



**Pflegesymposium
Rehabilitation Care**
19. März 2024
Volkshaus Zürich

Rehabilitationspflege in der geriatrischen Versorgung

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Forschungsagenda

Rehabilitation und gesundes Altern



REHABILITATION

Interventionen zur Optimierung der **Funktionsfähigkeit** von Personen mit gesundheitlichen Problemen in der Interaktion mit ihrer Umwelt



GESUNDES ALTERN

Prozess der Entwicklung und Aufrechterhaltung der **Funktionsfähigkeit**, die Wohlbefinden im Alter ermöglicht



WHO KOLLABORATIONSZENTRUM
FÜR REHABILITATION IN GLOBALEN
GESUNDHEITSSYSTEMEN



Mandat 3 des WHO CC



Agenda der WHO im Rahmen der "UN-Dekade für gesundes Altern 2021-2030"



Ziel des Mandats

Expertenkonsultation der WHO EURO für die **Prioritätensetzung** für die Stärkung der Rehabilitation für gesundes Altern in Europa



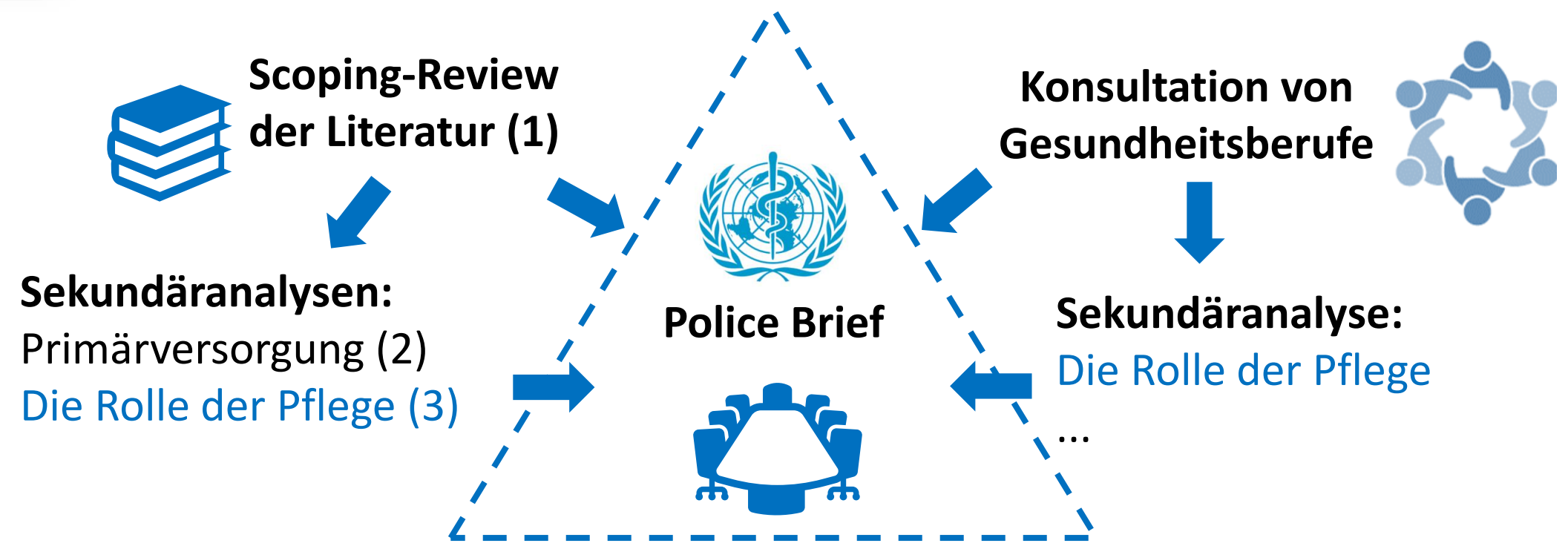
Hauptaufgabe WHO CC

Die **aktuelle Situation** (status quo) in einem Policy Brief zusammenfassen mit Hinblick auf Stärken und verbesserungswürdige Bereiche



