

Interventions for Improving Quality of Life in Elderly Populations

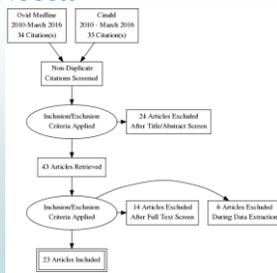
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Purpose

- To explore what public health interventions are used by public health nurses to promote quality of life in elderly populations.



Search Process



Public Health Intervention Wheel

- Developed by Section of Public Health Nursing in Minnesota (1998)
- 17 Interventions organized into 5 colored wedges
- Individual, Community, Systems Levels



Intervention Levels

- **Individual level** - interventions focus on changing the "knowledge, attitudes, beliefs, practices, and behaviors of individuals" (Keller et al., 2004, p. 457).
- **Community level** - interventions are aimed at changing "community norms, community attitudes, community awareness, community practices, and community behaviors" (p. 457).
- **Systems level** - interventions change "organizations, policies, laws, and power structures" (p. 457).
- All interventions are aimed at improving population health.

Lawton's Quality of Life Domains

Domain	Example
Health	Includes indicators focused on cell, organ, system, and body. Objective indicators such as observable symptoms and measurable physiological function. No absolute criterion for health.
Functional Health	Includes indicators such as physical ADL, instrumental ADL, financial management, and paid employment.
Psychological Well-Being	Includes indicators such as mental health, sensory reception, perception, memory, classical conditioning, operant conditioning symbolic thinking, problem solving, creative innovation, overall satisfaction, positive/negative emotions.

Lawton's Quality of Life Domains

Domain	Example
Social Behavior	Includes indicators such as sensory contact, casual contact, intimacy, nurturance creative leadership, love, parenthood, altruistic behavior.
Personal Competency	Includes indicators of behavioral competence and social-normative evaluations of functioning in health, cognitive, time use and social dimensions.
Environment	Includes indicators such as air and water quality, physical structure of the environment, home, neighborhood, interpersonal relationships, physical accessibility, factors impacting QoL.

Study Designs

- 16 RCTs
- 1 Systematic review of RCTs
- 3 Quasi-experimental
- 1 Non-experimental
- 1 Expert opinion
- 1 Mixed method (RCT and qualitative)

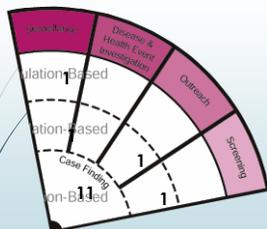
Geographic Location



Theories Used in Studies

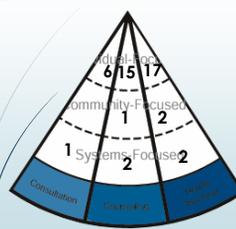
- Atheoretical - 10 studies
- Shared decision making
- Chronotherapeutics (drug dosage adjusted based on circadian rhythm)
- Quality-Caring Model
- Empowerment, Behavioral Change models
- Essence of Care (clinical benchmarking approach)
- Health Promotion, Empowerment, Partnership, and Family Centeredness
- Health beliefs
- Meaningful learning principles
- Pender's Health Promotion Model
- Constructivist principles
- Empowerment
- Self-efficacy
- Transitional Care Model

Red Wedge Interventions

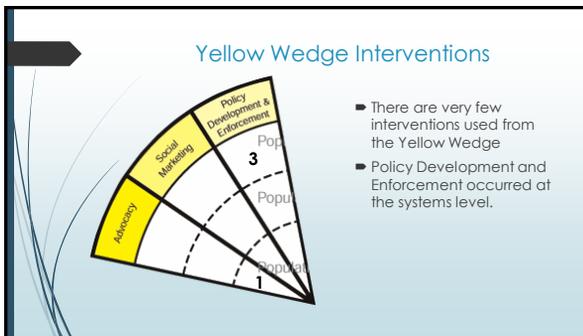
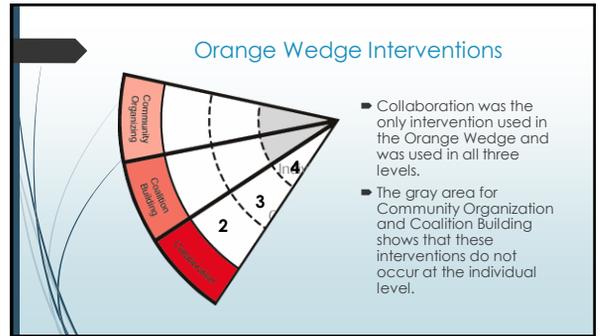
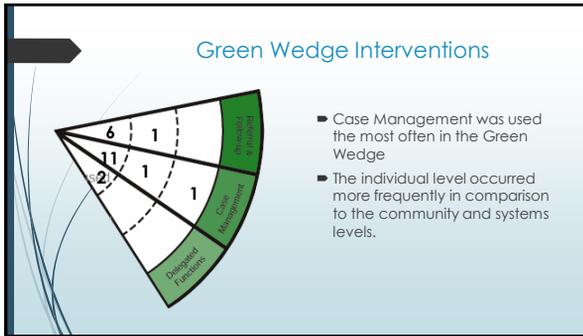


- Case finding was the most used intervention in the Red Wedge (individual level for all 4 interventions).
- Outreach and Screening were used at community level.
- Surveillance was used at systems level.

Blue Wedge Interventions



- Blue Wedge interventions were used most frequently among all intervention wedges.
- Individual level interventions were used much more often in comparison to the community and systems levels.
- Health Teaching and Counseling were used more often in comparison to Consultation.



QoL Domains Addressed in the Studies

Domain	Frequency
Health	All studies
Functional Health	17
Personal Competency	16
Psychological Well-Being	15
Social Behavior	9
Environment	9

Preliminary Discussion: Limitations

- Search process limited to 5 years and 2 databases
 - Search terms led to predominance of clinical trials and experimental studies.
 - Some interventions, which are not a good fit for experimental studies may have been missed, particularly interventions at the community and systems levels.
- Few studies focused on the perception of general quality of life of elders. This may be due to the lack of qualitative studies that resulted from search terms.

Preliminary Discussion: Interventions

- Most articles described nursing interventions at the individual level.
- Most interventions occurred in the Blue and Green Wedges, which are very consistent with the scope of public health nursing.
- Collaboration is also consistent with the scope of public health nursing and occurred at all three levels.
- There were no interventions described that were consistent with Community Organizing, Coalition Building, and Social Marketing.

Preliminary Discussion: Quality of Life

- The most frequent quality of life domains addressed in the articles were:
 - Functional Health (self-maintenance, ADLs, physical)
 - Personal Competency (self-efficacy, educational knowledge) and Psychological Well Being (mental health, cognitive judgments)
- Few studies used quality of life as an outcome indicator in evaluation of intervention effectiveness
- Social Behavior and Environmental Domains received the least attention.
- No studies addressed Personal Beliefs (spirituality, death and dying, aging attitudes)

References

- Keller, L. O., Strahschein, S., Lia-Hoagberg, B., & Schaffer, M. A. (2004). Population-based public health interventions: Practice-based and evidence-supported (Part I). *Public Health Nursing, 21* (5), 453-468.
- Lawton, M.P. (1991). A multidimensional view of quality of life in frail elders. In: J.E. Birren et al. (Eds.), *The concept and measurement of quality of life in the frail elderly*. San Diego: Academic Press

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