

Rehabilitation of everyday function in community-dwelling adults (hverdagsrehabilitering). An intervention study.



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Disposition

- Background
- Purpose
- Reablement/everyday rehabilitation
- Research design
- Participants
- Status quo



Background

- The growing number of **community-dwelling adults** with reduced **function** in every day life represents an enormous challenge on the future health care.
- Reablement is a relatively new way of rehabilitation that is implemented in many communities in Norway.
- However there is little knowledge about this intervention. This include the effect on the individual level, economic effects for the communities and whether this varies with different models for everyday rehabilitation.



Purpose

- To investigate the effects of reablement for community – dwelling people in need of rehabilitation.
- To investigate whether reablement gives some economic effects for the communities.
- To investigate how reablement is implemented aiming at increasing the knowlegde about different models for reablement .
- To evaluate whether the criteria for requirements for proper professional services and good practice are safeguarded and to what degree the project ensures implementation in regular operation.



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The intervention “every day rehabilitation” or reablement





Reablement

- Everyday activities
- Personal Activity targets
- Tailoring





Everyday rehabilitation

- Intensive intervention with focus on Resources and participation
- Interdisciplinary cooperation
- A resource-oriented approach.
- Usually the intervention lasts over a period of 3 to 10 weeks.





Activity targets

- The person defines the activity targets that are essential for her or him.
- This promotes motivation because then the person perceives real influence.

