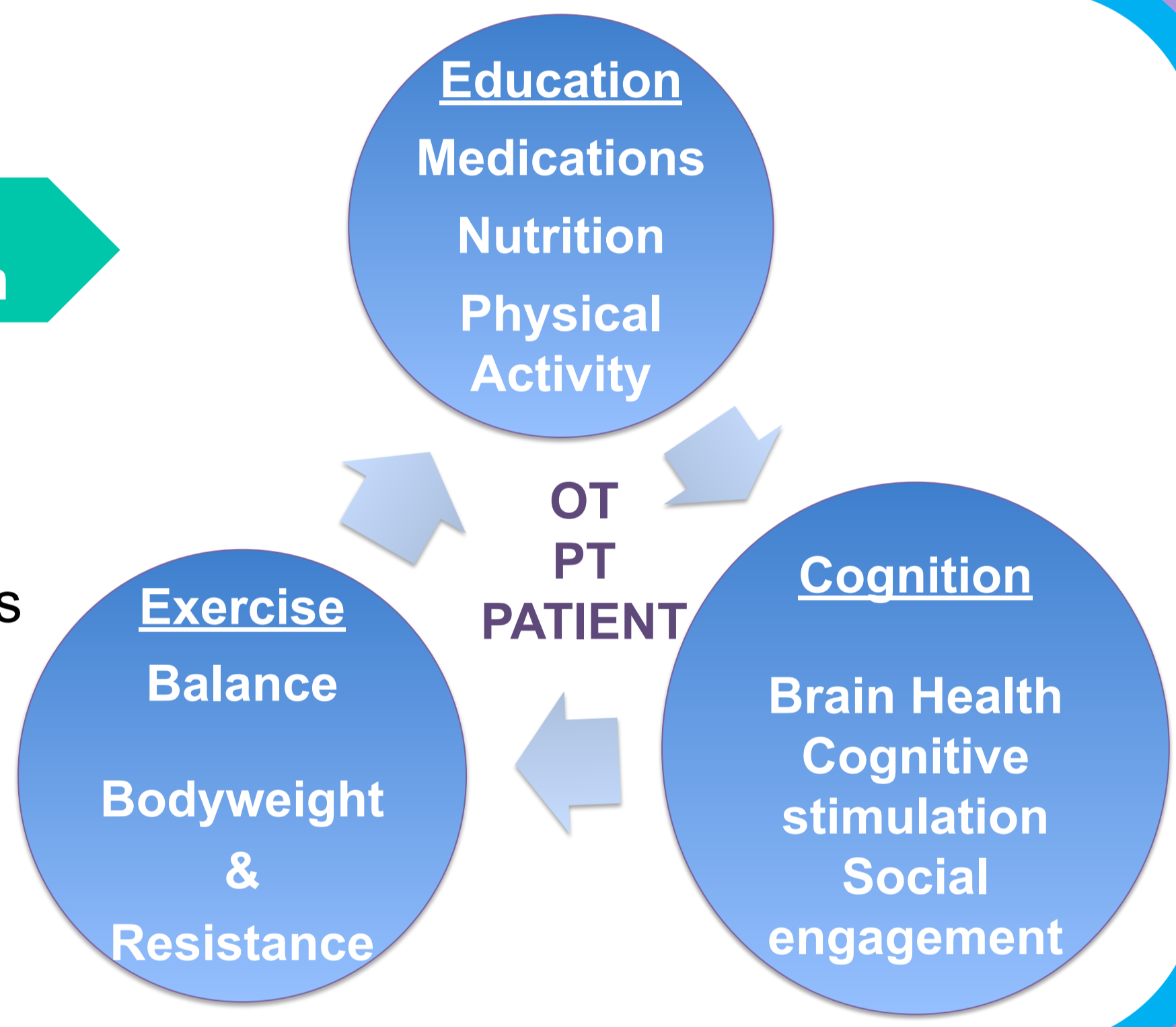
