

A NURSING MODEL OF ADULT DAY CARE FOR FILIPINO OLDER PERSONS

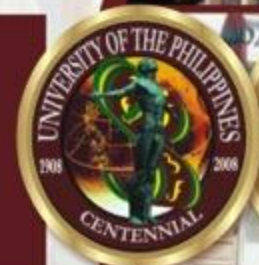


PEARL ED G. CUEVAS, RN, MAN

Dissertation for the Degree

Doctor of Philosophy in Nursing

University of the Philippines, Manila



Disclosure

- Dissertation Panel:
- Dr. Cora A. Anonuevo- Adviser
- Dr. Letty G. Kuan- Critic
- Dr. Teresita I. Barcelo- Member
- Dr. Araceli O. Balabagno- Member
- Dr. Shelley F. Dela Vega- Member
- Dr. Josephine D. Agapito- Member



Disclosure

- Grants/ Funding
 - Centro Escolar University Academic Council Study Grant
 - Commission on Higher Education Dissertation Grant Program
 - University of the Philippines Manila, National Graduate Office for the Health Sciences' (NGOHS) Dissertation Assistance Grant
 - University of the Philippines Manila, National Institutes of Health's (NIH) Student Dissertation Research Grant 2013



Introduction

- Adult day care program services older persons in a home environment away from their own homes. In the Philippines, Republic Act 9994 mandates the provision of putting up senior citizen centers with adult day care services.
- Adult day care is a nurse-managed environment that addresses the health needs of older persons and delivers meaningful holistic care.
- **Statement of the Problem**
- The study aims to determine the ability of nurses to manage an adult day care program for Filipino older persons.



Objectives of the Study

1. To describe the health needs of older persons participating in the program activities at the senior citizens center.
2. To develop a training module from the profiling and needs assessment of older persons in the center.
3. To describe how nurses were trained and on how they responded to the identified health needs of older persons through the pilot program implementation.
4. To discuss the perceptions of older persons and nurses toward the pilot program implementation of adult day care.
5. To develop a nursing model for a nurse-managed adult day care program for Filipino older persons.



Benefit and Significance

- The study contribute to the body of knowledge in nursing as a science, in being able to develop a model for professional nursing practice.
- The benefit to nurses is to serve as guide in the structure and flow of activities in adult day care, and the possible provision of employment to Filipino nurses.
- The older persons in turn, will receive a more efficient and effective delivery of nursing services that are responsive to their needs.

Scope and Limitations

The study cover the development of a nursing model for an adult day care program for Filipino older persons.

The study's limitation is on service operations and financing of the adult day care service provision.



Review of Related Literatures

- The review of related literature and studies is conducted from a critical appraisal of relevant published books, journal and on-line sources.
- *Problem Trends.* Adult day care services in the United States have evolved over the past forty years based upon addressing problems in funding sources, financing, community needs and capacity building (Travis, 2001).

Empirical Studies

- *Local.* In the Philippines, the empirical studies centered on the components of being a sick and well older person, and the role of nurses in the lives of the aged.
- *Foreign.* A review of foreign empirical literature shows the structural characteristics, processes, policy provisions and benefits of adult day care programs.



Study Gaps

- The nurses' role as leader and manager in structuring adult day care programs and activities was not given emphasis in other studies.
- There was also a lack of structured nursing model for adult day care.
- The clear definition of the nursing role in managing adult day care programs was not emphasized.
- The description of the said program in the Philippine setting based from the perspectives of older persons and nurses was not discussed.

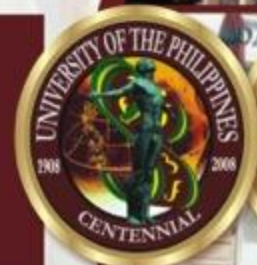


Theoretical Framework

- The organizing framework of this study is *Neuman Systems Model*, It is based in general system theory and reflects the nature of living organisms as open systems (Tomey, 2002).
- The *Health Promotion Model* of Nola Pender (1988) also serves as the theoretical foundation of this study.

Conceptual Framework

The conceptual framework of the study takes into consideration the uniqueness of the person within a system in a created environment that addresses the meaning of life and promotes it through health.