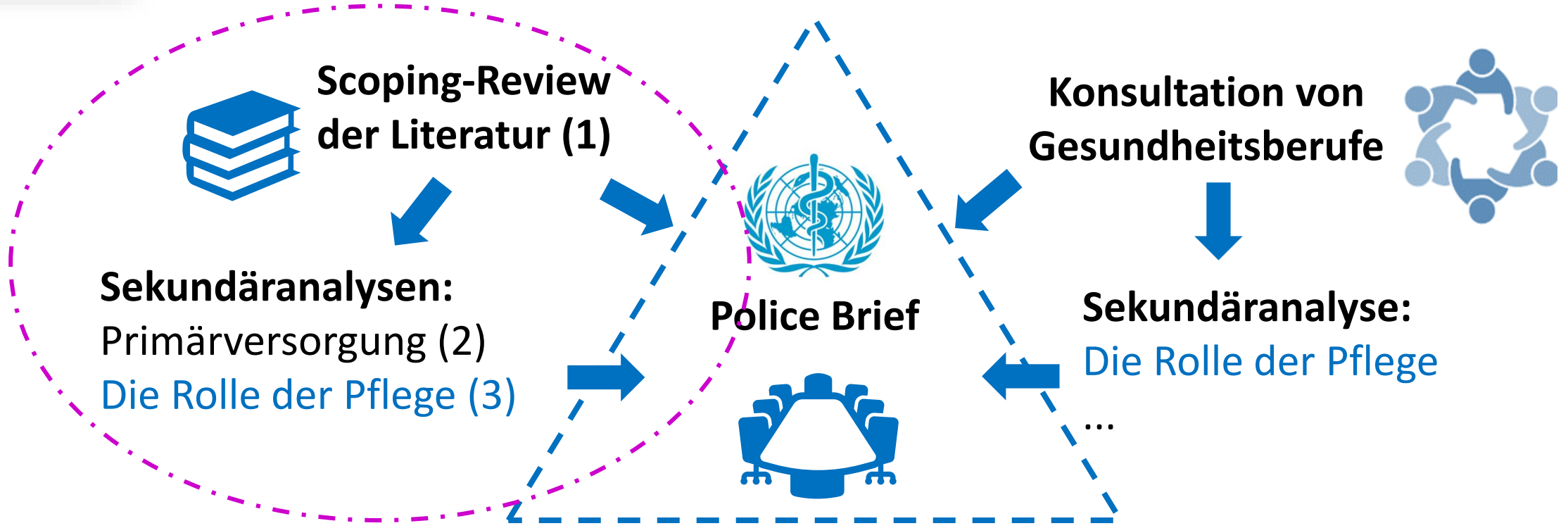


Wie wird Rehabilitation derzeit für die alternde Bevölkerung 60+ angeboten?





Wie wird Rehabilitation derzeit für die alternde Bevölkerung 60+ angeboten?



Rehabilitationsmodelle zur Förderung eines gesunden Alterns – ein Scoping Review (1)

Research Article

Rehabilitation delivery models to foster healthy ageing – a scoping review

Vanessa Seijas, Maritz Roxanne, Patricia Fernandes, Renaldo M Benard, and 3 more

This is a preprint; it has not been peer reviewed by a journal.

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Abstract

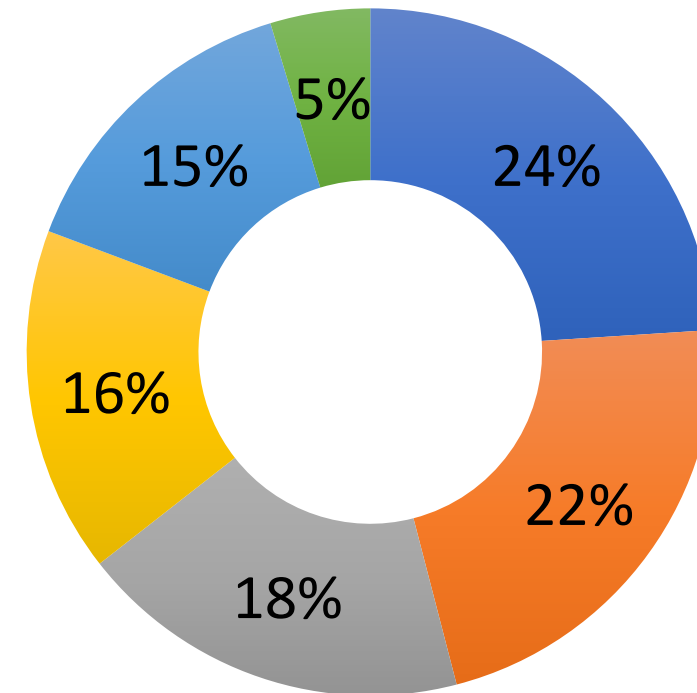
Background: Rehabilitation is essential to foster healthy ageing. Older adults have unique rehabilitation needs due to a higher prevalence of non-communicable diseases, susceptibility to infectious diseases like COVID-19, injuries, and mental health conditions. However, there is a limited understanding of how rehabilitation is delivered to the ageing population. To address this gap, we conducted a scoping review to describe rehabilitation delivery models used to optimise the ageing population's functioning/functional ability and foster healthy ageing.

