Preventing Disability with Activity of Daily Living Performance among Dementia Elders Living in Long-Term Care Facilities

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Abstract

Objective: To test the effectiveness of a theory-based intervention program aimed at preventing disability with activities of daily living performance among dementia elders living long-term care facilities in Taiwan. **Methods:** This was an experimental, longitudinal research design. One hundred and eighty-one subjects with mini-mental status exam score less than 24 were assigned to either experimental group (n = 101) or comparison group (n = 80) based on a long-term care facility they lived. Subjects in the experimental group received a Self-Care and Exercise Self-Efficacy Enhancement Program (SCESEEP) via staff caregivers and caregivers of elders in long-term care facilities. Subjects in the comparison group will receive care as usual. Data will be collected five times: baseline, 8-weeks, 2-month, 4-month and 6- month post-interventions. **Results**: Using Pearson correlation to exam the relationship among activity of daily living performance and physical fitness, including single right leg standing with eyes closed; single left leg standing with eyes closed; site and reach; the total body rotation, left; total body rotation, right; and step test. Results found that activity of daily living performance score among elders with dementia was positive correlated with scores of physical fitness. The score of mini-mental status exam (MMSE) was also positive correlated right and left hands' strength. In additional, both group subjects showed no statistical significant changes in the score of activity of daily living performance and self-efficacy for function score. The outcome expectation for function score showed statistical significant decline in the comparison group, but no statistical change in the experimental group. **Conclusion**: This study can provide a theory-based intervention aimed at improving activity of daily living performance for elders with dementia living in long-term care facilities.

Recent Publications

1. Wang SC, Yu CL, Chang SH* (2017) Effect of music care on depression and behavioral problems in elderly people with dementia in Taiwan: a quasi-experimental, longitudinal study. Aging & Mental Health 21:156-162.
2. Wang SC, Su CL, Chih HS, Kao M, Tsau YY, Lin HH, Chang SH* (2014) A Project to Prevent Fall among Dementia Resident Living in a Long-Term Care Facility. Veterans General Hospital Nursing 31: 93-102.
3. Chang SH, Lin MS, Chao PC, Yu CL, Chen TC (2014) The effectiveness of diabetes self-management program for diabetes patients in Taiwan. International Journal of Research In Medical and Health Sciences 4: 10-18.
4. Hwang HL, Wang HH, Tu CT, Chen S, Chang SH (2014) Reciprocity of service learning among students and paired residents in long-term care facilities. Nurse Education Today 34: 854-859.
5. Chang SH, Yu CL. (2013) Perspective of Family Caregivers on Self-Care Independence among Older People Living in Long-Term Care Facilities: A Qualitative Study. International Journal of Nursing Studies 50: 657-663.

Su-Hsien Chang has her expertise in prevent disability with activity daily living and depressive mood status among elders. She proposed and tested self-care self-efficacy enhancement program aimed at improve self-care abilities of elders, which was driven Bandura's Social Cognitive theory. The mutual goal of her is to varies intervention researches aimed at prevent or delay disability among elders. Therefore, in the past few years, qualitative and quantitative researchers focused on prevent or delay disability and improve self-care ability were done. Result showed that a partnership among elders, family caregivers, staff caregivers, and other professional health-care team work together should work together to improve self-care ability of elders. Due to increase number of dementia elders, for further study, intervention researches aimed at prevent or delay disability and improve self-care ability for dementia elders will be major goal based on her qualitative research result. In addition, cross-professional researchers will be invited to participate in the study.

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