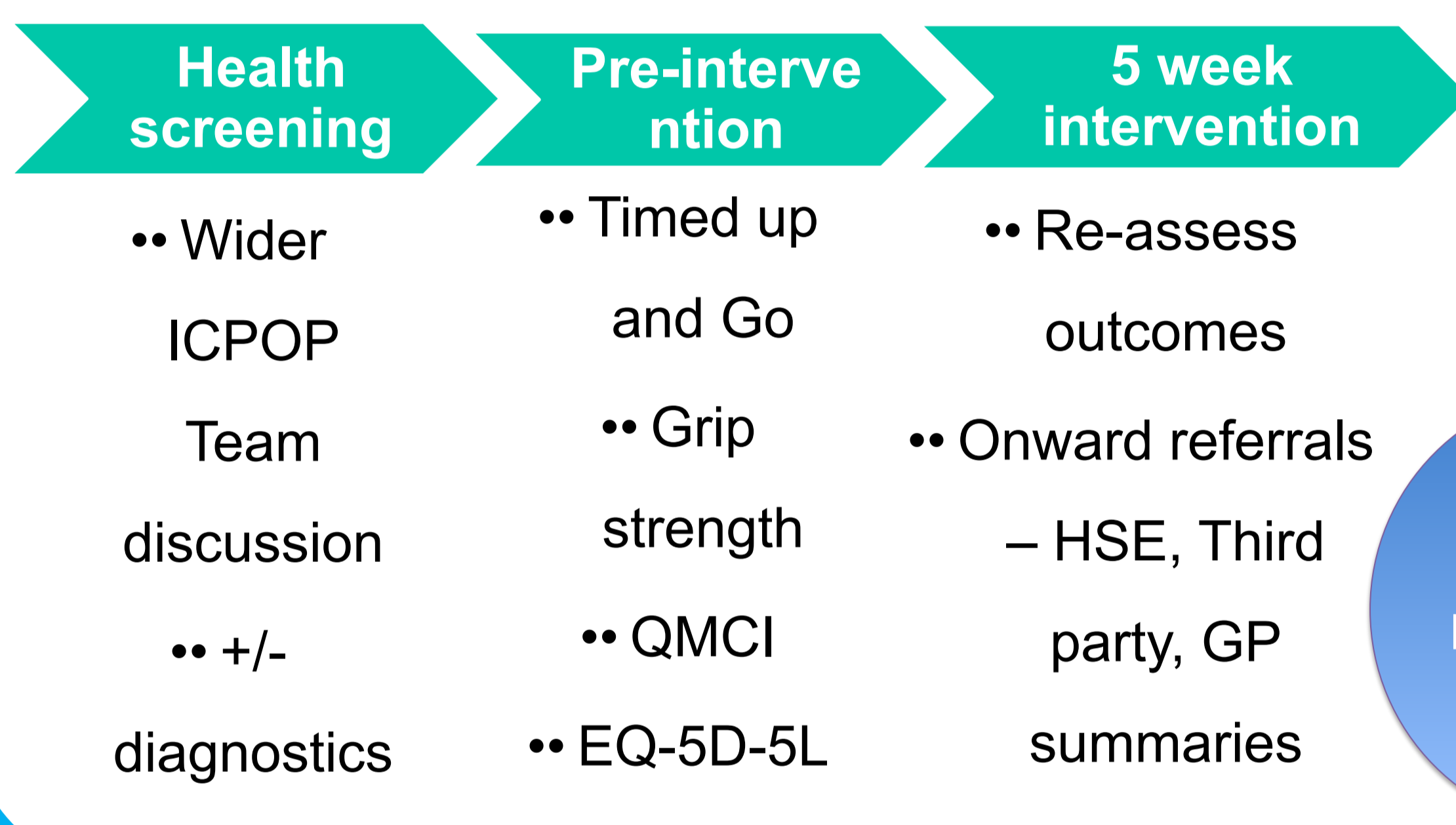
ENGAGEMENT