Methods: We searched Medline and Embase (January 2015 to May 2022) for primary studies published in English describing approaches to provide rehabilitation in people older than 50. Three authors screened records for eligibility and extracted data independently and in duplicate. Data synthesis included descriptive quantitative analysis of study and rehabilitation provision characteristics, and qualitative analysis to identify rehabilitation delivery models.

Results: Out of 6,933 identified records, 585 articles were assessed for eligibility, and 283 studies with

Sechs Modelle

- Ambulante Rehabilitation
- Telerehabilitation
- Rehabilitation Daheim
- Rehabilitation Primäre Versorgung
- Stationäre Rehabilitation
- Rehabilitation in Pflegeheime



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 Research Square

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31,5 % der Studien berichteten über multidisziplinäre Teams



30,4 % folgten Prinzipien der integrierten Versorgung



Wenige Studien befassten sich mit Bereitstellung von Hilfsmittel



41 % der Studien fokussierten auf Funktionsfähigkeit



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Pflegefachberufe waren einer der häufigsten Anbieter von Rehabilitation, zusammen mit Physiotherapeuten und Ergotherapeuten!

Was ist die Rolle der Pflege???

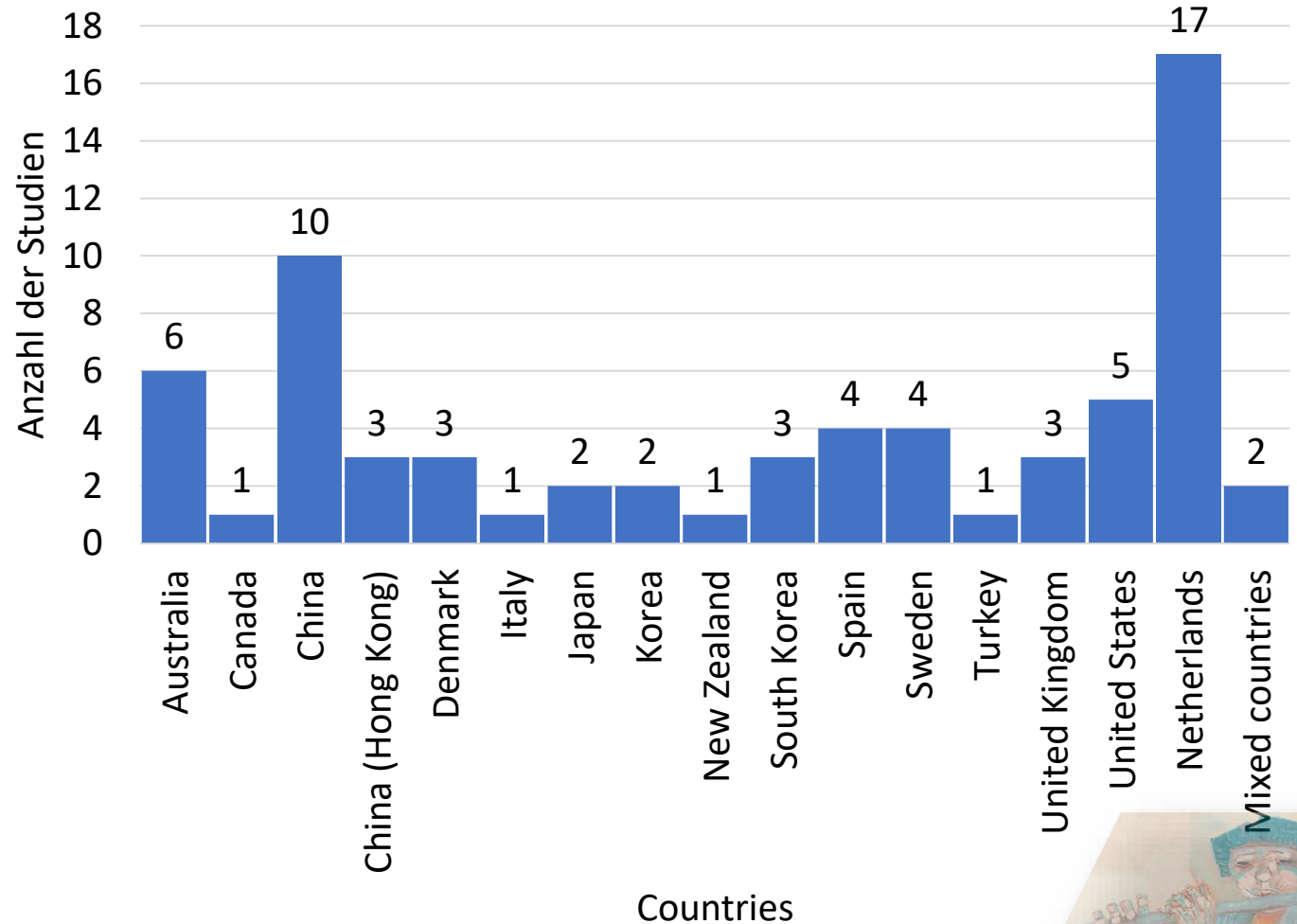


Die Rolle der Pflege bei der Rehabilitation der alternden Bevölkerung in der primären Gesundheitsversorgung (3)

Das Scoping Review:

- Fokus auf primäre Gesundheitsversorgung (PHC) oder eine Kombination aus PHC und spezialisierter Versorgung
- 68 Studien, die meisten umfassten integrierte Versorgung (N = 40)
- 84 % aus Ländern mit hohem Einkommen