Conceptual Framework

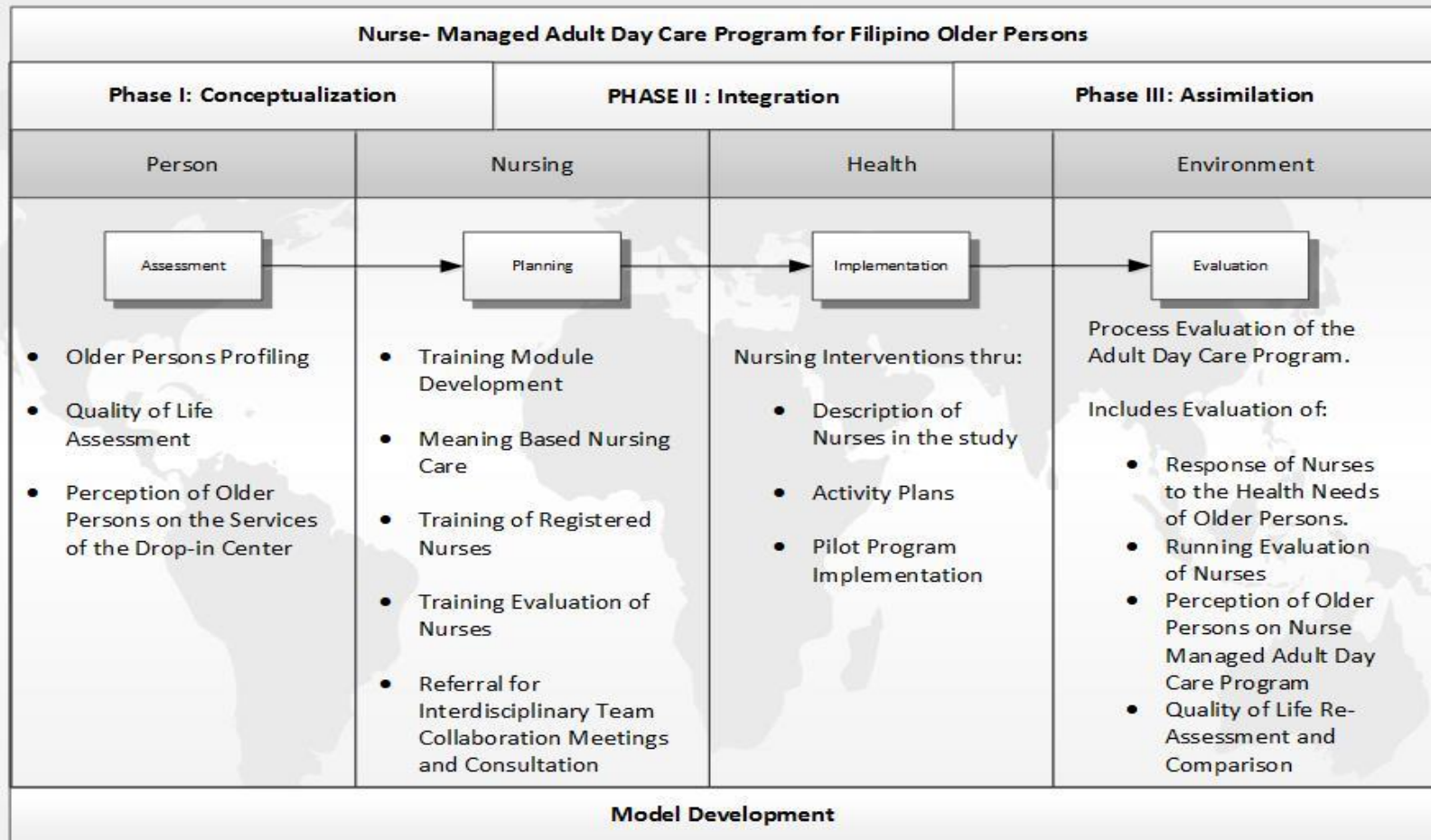


Fig. 2.1: Conceptual Framework of a Nurse-Managed Adult Day Care Program for Filipino Older Persons

Definition of Terms

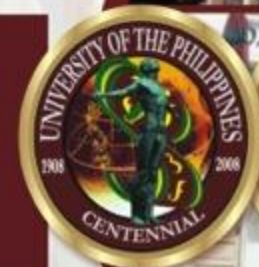
- Theoretical and operational definitions was used.
- **Nurse-Managed Program** is a program coordinated and managed by nurses.
- Nurses in nurse-managed adult day care programs are uniquely positioned to speak in behalf of the older person population, to introduce nursing care to community and family members, and to educate the older persons related to their health needs. Nurse – managed programs have a social mandate to improve health and provide care among older persons (Stanhope, 2004).



Definition of Terms

• **Adult Day Care Program** refers to a senior center- based program wherein older persons attend and engage in health promotive and social activities. These programs in senior centers assist older persons in maintaining functional ability and provides relief for caregivers (Roach, 2001).

• **Filipino Older Persons** refers to persons' aged 60 and above (RA 9994). Also referred to as senior citizens.



