

Comparison of effectiveness between participant-led and facilitator-led preventive care programs in Japan

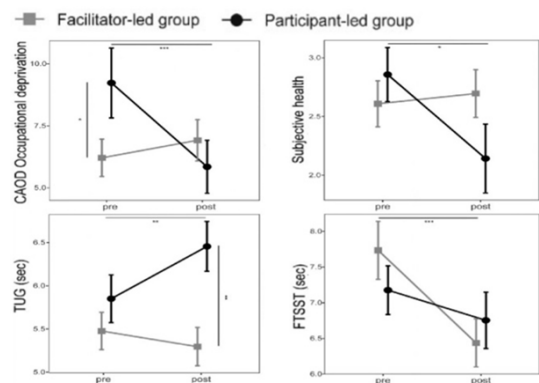
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Objective: Recently, studies have recommended clients' active participation in their own medical treatments and therapies. Client-led approaches can motivate clients and increase their engagement. Therefore, we conducted two care preventive programs, one led by participants and the other by facilitators. This study aimed to examine the effect of different management methods on the effectiveness of care preventive programs for community-dwelling older adults. Understanding the impact of these types could enable more effective operation of preventive care programs.

Methods: This study comprised two Facilitator-Led (FL) and one Participant-Led (PL) preventive care classes in Japan. All participants received the intervention for approximately 12 weeks. Functional assessments, occupational dysfunctions, and subjective health were measured before and after the interventions. A two-way mixed design Analysis of Covariance (ANCOVA) was adopted to examine the effect of the interventions, adjusted for previous experiences with preventive care services. The level of significance was set at $P < 0.05$.

Results: Fourteen participants in the PL group (76.64 \pm 6.48 years, 92.9% women) and 29 participants in the FL group (76.55 \pm 5.75 years, 75.9% women) were included in the statistical analysis. ANCOVA showed significant group \times time interaction effects in the Five Times Sit-to-Stand Test (FTSST), the Timed Up & Go (TUG), occupational deprivation of the classification and assessment of occupational dysfunction scale, and self-rated health. Simple main effect tests showed that the TUG decreased significantly in the PL group, while occupational deprivation and self-rated health scores improved significantly. In contrast, FTSST scores significantly improved in the FL group.

Conclusion: PL-type management may be more appropriate for preventing social isolation and withdrawal, while FL-type management may be more appropriate for preventing physical frailty. Selecting not only adequate programs but also an appropriate management type that matches the service purpose can help provide more effective care preventive services.



Biography

Shan Yun has a master's degree of rehabilitation sciences, now is a PhD student at Graduate School of Health Sciences in Hokkaido University of Japan. Her main research interest centers on health promotion for older adults, especially concerning occupational therapy and occupational science. "Occupations" include daily activities such as activities of daily living, housework, work, hobbies, play, interpersonal interaction, and rest. These activities could help people in any age group to promote their health and well-being. When a negative experience arises from the inability to engage in those activities properly, people could experience the status of occupational dysfunction. The author's work mainly focuses on this status and the development of approaches to prevent and/or improve occupational dysfunction for community-dwelling older adults.

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