

## Japanese Geriatric Care

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In response to the diverse needs of local elderly persons and families, an interdisciplinary research team consisting of public health nurses, nurses, registered dietitians, former counselors of the home care support center, rehabilitation nurses, social workers, researchers of gerontology and epidemiology, health and fitness guides, and ward residents promoted the Japanese Geriatric Care Research Project. The aim is to develop Person-Centered Care models that honor the voice of elders, so that the home-cared elderly and their families can lead respectful and significant healthy lives.

### **【Purpose】**

To realize this, we developed Person-Centered Care models based on an interdisciplinary approach aimed at (1) the gathering of health related information for enhancing knowledge and skills related to the health management and nursing prevention of illness in the elderly persons, (2) the ability of elderly persons themselves, their families or nearby supporters to make decisions about the control of social resources and (3) analyze developed programs using logic models based on the community based participatory research (CBPR) method.

### **【Plan and Implementation Process】**

(1) Provision of Information: Publication of newsletter (Iki-Iki Net), booklets on nursing, dementia care, exercise for the elderly (Iki-Iki Nursing Prevention Series), and creation and distribution of holders for storing booklets. Provided information on classes held included a home oxygen therapy (HOT) support service (specifically for patients with chronic respiratory failure), a Website for Elderly Patients with Dementia, and a Video on Exercise for the Prevention of Falls and Fractures. (2) We developed a quality assessment web data input system for team approaches for elderly persons with dementia receiving care at home. (3) We continued an educational program for civilian students aiming to be professionals. (4) Outreach activities: Consultation on Home Care for the Elderly, Exercise Classes for the Prevention of Falls and Fractures, Foot Care, and lectures on nursing prevention for specific civilian groups. (5) We held and ran the 6th International Relay Symposium jointly with ward residents. (6) We established the “Handing-Down of Knowledge” Program based on Multi-Generation Networking. (7) We applied for the patent of a remote nursing support system for promoting the health of elderly persons and carried out practical operations of the system.

### **【Goal Attainment】**

#### 1. Research activities

##### A) Japanese Interdisciplinary Team Approach Training Center Development

###### (1) Information service

Published 3,000 issues of the St. Luke’s Silver Press Iki-Iki Net Magazine (Vol. Number 1-6) and distributed them to ward meetings, elderly person clubs, and health, medical, and welfare organizations. These led to: (1) an increase in continuing readers, (2) elderly persons coming to our college and (3) requests for health education at clubs for elderly persons. This indicates the effects of diffusion of information to regions. In addition, the magazine leadership steadily

enhanced the recognition of project members by ward residents as indicated by the sudden increase in the number of times residents spoke to the project members on the streets outside the college. The magazine has helped establish an informal information exchange function for tracking requests for health consultations, requests to participate in projects, and health information, and for receiving local information, resulting in the steady accomplishment of Person-Centered Care outcomes.

The Website for Elderly Patients with Dementia provides information on dementia, advice on nursing family members, and other useful information. The average number of visitors in a month was 1,372 in 2006, increasing to 3,539 in 2007. Of the 103 persons who answered the webpage assessment questionnaire, 65 persons replied that it was useful (63.1%). Coupled with the 25.2% who replied that the webpage was more or less useful, 88.1% rated the webpage to be useful. A questionnaire survey was also conducted on internet browsers on the Video on Exercise for the Prevention of Falls and Fractures. Out of the 14 who replied between 2006 and 2007 (July), 11 (79%) replied that the video was very useful. In addition, out of the total number of accesses (17,187), the average number of accesses was 818, with the maximum number of accesses to the "Upper Body Stretch" reaching 1,960. Also provided on the web was information on dehydration prevention, skincare, and bathing methods. We presented a program we proposed to women's associations and specific late middle age groups via the internet, as well as programs proposed from results of outreach activities and research activities such as health education on nursing prevention, as well as presented analysis results at conferences.

We published booklets for nursing prevention among elderly persons "Tki-Iki Care and Prevention" on tips for home care, dementia care, exercise for the prevention of falls and fractures, and foot care) Volume 4, and received many comments that these booklets were "helpful."

- (2) Educational program for professionals engaged in geriatric care, elderly person's care and caretakers (citizens)

We studied the current situation of care methods for preventing the dehydration of elderly persons and presented the results at academic meetings for nursing, welfare, nutritionists, and other professionals. We also completed a care quality assessment system for an interdisciplinary team approach to the elderly with dementia at home.

- (3) Outreach activities in collaboration with ward residents

Six appointments were made for the Consultation on Home Care for the Elderly in five years, and numerous consultations were requested by directly visiting our college, telephone consultations, and on the spot consultations. We followed up on the mental and physical situation of participants of the Exercise Classes for the Prevention of Falls and Fractures and fall experience for three months, and in particular confirmed the need for balance programs for elderly persons for example the short standing time on a single-foot with one eye open. We also found in our foot care classes that there are many people with foot problems: out of the 34 participants (2006 and 2007), 44.1% had hallux valgus, 38.2% had knee joint pain, 35.5% had shoe and gait problems, 29.4% had cold feet/edema, 29.4% had corn/ingrown nail, and 26.5% had ringworm (tinea pedis). Results of evaluative questionnaires on the program indicated that good scores above 90% for the program in general, particularly "footbath and massage." From the aspect that all participants wished to participate in future classes and said they were able to do foot baths and massages, etc. at home themselves through this class, it was

concluded that the improvement of foot problems such as knee joint pain leads to effectiveness in terms of fall prevention, etc.

We held educational lectures on nursing prevention and health at women's associations, etc. in Chuo Ward. These were attended by about 30 persons, and were found to motivate participation in other fall prevention exercise classes and foot care classes.

