

به نام خدا

مدل های مراقبت در سالمندان

Phd of Gerontology صادق مقدم

Ageing is the *success* of the 20th century and the *challenge* of the 21th.

Models of Elderly Care

- مراقبت از سالمندان: زمان ، هزینه، تخصص، امکانات
- سالمندان گروه ناهمگون؟؟؟؟
- مطالعات نشان میدهد که در حدود 40% بیماران سالمند در دوران بستری افت سطح عملکردی را تجربه می نمایند. در بسیاری از موارد کاهش سطح فعالیتی این افراد غیر قابل بازگشت بوده و تاثیر مستقیم بر کاهش کیفیت زندگی آنها داشته است

Outlines

- Acute Care
- Long term acute care
- Sub-Acute Care
- Nursing Care
- Residential Care
- Long term Care
- Hospital At Home
- Home Care
- Day Care
- Day Visit
- Respite Care
- Hospice Care
- Palliative Care
- Tele-Care

Acute Care

- Short-term medical treatment, usually in a hospital, for patients having an acute illness or injury or recovering from surgery.

Long Term Acute Care

- Long Term Acute Care (LTAC) in hospitals is different from acute care in that most cases treated in a LTAC are there for 20 days or more. The actual length of time to fit this definition depends on the facility offering the long term care. Long Term Acute Care provides medically complex treatment and may include weaning patients off ventilators, occupational, speech or physical therapy, pulmonary, critical care and other rehabilitation.

What is Subacute Care?

- ✓ Comprehensive inpatient care
- ✓ Comes after, or instead of, acute care
- ✓ Between acute and long-term care
- ✓ Usually for a defined period of time
- ✓ Developed largely for cost-savings

Subacute care

- When you are ready to leave the hospital, but not ready to go home, get the therapy and care you need from our subacute specialists.
- Patients generally stay for three to 14 days for needs including:
 - post-surgical recovery including heart surgery, hip or joint replacement and trauma
 - stroke recovery
 - complex care including wound care, respiratory support and intravenous feeding or medications
 - nursing care and rehabilitation
- We offer the same nursing services and therapy as a hospital, but in a more cost-effective way. Your family and home caregivers participate in your recovery by learning how to care for you. We encourage them to attend your therapy sessions and learn how they can aid in your recovery.

Nursing Care/Nursing Home

- NURSING HOME CARE is a natural extension of the Family Practice mission to care for individuals and their families throughout their life span.
- Facility for care (usually long-term) of patients who are not sick enough to need hospital care but are not able to remain at home. Historically, most residents were elderly or ill or had chronic irreversible and disabling disorders, and medical and nursing care was minimal.

Residential Home

- Residential care gives a stable and safe place to live, with 24 hour support from skilled staff who can help patients to deal with their problems. Some people might need a more secure residential setting
- Residential care is for people who can not continue living in their own home, even with support from home care services. You can stay in residential care for a short time (known as respite care), over a longer period or permanently.

Residential Care (2)

- There is a wide range of reasons for needing this type of support, for example, if a person has significant physical disabilities, learning disabilities, mental ill health, an alcohol or drug dependency, or is at risk of injury or abuse.

Long-term care (LTC)

- Long-term care (LTC) is a variety of services which help meet both the medical and non-medical needs of people with a chronic illness or disability who cannot care for themselves for long periods.
- It is common for long-term care to provide custodial and non-skilled care, such as assisting with normal daily tasks like dressing, feeding, using the bathroom



Hospital at Home

- Cochrane: “service that provides active treatment by health care professionals, in the patient’s home, of a condition that otherwise would require acute hospital in-patient care, always for a limited period”

Home Care

- **Home Care**, (commonly referred to as **domiciliary care**), is health care or supportive care provided in the patient's home by healthcare professionals (often referred to as home health care or formal care; in the United States, it is also known as skilled care) or by family and friends (also known as caregivers, **primary caregiver**, or **voluntary caregivers** who give informal care).

Home Care

- The purpose of home care is to promote, maintain, or restore a patient's health and reduce the effects of disease or disability.

Palliative Care

- Terminal Care (Last hours or days)
- Palliative Care (last weeks or month)
- “The active total care of patients whose disease is not responsive to curative treatment. Control of pain, of other symptoms, and of psychological, social and spiritual problems, is paramount. The goal of palliative care is the achievement of the best quality of life for patients and their families”

WHO

WHO Definition of Palliative Care

- Palliative care is an approach that improves the quality of life of patients and their families facing the problem associated with life-threatening illness, through the prevention and relief of suffering by means of early identification and impeccable assessment and treatment of pain and other problems, physical, psychosocial and spiritual.
- مراقبت تسکینی رویکردی است که باعث بهبود کیفیت زندگی بیماران و خانواده های آنها در ارتباط با بیماری تهدید کننده زندگی، از طریق پیشگیری و تسکین درد و رنج با استفاده از شناسایی اولیه و ارزیابی دقیق و درمان درد و مشکلات دیگر، فیزیکی، روانی و معنوی است.

- Palliative care is provided by a team of **physicians**, **nurse**, physiotherapists, occupational therapists and other **health professionals** who work together with the **primary care physician** and referred **specialists**.

Hospice care

- Hospice care is a type of care and philosophy of care that focuses on the palliation of a chronically ill, terminally ill or seriously ill patient's pain and symptoms, and attending to their emotional and spiritual needs.
- The goal of the care is to help people who are dying have peace, comfort, and dignity. The caregivers try to control pain and other symptoms so a person can remain as alert and comfortable as possible. Hospice programs also provide services to support a patient's family.

Respite care

- Respite care involves **short term** or temporary care
- of a few hours or weeks. Respite care is designed for the sick or disabled to provide relief, or respite, to the regular caregiver. The regular caregiver is usually a family member.

Everyone needs a break. Respite care provides caregivers a temporary rest from caregiving, while the person with Alzheimer's continues to receive care in a safe environment. Using respite services can support and strengthen your ability to be a caregiver.

Telecare

- **Telecare** is the term for offering remote care of elderly and physically less able people, providing the care and reassurance needed to allow them to remain living in their own homes. The use of sensors may be part of a package which can provide support for people with illnesses such as dementia, or people at risk of falling.