- Teilnehmer erhielten Rehabilitation hauptsächlich aufgrund einer allgemeinen Verschlechterung der Funktionsfähigkeit (51 %)
- Neurologische und kardiovaskuläre Erkrankungen waren die häufigsten.

Länderverteilung der eingeschlossenen Studien (N=68)



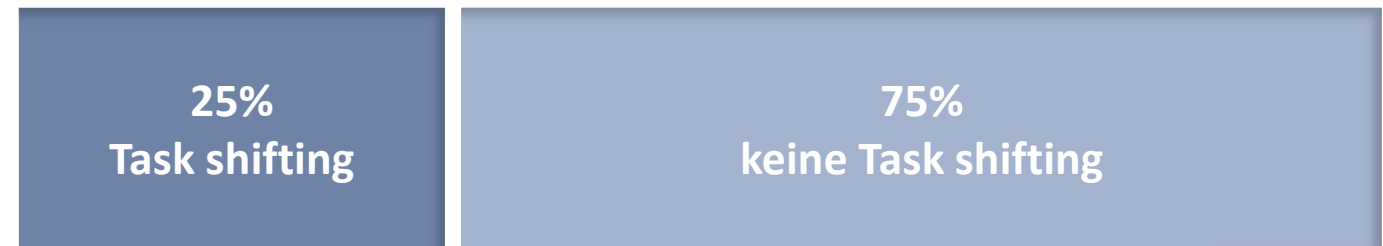
Die Rolle der Pflege bei der Rehabilitation der alternden Bevölkerung in der primären Gesundheitsversorgung (3)

- Pflegekräften geleitete Interventionen: z. B. Koordination und Bereitstellung von Reha-Maßnahmen über alle Ebenen der Gesundheitsversorgung

Task-shifting beinhaltet:

- Koordinierung des Rehabilitationsprozesses
- Substitution bei der Aufklärung und Beratung für körperliche Aktivität
- Innovation beim Einsatz neuer digitaler Technologien

Rolle der Pflege



Die Rolle der Pflege bei der Rehabilitation der alternden Bevölkerung in der primären Gesundheitsversorgung (3)

Welche Rehabilitationsmaßnahmen wurden durch die Pflege durchgeführt?

Research Article

The Role of Nurses in Rehabilitation Interventions to the Ageing Population in Primary Health Care: A Secondary Analysis as a Scoping Review

Viola Lorenz (VL), Vanessa Seijas (VS), Heidrun Gättinger (HG), and 4 more

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Abstract

Background

Due to world population ageing and a rise in non-communicable diseases, there is an increased need for rehabilitation services. Rehabilitation nursing in primary health care is an example of an area of high service need that can benefit from more clarity of the role of nurses to optimize rehabilitation interventions for ageing populations. The objective of this scoping review is to describe the role of nurses in the provision of rehabilitation interventions to the ageing population in primary health care.

