

# Development of Assessment Sheet of Older Adults Who Relocate to a Recovery Phase Rehabilitation Ward

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## Purpose

- In current healthcare in Japan, hospitalized patients have more serious conditions and hospital stays are becoming shorter.
- Older adults with health problems who cannot live independently at home usually decide to relocate to a recovery phase rehabilitation ward.
- The purpose of this study was to develop an assessment sheet for use during relocation to a recovery phase rehabilitation ward in Japan.

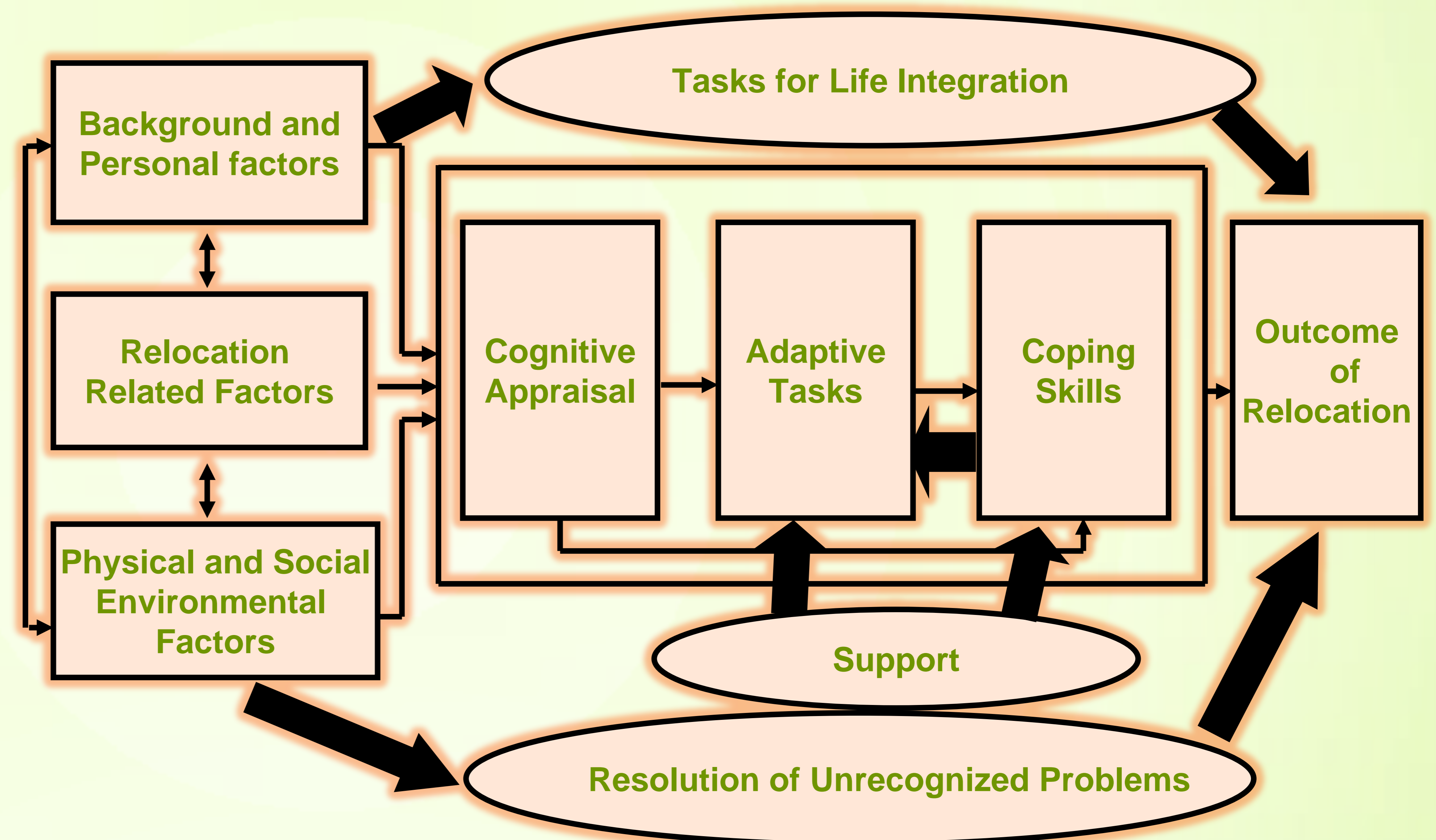


Figure1 A typical model for understanding relocations of the health-care facility for elderly in Japan (Komatsu et al , 2007)

## Methods

- A Relocation Assessment Sheet (Assessment Sheet) was developed with reference to this model and included questions on constipation and insomnia, which readily appear after relocation, especially among Japanese older patients.
- Five of the 43 questions on the Assessment Sheet were on background and personal factors.
- The other 38 questions were set up as a scale to understand whether or not an older adult had adapted during relocation.
- The subjects for analysis were 336 people for whom there was no missing data among the 371 Assessment Sheets.

## Results

- The mean age of the older adults who had relocated was  $81.2 \pm 6.4$  years, and many were women (67.3%).
- About half of the subjects had dementia (46.5%), which was mild (27.4%), moderate (4.6%), or severe (14.5%).
- A large number were the first relocation to a recovery phase rehabilitation ward (85.1%).

Table1 The characteristics of the older adults who had relocated to the recovery phase rehabilitation wards

		n (%)
Physical Environmental Factors	constipation	162 (48.2)
	depression	63(18.8)
Social Environmental Factors	having conversations with nurses	219(65.2)
Cognitive Appraisal	“putting up with life in the hospital”	87(25.9)
Adaptive Tasks	“I want to go home”	76(22.6)
Coping Skills	“seeking help from the nurse”	203(60.4)
Tasks for Life Integration	expressed worries or anxiety	42(12.5)
	Support	
	nurses	28(38.1)
	family members	164(48.8)
Resolution of Unrecognized Problems	nurses resolving physical issues	119(35.4)

## Discussion

- The older adults who were the subjects of this study had a high mean age, and many had dementia. For many it was also their first time to relocate to a recovery phase rehabilitation ward and thus for these older adults relocation was a large environmental change.
- Constipation and depressive symptoms appeared in some subjects after the relocation, and attention should be paid to these symptoms as signs of maladaptation in older adults.
- Focusing on words showing such cognition in older adults and understanding the feelings of the individual is thought to be important.
- Nurses need to recognize anew that they are persons these older adults rely on, and fulfill the role of resolving issues on behalf of these older adults.

## Conclusion

- The Assessment Sheet used in this study has reliability as a tool that shows adaptation in older adults. It also showed the characteristics of relocating older adults, suggesting that it can be a useful tool in understanding relocating older adults.