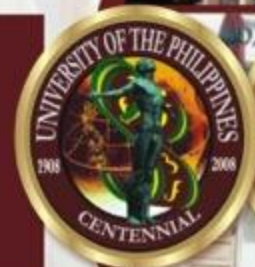
1

Study Design

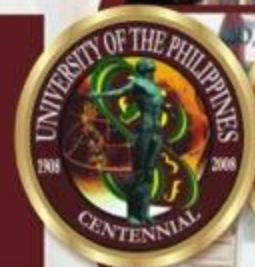
- This research undertaking referred to as *mixed method research* believe that many areas of inquiry is enriched through the judicious blending of qualitative and quantitative data (Polit, 2006).
- The quantitative research portion was an *intervention research* while the qualitative research portion was a *phenomenological inquiry*.

Study Setting

- The Manila Department of Social Welfare District V Drop-In Center for Senior Citizens, also called "*Bahay Kalinga*" is a senior center in Manila.

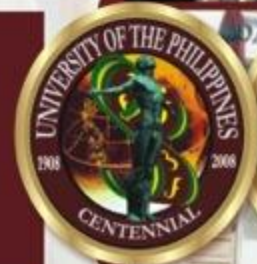


Study Setting



Sampling and Recruitment

- The participants in the study were selected through *purposeful sampling*.
- There were 33 older persons and 6 registered nurses invited in the study.
- The number of older person participants was derived from a list consistently attending the activities at the senior center as determined by the social worker in charge.
- The number of nurses included in the study was considered to form a team of nurses. The nurses were paired for the sessions of pilot program implementation. They were recruited through the professional networks of the investigator and had to undergo a screening process when they applied.



Instrumentation and Data Collection Procedures

- The study took 1 year to finish and the data collection procedure took 3 months with the following sequence.
- Intervention research
- Initially, the investigator reviews relevant documents, journals and literatures.
- Profiling was done to determine the needs assessment of older persons in the study.
- The WHO quality of life tool for community dwelling Filipino older persons was used to assess their quality of life.



Data Processing and Analysis

- Intervention research
- Descriptive Statistics was used to summarize the data gathered from the older persons in the study.
- A paired t-test was used to compare the mean between groups per quality of life domain, namely the physical, psychological, social and environmental. The summative score per domain was derived by getting the sum of scores in each domain divided by the number of items.
- T-tests at 95% level of significance were computed with the use of Microsoft Excel and SPSS program for comparison. The results showcased the comparative analysis of the before and after implementation quality of life findings of the study.



Instrumentation and Data Collection Procedures

- Phenomenological Inquiry
- The study used the phenomenological approach through the focus group discussions with older persons and interview with the nurses.
- There were a total of 3 FGDs for the older persons namely to describe their health needs, to do a running evaluation of the nurses performance and to evaluate the pilot program implementation of adult day care.
- The study also developed a module based from the results and had the training of nurses on the module prior to the pilot program implementation.

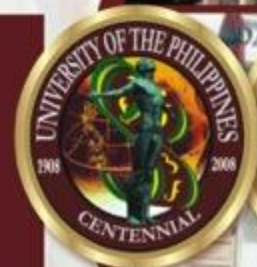


Data Processing and Analysis

- Phenomenological inquiry

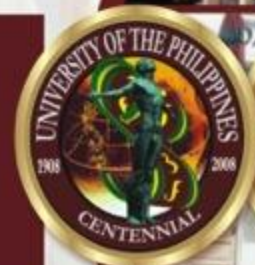
The analyses of the data were conducted in accordance with Colaizzi's (1978) phenomenological methodology.

- (1) reading the transcripts of the FGDs in their entirety so the investigator can acquire a feeling for them.
- (2) extracting significant statements from each description.
- (3) explaining the meaning of each significant statement based from subjective realities, past experiences and relevant literature reviews
- (4) organizing the clusters of themes from the formulated meanings and referring it back to each original description for validation.
- (5) using the constant comparative method whereby comparison and contrasts are made with each participant's previous and following descriptions.
- (6) integrating the results to yield an exhaustive description of the phenomenon.



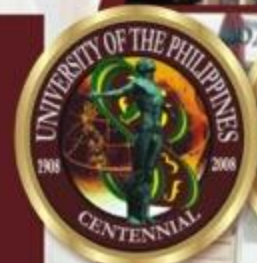
Ethical Considerations

- **Institutional**
 - UPM-REB certification
 - Permission from MDSW Drop-in center or “Bahay Kalinga”
 - WHO-QOL for community dwelling Filipino older person tool- authors approval
- **Participant**
 - Consent-verbal and written
 - Consensual decision-making
 - Information on participants rights
 - Incentives for participation
 - Access to findings



FINDINGS- Health needs

- The health needs of the Filipino older persons in the study were tied to their demographic characteristics, living conditions, health concerns, functional and QOL assessment.
- Demographics
 - Predominantly women, middle old age group, high school graduates and no present employment.
 - Major concern is security in old age.
- Living Conditions
 - Reside with children or kin and performs roles expected of them in the family such as the guidance and supervision of their grandchildren.



