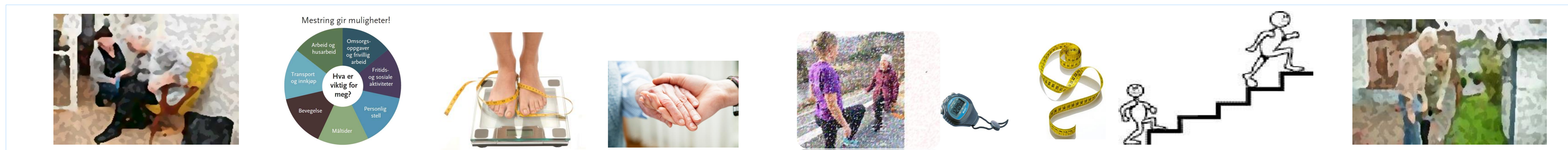


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Reablement and the interaction on Depression, Motivation and Life orientation. An ongoing prospective study in home dwelling elderly in Norway

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BACKGROUND

The purpose of reablement intervention is to reactivate and restore coping of ADL functions in the elderly person. This is important to prevent or postpone the need for comprehensive care or hospitalization. Motivation has shown to be vital for successful reablement in home dwelling elderly. However, little is known regarding which factors predicts high or low motivation for reablement.

OBJECTIVE

The objective of the study was to investigate possible predictors for high or low motivation for reablement.

METHODS

This is an ongoing longitudinal study including eligible elderly (> 67 years) community-dwelling persons. Inclusion is planned finished autumn 2018. The intervention group was receiving a specialized reablement program of maximum 16 weeks by an interdisciplinary team of physical and occupational therapists and nurses. The control group was receiving standard care, including homecare and/or occupational or physical therapy. Data was collected before intervention (baseline) and at two follow-ups; the end of the intervention (when the participants have reached their goals) and at 6- months. The control group follow-up was set to 8 weeks. Both patient rated and observational measurements were used; Motivation was measured by Numeric Rating Scale (NRS)(0 -10), Well-being/depression was measured by the WHO-5-WBQ, a dispositional optimistic or pessimistic life orientation was measured by the Life Orientation Test- Revised (LOT-R), quality of life was measured by the European Quality of life questionnaire (EQ5D5L), the participants rating of their goals for the rehabilitation was measured by the Patient Specific Functional Scale (PSFS) and physical functioning was measured by the Short Physical Performance Battery (SPPB).

The Regional Committee for Medical Health Research, Region South-East has approved (2017/1616) the study.

PRELIMINARY RESULTS

Sixty-five eligible participants have been recruited, 35, aged 80 ±11 years in the intervention group and 30, aged 78 ±12 years in the control group. Thirty-five participants in the intervention group have completed the follow up at T2, and 25 in the control group. The T3 at 6 months follow-up is still ongoing. There are 19 men (54%) in the intervention group and 10 men (33 %) in the control group, and 16 (46 %) and 20 (66 %) women, respectively. The participants rating of their function, PSFS, was at T1 mean 3,7 ±3 for the intervention group and mean 3,9 ±2 for the control group and at T2 mean 7,6 ±2 and 5,9 ±2, respectively.

Motivation was at T1 mean 8 ±2 in the intervention group and mean 6 ±3 in the control group and at T2 mean 8,3 ±5 and 6,8 ±3, respectively. The WHO-5-WBQ raw score was at T1 mean 14,4 ±4 for the intervention group and mean 15,2 ±6 for the control group, and at T2 mean 17,5 ±5 and 13,8 ±5 respectively.

Preliminary results (Mean) for the Reablement and Control groups at T1 (pre) and T2 (post)

	Reablement		Control	
	T1	T2	T1	T2
Participants, no	N=35	N=35	N=30	N=25***
Age yrs (min-max), sd	80 (96-56) ±11		78 (96-42) ±12	
Sex, women vs men, no	16 women 19 men		20 women, 10 men	
BMI (kg/m ²), sd	27,7 ±2	27,7 ±3	26,3 ±7	26,3 ±7
Motivation (NRS), sd	8,0 ±4	8,3 ±5	6,3±3	6,8±3
PSFS (patient rated fun, NRS) sd	3,7 ±3	7,6 ±2	3,9 ±2	5,1 ±2
SPPB (fys func, observed)*, sd	5,9±1	8,0±2	5,7 ±3	5,9 ±3
EQ5D (your health today VAS), sd	51,7 ±17	65,8 ±19	50,4 ±20	53,9 ±16
WHO-5 Well Being**, sd	14,4 ±4	17,5 ±5	15,2±6	13,8 ±5
LOT-R (life orientation), sd	16,3 ±4	16,4 ±4	15,1 ±4	14,0 ±4

*Short Physical Performance Battery (SPPB) difference >1 points = clinically relevant

**WHO-5WB Raw-score < 13 = symptoms of depression

***Dropouts in the control group at T2 were five participants; three passed away, two withdrawn

CONCLUSION

Sixty-five home dwelling participants have been recruited. There seems to be no clinical important differences between the intervention and control group at baseline. However, the results suggest important differences between the groups at T2 in favor of the intervention group; for physical function, the participants rating of their function and quality of life, as well as well being/depression. If these results are representative when the data set is completed, we have found that depression possibly is more common among home dwelling elderly than the Norwegian literature previously have suggested. Depression might be a predictive factor for low or high motivation in reablement. Final results and presenting of results and publication are planned autumn 2020.

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