Collaborative co-design approach used to create program template. Participants self identified health intervention topics. Patient engagement can lead to better experiences and satisfaction with healthcare.

AIMS AND OBJECTIVES

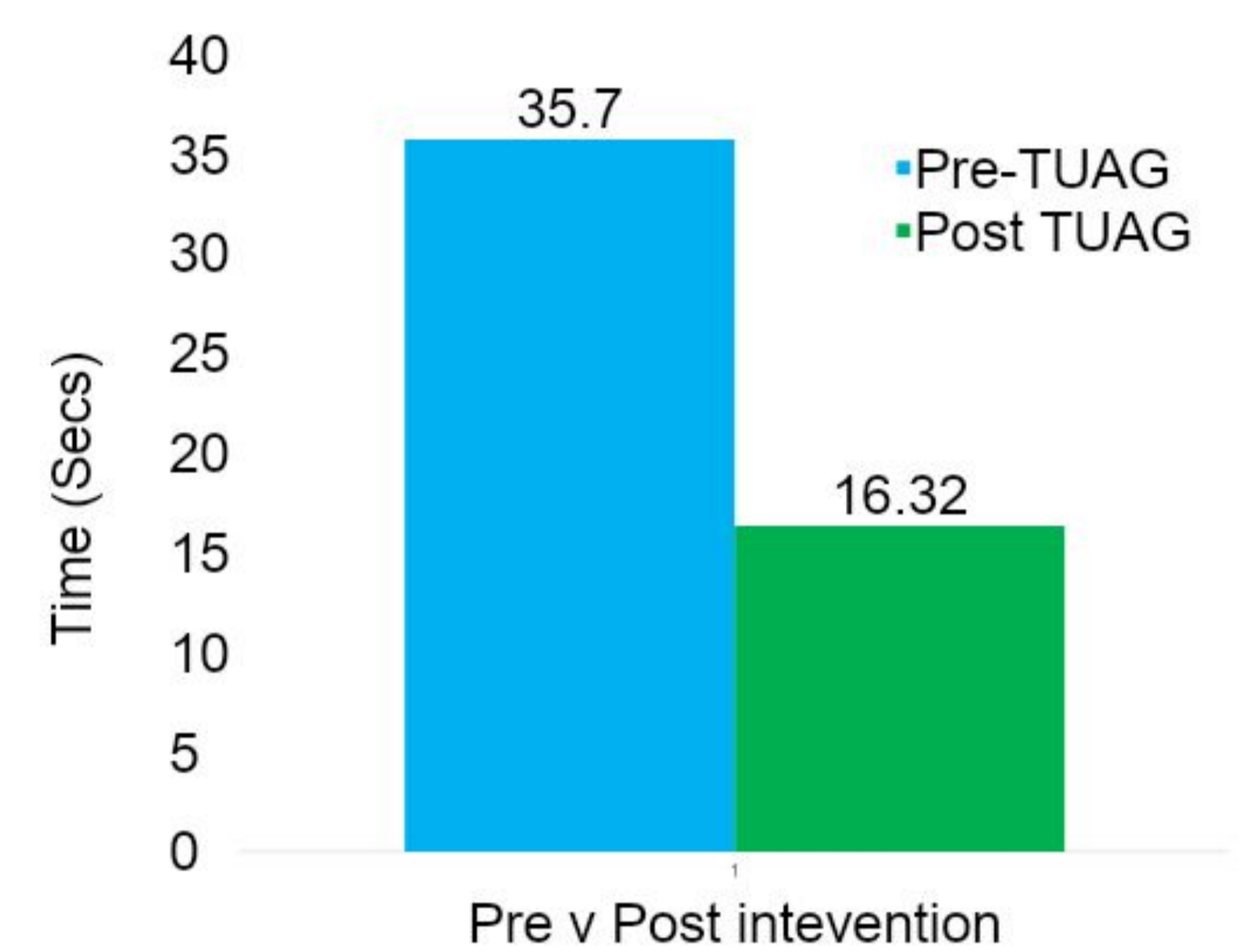
1. To increase quality of life and health literacy by providing evidence based intervention and health education.
 2. Develop a template for integrated care, chronic diseases, and community health networks for intervention planning.
- A template to manage older persons at the lowest level of complexity.

