

Joint Event

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Role of family in the process of rehabilitation of elderly hospitalized in a nursing home

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The aim of this study was to evaluate the role of family support in the process of physiotherapy of elderly rehabilitated in a nursing home (NH). The study involved 39 patients (27 women and 12 men), aged 76.0 (± 10.9) years. The examined patients came from families with varying degrees of caring capacity and on these grounds, were assigned into subgroups. Most often it was an incomplete capacity (62%), 23% of families were characterized by full capacity, 15% of the respondents declared a lack of caring capacity. To assess cognitive impairment, mood and functional status the Mini Mental State Examination (MMSE), the Geriatric Depression Scale (GDS-30) and the Barthel Index (BI) were used. The greatest improvement in functional status after rehabilitation occurred in patients with a family characterized by lack of caring capacity and the smallest improvement was in the group of patients with full caring capacity ($p=0.008$).

Biography

Joanna Szczepańska Gieracha is a Professor at the Faculty of Physiotherapy, University of Physical Education in Wrocław. She is Physiotherapist and Psychotherapist, member of the Committee for Rehabilitation, Physical Education and Social Integration of the Polish Academy of Sciences. She has a lot of experience in the therapy of people with Psychosomatic Disorders and published many papers about the role of psychological factors in the rehabilitation process. From 2004 to 2013 she was professionally engaged with the nursing home for old disabled people. In 2014 she founded a Foundation of Seniors Activation in Wrocław and runs many health promotion projects for seniors.

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