Methods

A secondary analysis of a scoping review was carried out following the Preferred Reporting Items for Systematic reviews and Meta-Analyses extension for Scoping Reviews (PRISMA-ScR).

Results

68 studies from high- and upper-middle income countries were included and showed that nurses typically had a managerial and clinical role (76%). They worked in multidisciplinary teams in about half of the studies, most often with physical therapists. In total, nurses provided 355 different rehabilitation interventions and mainly assessed person-centered goals and functioning and provided follow-up visits and case management. Nurses had 117 different job titles and little information was available about their educational

30%

Assessments, z.B. personenzentrierte Ziele, Funktionsfähigkeit, umfassende geriatrische Beurteilung

30%

Koordination und Steuerung des Rehabilitationsprozesses, z.B. Nachsorge

20%

Restaurative und kompensatorische Interventionen, z.B. therapeutische Übungen

14%

Patientenschulung, z.B. Selbstmanagement



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Ausbildung wurde nur in 28 Studien (41%) beschrieben; befähigt zum Beispiel zur:



- Beurteilung der Rehabilitationsbedürfnisse,
- Nutzung von Pflegeplänen mit integrativem Ansatz
- Planung der Entlassung

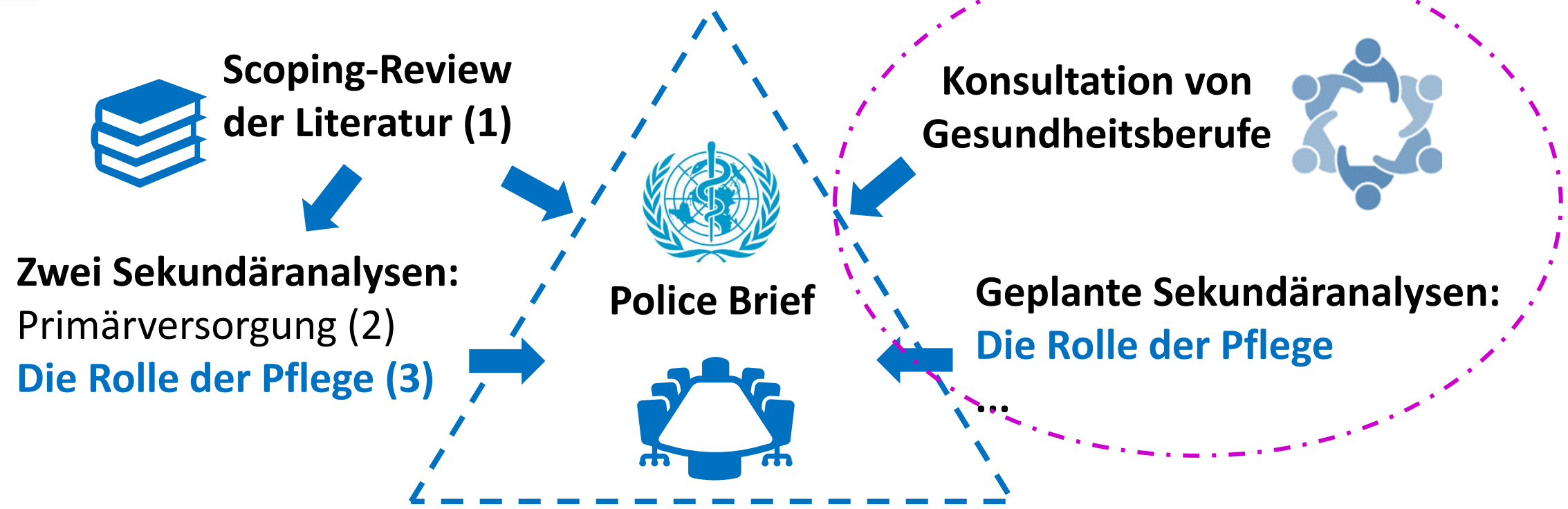
Hauptkompetenzen nach dem Kompetenzmodell ARN:

- 96% Interventionen: "Förderung von Gesundheit und erfolgreichem Leben"
- 70% Interventionen: "Pflegeteilung"