Key discussion- Health needs

- Health Concerns

- Perceive health status to be good and do not see the need to seek medical assistance.
- Live in an unsafe environment and in poverty.

- Functional assessment

- Continuously perform ADLs despite history of chronic conditions.
- Family members help increase the level of self-care capability.

- Quality of life assessment

- “Just Okay”



Results- FGD before

- In the pursuit of happiness
- Findings of the study affirm the Filipino older persons propensity for happiness that contributes to the indomitability of the Filipino spirit (Jocano, 2000; Licuanan, 1994).
- Maintain human dignity and self-worth
- Older persons want to go beyond themselves to satisfy identity needs of their age and to be provided with a deep sense of fulfillment (Ng, 2008).
- To belong to a second home
- A second home gives shelter, hope, care and concern to its members freely and generates a sense of belongingness



FGD before Implementation



11.18.2013



Planning for a nurse-managed adult day care

- Training module development
- The results of the profiling, quality of life assessment, perception of the older persons on center services and literature reviews were integrated in the training module developed for nurses. The aim was to help the nurses recruited in the study to tailor- made structured activities during the pilot program implementation.
- Description of nurses in the study
- There were 6 nurses recruited for the study, 5 female nurses and 1 male nurse with the age range of 21 to 28 years old.



Planning

- **Meaning based nursing care**
- Meaning- based nursing care were included in the module with the aim of developing compassionate gerontology nurses with respect to the dignity and personhood of older persons.
- **Training of nurses**
- The 2- day training of nurses took 6 to 7 hours per day. The basis for the schedule was on the number of sessions and learning activities allotted on the designated training days. The nurses actively participated in all the training sessions, worked as a team to structure the programs, presented their activity plans creatively, brainstormed their ideas for possible revisions, and gave the tasking of activities in pairs for the pilot implementation.



Training of nurses-DAY 1 (lecture)



Training of nurses- DAY 2 (presentation)



Training of nurses (activity planning)



Planning

- **Training evaluation**
- According to the nurses in the study, the training was very informative and developed their skills in the care of older persons. The nurses also found the module to be brief, concise, and delivered within the right time frame.
- **Referral for interdisciplinary collaboration**
- The investigator conducted a stakeholders meeting with the administration of MDSW to encourage interdisciplinary team collaboration at the center.
- The stakeholders/ administrators of MDSW initiated a possible partnership with the National Center for Geriatric Health during the tour of the participants to the facility.



Nursing Interventions through the pilot implementation

- Activity plans
- The nurses were paired to make activity plans for their 4-day pilot program implementation. There were 3 pairs of nurses with 4 activity plans each for the total of 12 days pilot program implementation.
- The activity plans included the date of the activity, purpose and goals, general procedures, precaution, frequency and the gradation.



The pilot implementation

- Pilot program implementation of a nurse-managed adult day care.
- The pilot program implementation covered 12 sessions of a nurse-managed adult day care program. The nurses in the study performed the activity plan that was prepared and presented during the training.
- The nurses have endorsement meetings scheduled at the last day of the pilot implementation of each nurse pair. The endorsement included introduction, overview and summary of implemented activities.



The pilot implementation (exercise)



The pilot implementation (sharing of artwork)



The pilot implementation (movie time)



The pilot implementation (PT session)



The pilot implementation (cooking class)



The pilot implementation (first-aid training)



The pilot implementation (ballroom dancing)

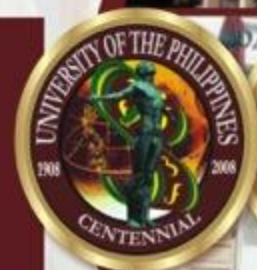


The pilot implementation (Line dancing)





The pilot implementation (bag-making)



The pilot implementation (Talent show)



The pilot implementation (NCGH tour)



The pilot implementation (group singing)



The pilot implementation (recollection & bible sharing)



Results- Interview of nurses

- Nurses' understanding the Bahay Kalinga experience
- The nurses invested patience and understanding to a caring relationship with the older persons that helps in the discovery of the meanings behind what the older persons want to express to them.
- Nurses' understanding of being a program manager
- The nurse works to integrate all aspects of the older persons well-being and use holistic to care in order to give a more extensive adult day care program.
- Nurses' understanding of their roles in adult day care
- The role of nurses were intertwined with other roles such as that of health advocates, spiritual adviser, consultant and researcher.



