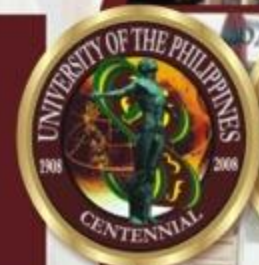


TRAINING MODULE DEVELOPMENT FOR THE HEALTH PROMOTION OF OLDER PERSONS IN THE PHILIPPINES



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Disclosure

- Dissertation Panel:
- Dr. Cora A. Anonuevo- Adviser
- Dr. Letty G. Kuan- Critic
- Dr. Teresita I. Barcelo- Member
- Dr. Araceli O. Balabagno- Member
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Disclosure

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Learner Objectives

- At the end of the presentation, the audience is expected to:
- Gain insights in training module development
- Acknowledge activities that promote the health of older persons
- Understand the needs of older persons in the Philippines
- Appreciate the training module developed for the health promotion of older persons in the Philippines



Introduction

The study is aimed to develop a training module intended to guide nurses in creating meaningful, focused and structured activities for the health promotion of older persons attending adult day care programs in the Philippines.



Objectives of the Study

1. To describe the health needs of older persons participating in adult day care program activities.
2. To develop a training module based from the profiling and needs assessment of the older persons.
3. To use the module in the training of nurses to address the health promotion needs of older persons in the Philippines.



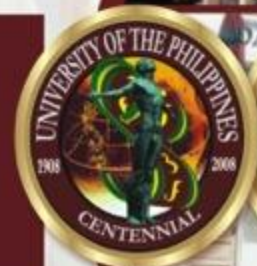
Study Design

- 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*.



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 the 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.
- The study then developed a module based from the results and had the training of nurses based on the module developed.
- There were a total of 3 FGDs with the older persons namely to describe their health needs, to assess the nurses performance in using the training module and lastly to evaluate its use.



Data Processing and Analysis

- Phenomenological inquiry

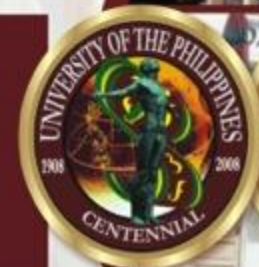
The analyses of the data were conducted in accordance with Colaizzi's (1978) phenomenological methodology.

- (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 adult day care center
 - 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



Assessment of Health needs

- The training module developed dealt with the health needs of the Filipino older persons in the study & were tied to the following:
- 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”



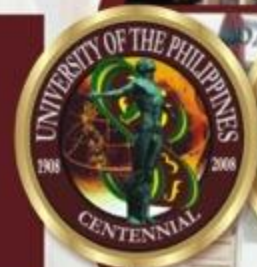
Planning to address Health needs

- Training module development
- The results of the profiling, quality of life assessment, perception of the older persons on adult day care center services and literature reviews were integrated into the training module developed for nurses.
- The aim was to help nurses to tailor- fit structured activities in adult day care based on the content of the training module.



Contents of the training module

- Activity plans
- The nurses made activity plans based on the research results. These included the possible activities that address a holistic approach to the health promotion of older persons.
- These plans were written by the nurses with purpose and goals, general procedures, precaution, frequency, the gradation of the activity and how this can help with the health promotion of older persons attending the adult day care program.