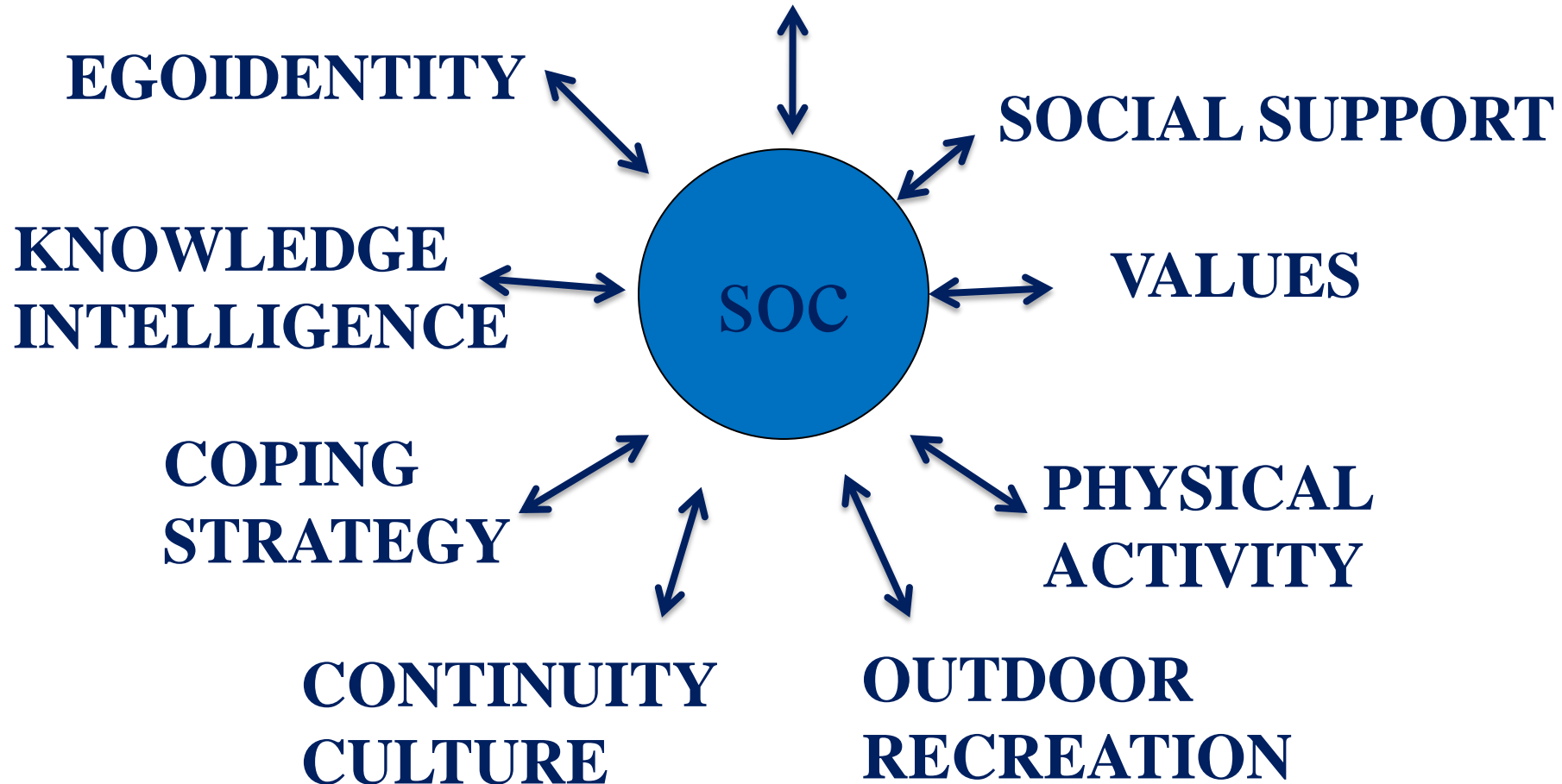


- **With basis in the following question:**
- **What is the most important activities in your life now?**, it is identified between one and five activities that the person wishes to strengthen.
- These *personal activity targets are written down using* the instrument Canadian Occupational Performance Measure (COPM).
- It is the person's self-understanding of own life including most important activities that is the basis.

General Resistance Resources and Sense of Coherence.

Eva Langeland, 2011.

EVERYDAY ACTIVITIES





Training of health professionals

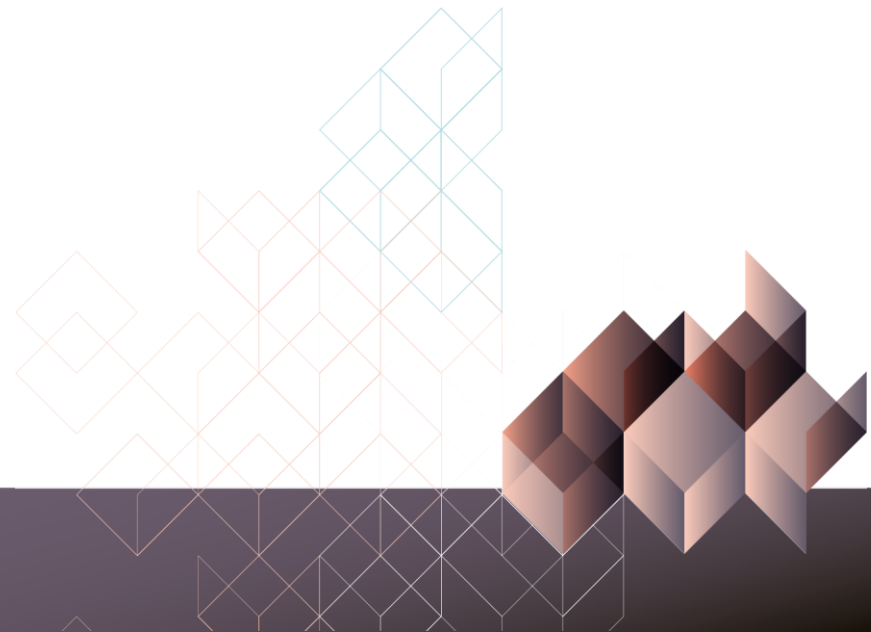
- Two days education:
 - 1. The Canadian Occupational Performance Measure (COPM) by Ingvild Kjekken
 - 2. Review of the evaluation perm including procedures for data collection by Eva Langeland and Hanne Tuntland

Design



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Sample

- The sample consists of individuals in 46 municipalities in Norway including 10 municipalities that start as control groups. A total of three municipalities have both control group and intervention group based on different zones.



Inclusion criteria

- The person is a new applicant of home health services, current user or has referral for home care services
- The person is over 18 years old
- The person is alert and oriented
- The person is living at home
- The person has decline in function and has difficulty coping with at least one everyday activity.

Method – effect for the participants

- A quasi - experimental design :

Intervention group

Control group

Baseline	Intervention	10 weeks	6 months	12 months
Pretest: T ¹	Everyday rehabilitation 3 to 10 weeks	Posttest T ²	Posttest T ³	Post-test: T ⁴
	Control group Ordinary care	Posttest T ²	Posttest T ³	Post-test: T ⁴



Main outcome

- **The Canadian Occupational Performance Measure (COPM).**
- COPM is used to describe and measure the client's assessment of activity performance and satisfaction and changes in activity performance and satisfaction.





Secondary outcomes

- Short Physical Performance Battery (SPPB) measures physical function.
- European Quality of Life Scale (EQOL-5D) is used to measure health related quality of life.



Secondary outcomes continue

- The Sense of Coherence Questionnaire (SOC-13) is used to measure coping. It consists of three sub dimensions: comprehensibility, manageability and meaning.
- Mental Health Continuum (MHC-SF) measures positive mental health and includes emotional, psychological and social well-being.