Interview of nurses (after the program)



Results-FGD after

- **In gratitude**
 - An attitude of gratitude or thankfulness was shown by the older persons' to the program and the nurses in the study.
- **Discovery**
 - The older persons in the study learned the need to strengthen every aspect of their lives.
- **Enlivening experience**
 - The program implemented has helped the older person to bring back the zest into their lives. They attest to a renewed or refreshed look into the activities that they have been doing and to life in general.



FGD after implementation



Answering the QOL tool



11.11.2013



Results-Quality of Life Comparison

Domains	BEFORE Mean (SD)	AFTER Mean (SD)	p-value	Interpretation
Physical	3.515 (1.029)	3.636 (1.141)	0.014	<i>Significant</i>
Psychological	3.297 (1.276)	4.018 (0.924)	<0.001	<i>Significant</i>
Social	3.316 (1.181)	3.926 (1.012)	<0.001	<i>Significant</i>
Environmental	3.113 (1.153)	3.602 (1.076)	<0.001	<i>Significant</i>
Overall Quality of Life	3.310 (1.159)	3.795 (1.038)	0.003	<i>Significant</i>



Results-Quality of Life Comparison

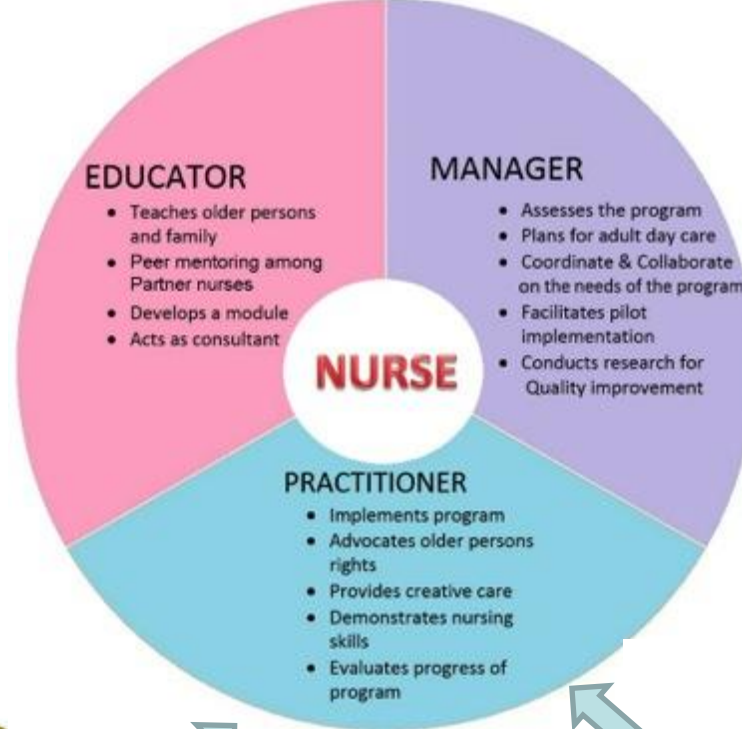
- The **physical domain** achieved the highest rating in the initial assessment due to the excitement of the participants to be a part of the program while the **psychological domain** achieved the highest rating after the pilot implementation because of the cognitively stimulating activities in adult day care.
- The over-all rating for quality of life is “Just Okay” which can be linked to the transcendence of the basic human spirit among Filipino older persons.
- Spiritual transcendence, flexibility, resilience and a fluid integration of lives with the family and society best describes the quality of life of Filipino older persons.
(Dela Vega, 2005)