CONTENT: Introduction & Perspectives

Content	Program, Projects, and Activities	Locus of Responsibility	Timeliness/Durati on	Evaluation Parameters
Introductio n to Adult Day Care program activities	Lecture Discussion- a. Adult day care program b. Services rendered in an adult day care program c. Tasks in the performa nce of adult day care program activities.	The adult day care team consisting of- a. Investigator b. DSWD c. Nurses in the study d. Social Workers assigned with senior citizens e. Affiliates (if available)	Meeting of adult day care team regarding the plan of activities for senior citizens.	a. Nurses manage the meeting of an adult day care team. b. Adult Day Care Team function s well in their assigned duties and responsi bilities related to the program .
Filipino Older Persons' Day Care Needs (Perspectiv es of Senior Citizens at the Drop-In Center)	Lecture Discussion- a. Results of the profiling of participan ts. b. Results of the World Health Organizati on – Quality of Life tool answered by adult day care participan ts. c. Findings of the Focus Group Discussio ns with senior citizens.	The investigator and research assistant does the profiling, administers the WHO-QOL questionnaire, and conducts FGD with senior citizens at the Drop-In Center. The investigator shares the results and findings from these in a forum with stakeholders of the Drop-In Center.	Stakeholders meeting with DSWD administration regarding the needs of senior citizens at the Drop-In Center and on how the center can address these needs.	a. Nurses share adult day care activities that may address the health needs of the participa nts in the center through a stakehol ders meeting. b. Nurses coordina te the activities of senior citizens at the Drop-In center to



CONTENT: Interdisciplinary Team Approach

<p>The Interdisciplinary Team Approach</p>	<p>Interdisciplinary Team Meeting on-</p> <ol style="list-style-type: none"> Defining the specific roles and functions of team members in the center, if any. Identifying activities to be hosted by a healthcare team. Designing approaches to further enhance the conduct of adult day care program activities. Collaborating on Interdisciplinary team approaches for adult day care of senior citizens. 	<p>The Interdisciplinary team at the center, if any. Possibly including affiliates from different health professions.</p>	<p>The DSWD can hold collaborative meetings with affiliates and form an interdisciplinary team at the center.</p>	<ol style="list-style-type: none"> Nurses coordinate to clarify the interdisciplinary Team member roles and functions in adult day care. Nurses invite health care professionals to host specific activities in the conduct of adult day care programs at least once a year. Nurses play an active role in interdisciplinary team collaboration. There are no overlapping of professional tasks and functions in the team. Nurses verbalize understanding of the different tasks and functions of health care profession
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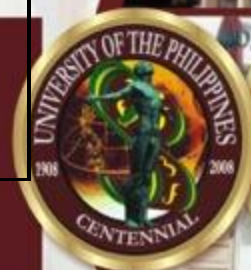
CONTENT: Role of Nurses & Meaning-Based Nursing Care

Role of Registered Nurses in an Adult Day Care Program	<p>Lecture Discussion-</p> <p>a. Revisiting the leadership role of nurses in adult day care program activities.</p> <p>b. Review of management roles and functions in nurses related to adult day care.</p>	<p>The investigator conducts the review with a lecture discussion on the leadership and management role of nurses in an adult day care program.</p> <p>An expert nurse manager in conducting adult day care program can be invited for sharing experiences. (Optional)</p>	Use of the training module for nurses created by the investigator based on the needs of the senior citizens at the Drop-In Center.	<p>a. Nurses are given a positive feedback evaluation from the senior citizens regarding their performance of duties in adult day care activities.</p> <p>b. Positive self - evaluation among nurses conducting the adult day care program activities at the center.</p>
Meaning-Based Nursing Care	Lecture Discussion on meaning-based approaches to nursing care.	The investigator of meaning-based nursing care.	Use of the training module for nurses that reinforce the integration of meaning-based nursing interventions in the care of older persons.	<p>a. Nurses are given positive feedback by senior citizens in performing meaning-based nursing interventions during the conduct of adult day care activities.</p> <p>b. Positive self-survey evaluation from nurses performing meaning-based nursing interventions in adult day care.</p>