(4) Educational program for students pursuing a career as healthcare and welfare professionals

The results of a follow-up assessment of 51 previous participants showed changes in value and recognition, own contribution, and skills regarding interdisciplinary team approach by participation in the program, indicating information exchange and consultation, etc. continued even after the program ended, and the successful formation of a community to resolve problems amongst participants.

(5) Symposium held jointly with ward residents

We held the 6<sup>th</sup> International Relay Symposium jointly with ward residents in September 2006. We appointed 10 persons from among the participants of the exercise class for preventing falls and fractures, town chairman, owners of retail stores, welfare commissioners, and ward residents as members of the symposium planning committee. The opinions of the planning committee for topics to be covered in the symposium included medical knowledge of dementia, introduction of supporting facts and precedent cases, nursing facts, and government efforts. To promote the participation of care providers who could not leave their homes easily, we also set up a Booth for "Fureai" (communication booth) and provided a "visiting volunteer" and day service at the same time. We gave out dementia nursing booklets and newsletters, held exhibitions on nursing products, nursing counseling by professionals (8 persons, 5 professions), provided weight measuring services, made symbol quilts with the cooperation of care worker committee members, and set up a resting corner, etc, to collect information as part of the symposium. These endeavors proved to be popular, drawing 300 visitors to the symposium, of which 60% were female ward residents, and 30% were nursing providers. Comments from symposium participants questionnaire results were: "meaningful event," "was very touched by the words of the keynote lecture: 'you are something worthy of praise,'" and "glad I was able to talk about it"; from professionals, we received such comments as "enjoyed the event,"; and from volunteers, we received comments essentially summarizing "enjoyed talking to elderly persons," indicating the symposium to have conveyed the intentions of the planning committee to the participants. The symposium also helped promote a sense of community between the members of this project and Chuo Ward members. We carried out program evaluation using a Logic Model and presented the results in a paper.

(6) Creation of intergenerational day care program

Through the symposium, we were able to discover the need for "a place for locals to continuously gather and talk" and "a place for promoting communication between all, from the elderly to children, through the same activities, for them to bond, and for different generations to mingle and pass down the Japanese culture." As intergenerational day care program, the St. Luke's "Nagomi no Kai" (relaxation and harmony) proposed by Chuo Ward residents was set up in April 2007. The program is run by current participants who include 14 elderly persons, eight children, ten registered volunteers, and management staff.

We analyzed the research activities A) carried out in this care project using the CBPR method. Based on the principles of Person-Centered Care, we were able to clarify the partnership and collaborative process between this care project, elderly persons, and the diverse local resources

available to realize respectable and meaningful lifestyles, in terms of healthcare for elderly persons receiving care at home and their families.

#### B) Development of Telenursing System for the Health Promotion of the Elderly

We submitted Telenursing methods (web-based) for patenting to Japan Patent Office (Japanese Patent application No. 2007-182020). This system is simple to use even for elder persons, and has been suggested to enhance self-management awareness, understanding of physical conditions, reduce the sense of insecurity, prevent re-admission to hospitals due to acute aggravation of respiratory disorders, and reduce medical costs by one-fourth compared to re-admission.

#### 2. Education of novice researchers

The research themes by three doctoral course students of our college in this COE program included “difficulties faced by nurses in the nursing of elderly patients with dementia at medical facilities,” “development of a practical evaluation scale for the interdisciplinary team approach,” “evaluation of interdisciplinary team intervention approach education and hands-on program for preventing falls in elderly persons,” “basic research on development of delirium risk assessment tools for hospitalized elderly persons,” and the “development of a delirium prevention care program centered on elderly persons.” These are very important health issues for elderly persons, both currently and in the future, and aim at the development of programs to enhance nursing care quality for various health related issues.

#### 3. International collaborative research

During this project, we were able to develop a program based on the results of a joint research project spanning more than 10 years with the University of Michigan Health System Geriatrics Center, Turner Geriatric Clinic (Ms Ruth Campbell, MSW and Ms Mariko Abe Foulk, MSW) on the following themes: development of care quality evaluation method on interdisciplinary team approach of home cared elderly persons with dementia, educational program for civilian students aiming to become professionals, holding symposiums, and building multi-generation networking care models. For this last multi-generation networking care model, we have already started joint research with our sister school, The Intergenerational School, in Cleveland, Ohio (founded by Dr. Peter Whitehouse).

#### 4. Future directions

##### 1) Provision of information

We are planning an evaluative survey on the public for the continued publication of our newsletter, Iki-Iki Net. We will continue to provide information on the web and analyze audience ratings.

##### 2) Educational program for professionals involved in elderly care, families of elderly persons, and civilian care providers

We will continue to provide educational programs for the public, including a broad range of elderly persons and care providers.

##### 3) Educational program for civilian students aiming to become professionals

We carried out a follow-up survey on the formation of communities for task-resolving by participants through information exchange and consultation after a program ends.

##### 4) Creation of multi-generation care models together with ward residents

We will continuously review impacts (patients with dementia can be looked after locally, relations can be built between the younger generation and elderly persons) brought to light by logic models.

5) Outreach activities through cooperation with ward residents

As each of our outreach activities receive a very high participation-satisfaction rate, we hope to expand these activities to building local care systems for elderly persons through cooperation with district organizations, with the continued participation of care workers committee members and town councils. We shall continue to review the logic model evidence to determine the effects of exercise class for preventing falls and foot care classes.

6) Development of telenursing system for promoting good health among elderly persons

We will continue hands-on operations as well as register intellectual assets.