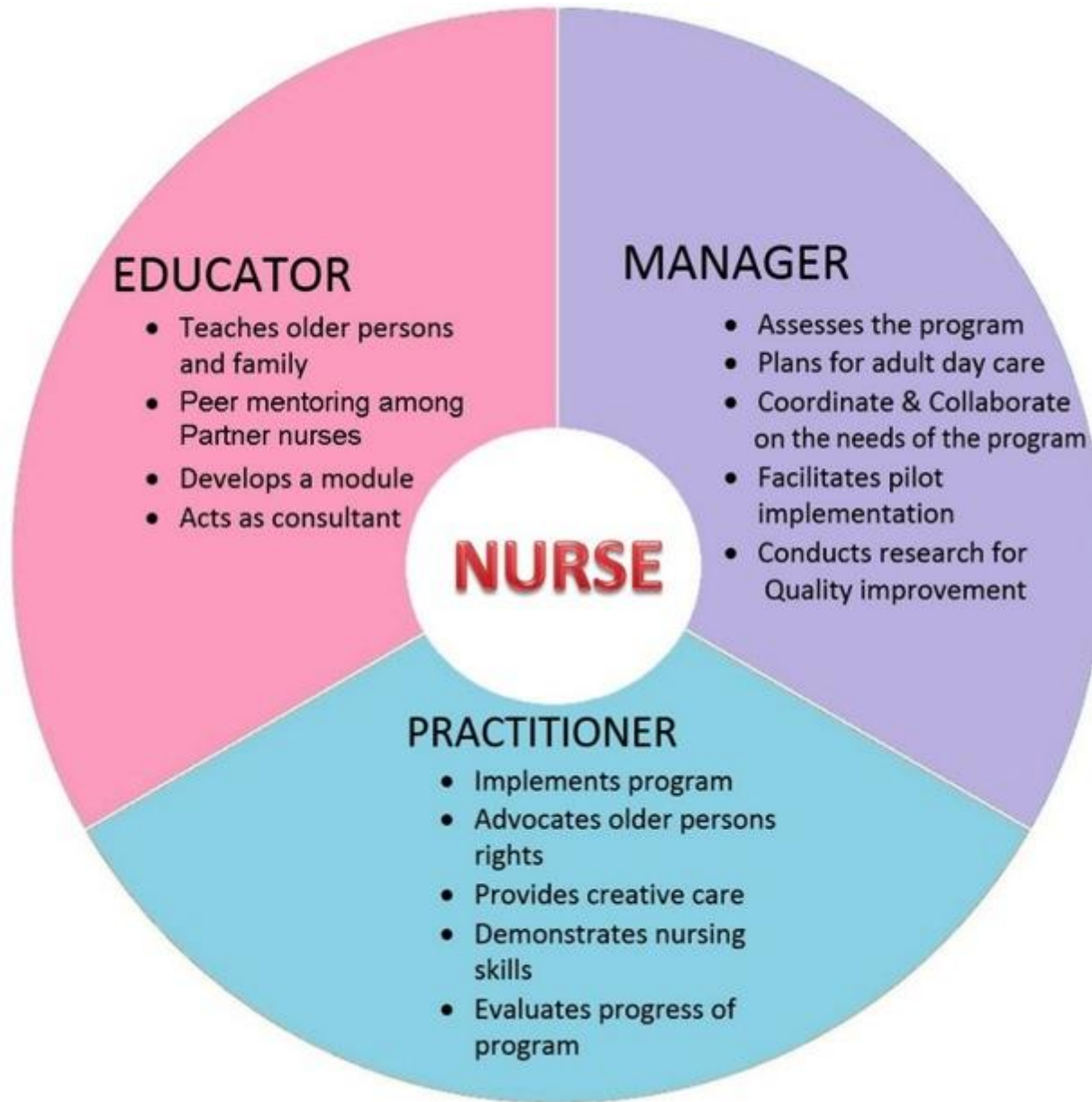


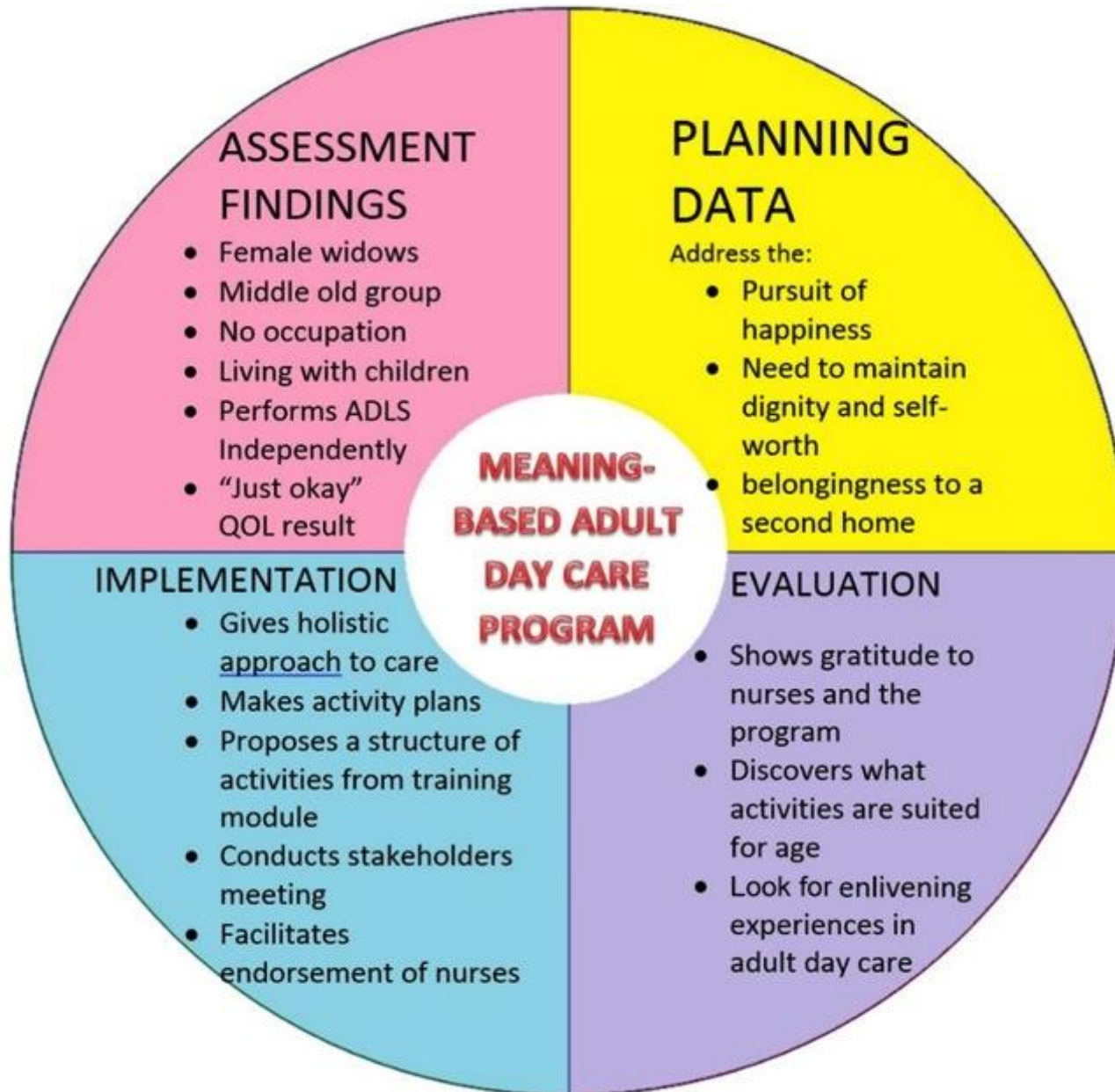
The Nursing model developed

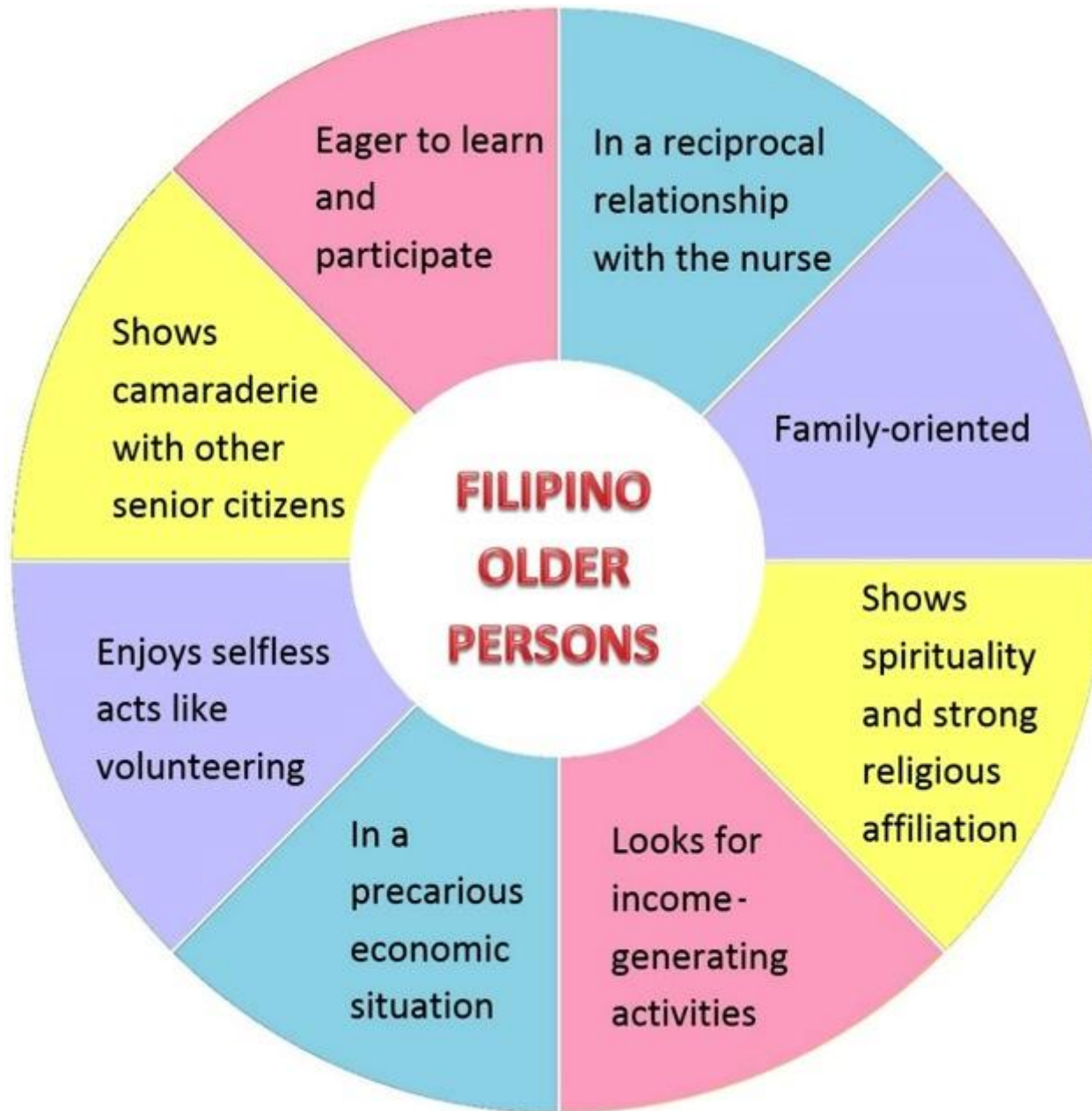
- The circular process in the diagrams demonstrates the ever changing, dynamic, cyclical nature of knowing in nursing.
- The condition in which the nurse and the older person allow each other to interact freely exists in nursing situations- the shared experience between the nurse and the nursed.
- The nursing model developed in this study show the nurse, adult day care program and the Filipino older person within a caring context that explores, respects and nurtures their interconnectedness.