Psycho-Spiritual & Physical Activity Plans

Proposed structure of the Adult Day Care Program Activities for Senior Citizens at the Drop-In Center	<p>Proposed structure of specific activities in the adult day care program:</p> <p>PSYCHO-SPIRITUAL</p> <ol style="list-style-type: none"> Prayer Guide Bible Reading Meditation activities Spiritual retreat 	Registered nurses, spiritual advisers, and social workers	<p>Daily prayer guide</p> <p>Once a week</p> <p>Once a month</p> <p>Once a year</p>	Nurses coordinate the conduct of holistic activities in adult day care. Nurses aim for senior citizens to verbalize a deeper understanding of the meaning of the scriptures, relates closeness to God, and talks about spiritual well being.
	<p>PHYSICAL</p> <ol style="list-style-type: none"> Diet and Nutrition <ol style="list-style-type: none"> cooking clubs cookouts (if possible) Fitness Exercise <ol style="list-style-type: none"> ROM Dancing Yoga Field trips Park walks 	<p>Nutritionists and Staff Nurses</p> <p>Physical Therapists and Staff Nurses</p>	<p>Once a month- highlighting different nutritional needs of the older persons.</p> <p>Once a week during the conduct of the adult day care program.</p> <p>*Specific activities can be set accordingly to vary per week.</p>	<p>Nurses aim for</p> <ol style="list-style-type: none"> Senior citizens to maintain or improve nutritional status. Senior citizens to verbalize a maintained or improved state of physical fitness.



Socio-Economic Activity Plans

<p>SOCIO-ECONOMIC</p> <ul style="list-style-type: none"> a. Hobbying <ul style="list-style-type: none"> a.1 drawing a.2 painting a.3 hand-made greeting cards b. Livelihood programs <ul style="list-style-type: none"> b.1 needlecraft b.2 crocheting 	<p>Social workers, occupational therapists and registered nurses</p>	<p>Twice a month during the conduct of adult day care services.</p> <p>*Specific activities vary every two weeks.</p>	<p>Nurses aim for</p> <ul style="list-style-type: none"> a. Senior citizens to verbalize improved satisfaction with taken hobby. b. Senior citizens to maintain sustainability of financial resources through livelihood programs within their capacity.
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Nursing Intervention Activity Plans

	<p>NURSING INTERVENTION ACTIVITIES</p> <ul style="list-style-type: none"> a. Lay fora <ul style="list-style-type: none"> a.1 health promotion seminars and conferences a.2 drug study group/medication assistance group b. Memory clinic activities c. Fall Prevention activities 	<p>Registered nurses in collaboration with Medical Doctors and Pharmacists.</p>	<p>Once a month during the conduct of adult day care activities.</p>	<p>Nurses aim for</p> <ul style="list-style-type: none"> a. Senior citizens to verbalize learning satisfaction with lay fora, seminars and conferences. b. Senior citizens to adhere to drug/medication regimen and cautions other patients on prescription-sharing of medications. c. Senior citizens to verbalize a motivation to participate in memory clinic and fall prevention activities of the center, if any. d. Senior Citizens to show improved satisfaction in adult day care services as seen in more consistent attendance and participation. e. WHO-QOL tool to show improvement in responses compared to the initial findings.
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Activity plans (exercise)



Activity plans (sharing of artwork)



Activity plans (movie time)



Activity plans (PT session)



Activity plans (cooking class)



Activity plans (first-aid training)



Activity plans (ballroom dancing)



Activity plans (Line dancing)



Activity plans (games/ pinoy henyo)



Activity plans (bag-making)



Activity plans (Talent show)

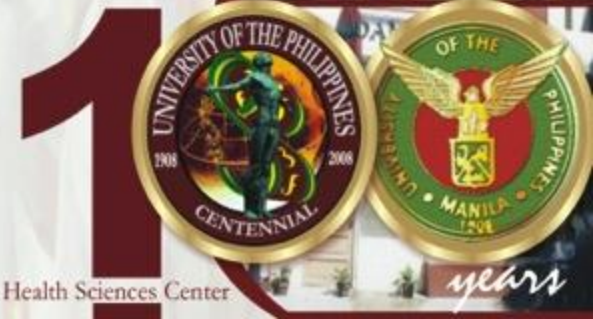


Activity plans (recollection & bible sharing)



Recommendations

- The training module is recommended for the use of nurses on community-based programs or in adult day care centers.
- The research-based information generated from this study is expected to inform policy formulation and the designing of interventions for the health promotion of older persons.
- The training module developed in this study has been copyrighted and can be used by health care professionals who would like to set up adult day care centers in the Philippines.



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

Thank You!