Economic effects

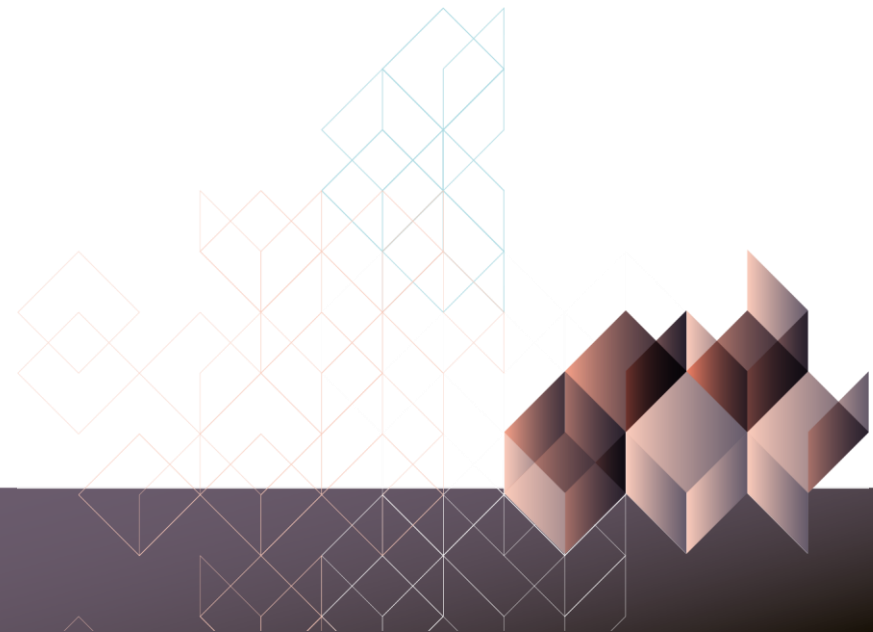
- A weekly registration form for each participant in a period of 6 months.
 - European Quality of Life Scale (EQOL-5D) may also be used to calculate Quality Adjusted Life Years (QALYs)
 - Statistics Norway
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Interviews with health professionals



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Experiences of health professionals

- ***Semistructured interview of the each community's contact person.*** The interview includes models for everyday rehabilitation. This datacollection will be done through telephone interview.
 - ***Focus groups or individual interviews:*** Employees in the the communities will be interviewed through focus groups or individual interviews to reveal their experiences with implementation of everyday rehabilitation.
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Status

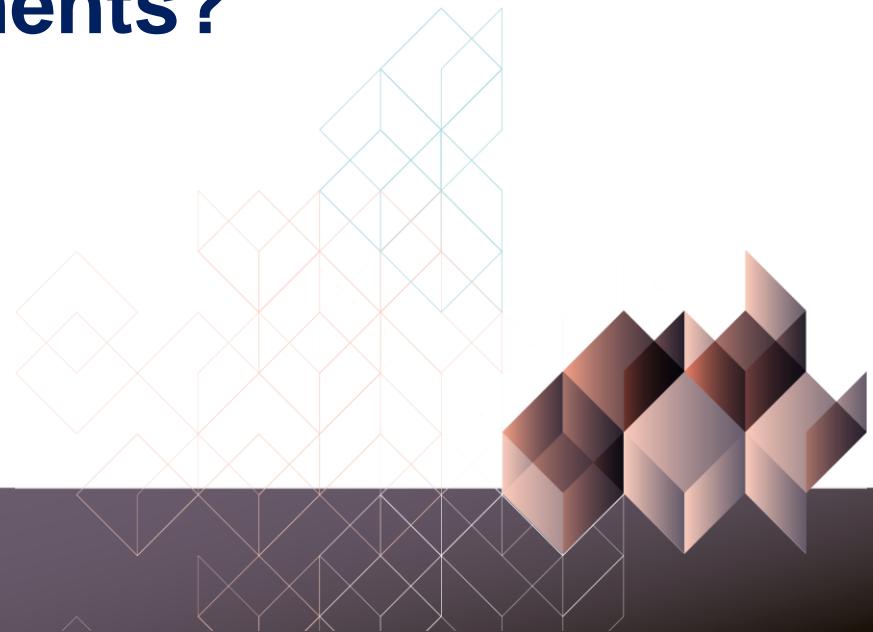
- Baseline : A total of 280 respondents
- 10 weeks follow up: A total of 113 respondents
- 6 months: A total of 4 respondents



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Questions or comments?



Thank you!

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