Stakeholders Meeting



Conclusion

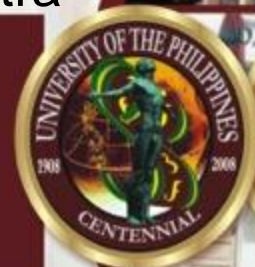
Findings of the study emphasized that nurses are in a prime position to manage an adult day care program because they render meaning-based nursing care :

- The patience and understanding shown by nurses in structuring a meaningful adult day care program had helped in the development of a reciprocal nurse-older person relationship.
- Nurses showed being service-oriented by continuously monitoring the health status of older persons to identify the early recognition of significant changes which may require intervention.
- The nurse guides the older person to wellness by health education and becoming a role model for a healthy lifestyle while encouraging reciprocity among older persons to practice this healthy lifestyle.



Conclusion

- The nurse, as advocate, conveys genuine concern for older persons' welfare because he/she empowers them to better themselves through health education, spiritual care, livelihood programs, and other socialization activities which bring forth their talents and capabilities.
- Nurses give holistic care and tailor-fits care plans to individual needs while considering the safety and security of older persons in the program.
- Nursing interventions rendered in adult day care centers promote wellness and prevent degenerative changes in older persons. The nurse becomes an embodiment of the care rendered by showing “malasakit” or going the extra mile to deliver this.



1

Recommendations

- The training of nurses on community-based programs and adult day care are advocated to ensure the health and well-being of Filipino older persons.
- The research-based information generated from this study is expected to inform policy formulation and the designing of interventions for older persons who form a significant sector of the society. This is in the hope that the provision of adult day care services in senior centers will be eventually subsidized by PhilHealth.
- The assessment of quality of life can serve as basis for adult day care program planning and development. Included in this assessment is the spiritual dimension of the Filipino older persons.



Recommendations

- Researchers interested in the replication of the study can include aspects of its feasibility in rural and urban communities as well as for middle to high income groups of older persons. Conducting a randomized control trial of a nurse-managed adult day care program pegged for a longer duration of time may also be done to see the long-term effects of the program. A follow-up of the participants at Bahay Kalinga after 3 months may also be necessary to see if the program has been sustained.
- The support and collaboration of interdisciplinary team members in conducting adult day care programs is enjoined. This goes along with the campaign to include a nurse-managed adult day care program in senior citizens' centers in the Philippines.



Summary

- The nursing model developed adds to the knowledge base in nursing as a science.
- The novel findings in the model show the evolving role of nurses in the health care setting.
- Furthermore, the study showcased nurses as innovative in managing meaning-based programs for older persons. As the study generated new directions in the care for older persons, this means that nurses as leaders are in a position to influence change in nursing knowledge and practice.



“Intellectual curiosity, persistence & humility are the key ingredients in making a unique contribution to nursing science.”

Thank You!