DESIGN AND DELIVERY

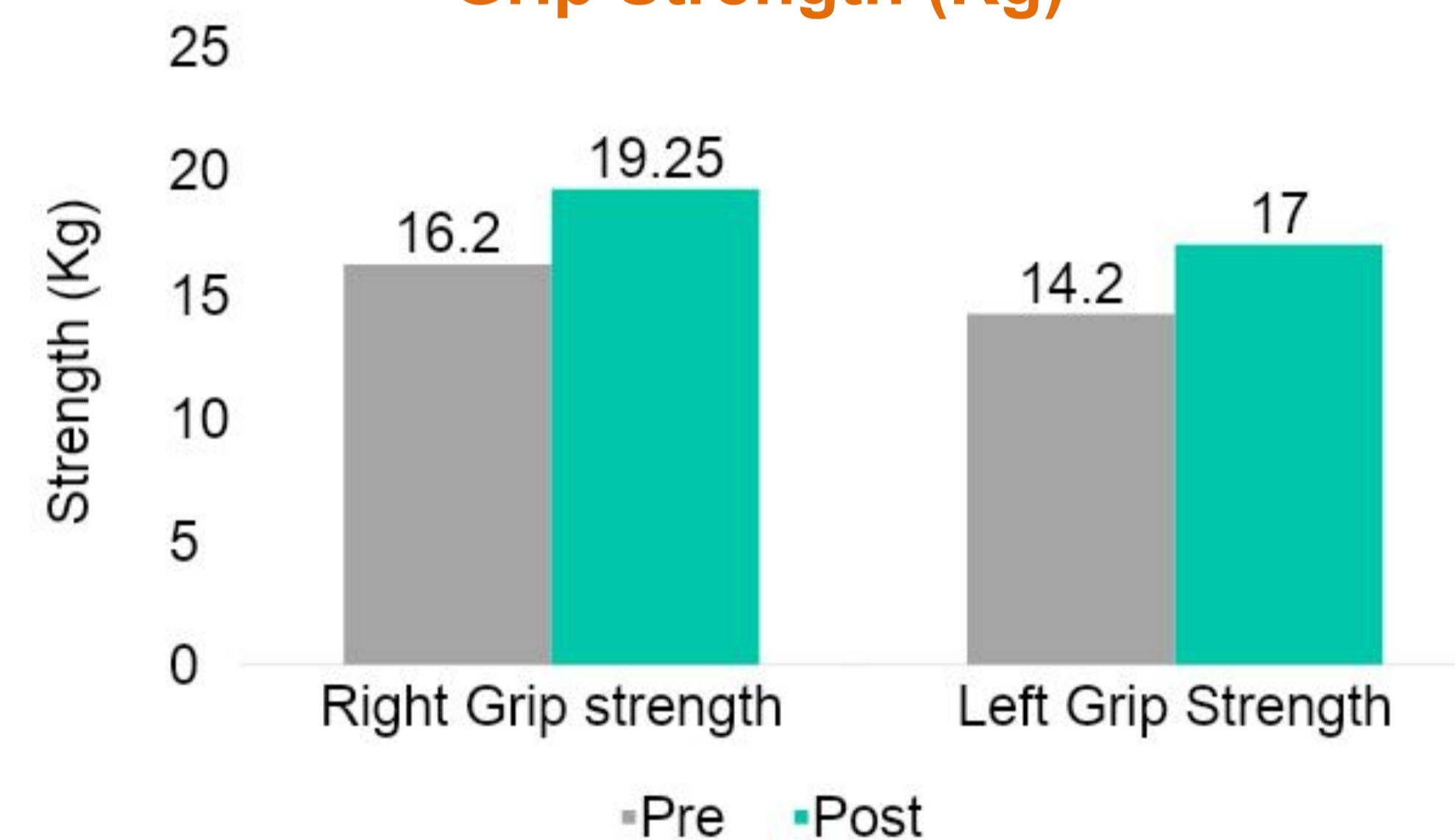


RESULTS

Timed up and Go (Secs)



Grip Strength (Kg)



An overall improvement observed in Quality of Life scores. Total group scores for quality of life increased from 440 to 540 post intervention. Two participants reported a reduction in QoL secondary to hospitalisation.

DISCUSSION

- A substantial improvement was observed in average TUAG (38%) and average Grip Strength (3%). Indicative of improved mobility confidence and functional independence.
- Program created opportunities for enhanced interdisciplinary working between ICPOP, acute and community care.
- Co-designing the program with tailor made content for the groups self-identified needs empowered participants to manage their own long-term medical conditions and improve their health literacy.
- As observed Quality of Life was reduced in two participants due to hospitalisation. This shows the significant negative impact hospital admission can have on an older persons QoL.

CONCLUSION

- The intervention supports the new ECC vision of healthcare in Ireland underpinning the principle of prevention and public health.
- Early intervention initiatives like this can reduce emergency department and acute hospital presentations by promoting healthy ageing at home.
- Information gained can act as a template for future interventions in health promotion.

PATIENT FEEDBACK

“The importance of staying active.
Exercises are easy but effective”

“All information given especially nutrition, importance of exercise, diet, hobbies, current topics”

“Socialization and interaction”

More Cognitive health, Osteo-arthritis

For further information please contact: Theresa.Drury@hse.ie Edel.Dolan@hse.ie

Bibliography

1. Beudart C, Zaaria M, Pasleau F, Reginster JY, Bruyère O (2017). Health outcomes of sarcopenia: a systematic review and meta-analysis. *PLoS One*
2. Better Together Roadmap, HSE (2023); <https://www.hse.ie/eng/about/who/cspd/resources/conference-resources/better-together-patient-engagement-roadmap.pdf>
3. Chao, I; Nicpon, K; Roberts, M; (2020) Effect of Cognitive Stimulation Therapy on Quality of Life: A Critical Review, *Physical and Occupational Therapy in Geriatrics*