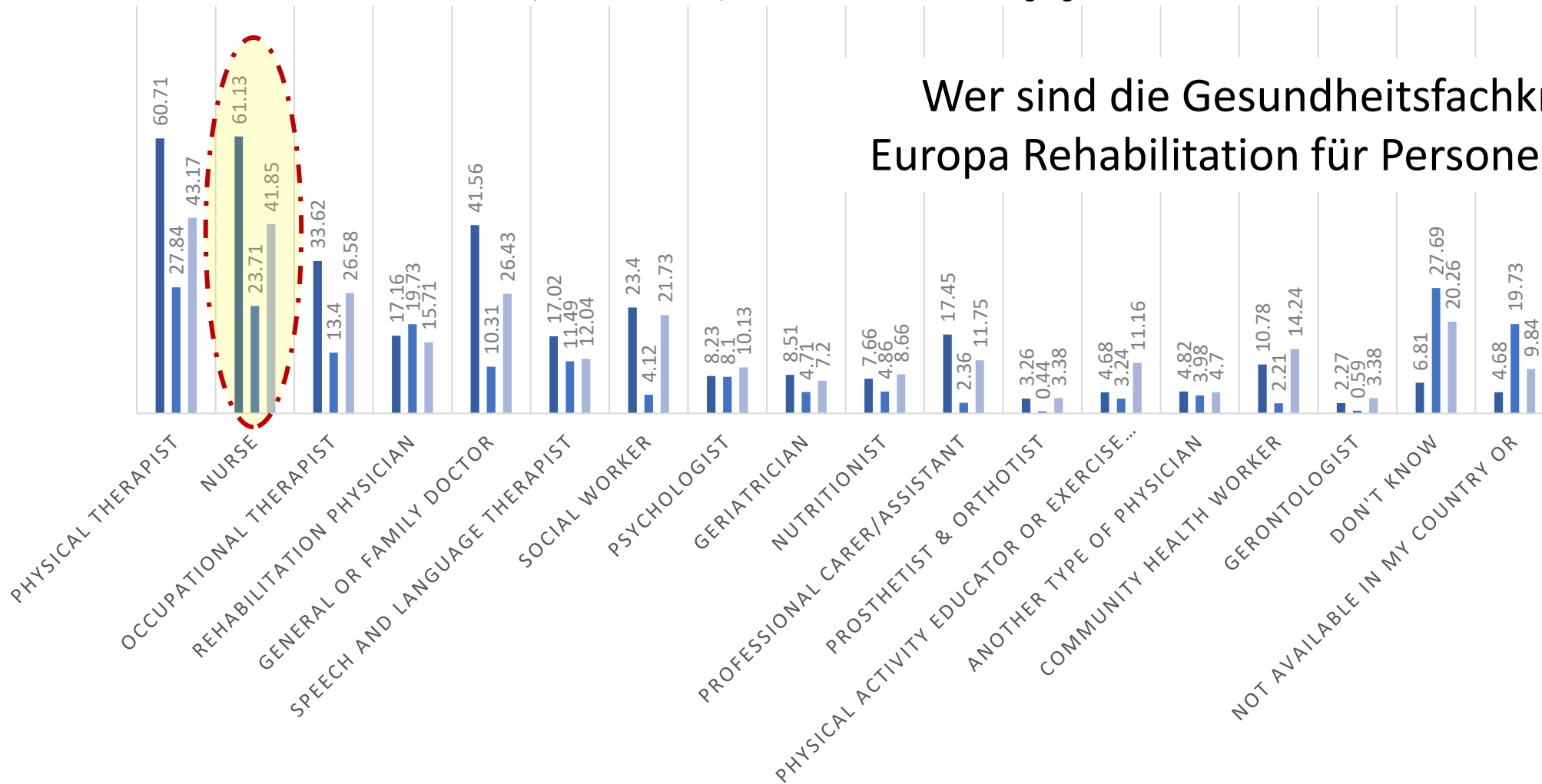


Wie wird Rehabilitation derzeit für die alternde Bevölkerung 60+ angeboten?



Internationale Konsultation von Gesundheitsfachberufe über die Erbringung von Rehabilitationsleistungen zur Förderung eines gesunden (4)

■ Home ■ Telerehabilitation ■ Community
 Rehab Daheim; Telerehabilitation; Rehabilitation Primäre Versorgung



Wer sind die Gesundheitsfachkräfte, die in Europa Rehabilitation für Personen 60+ leisten?

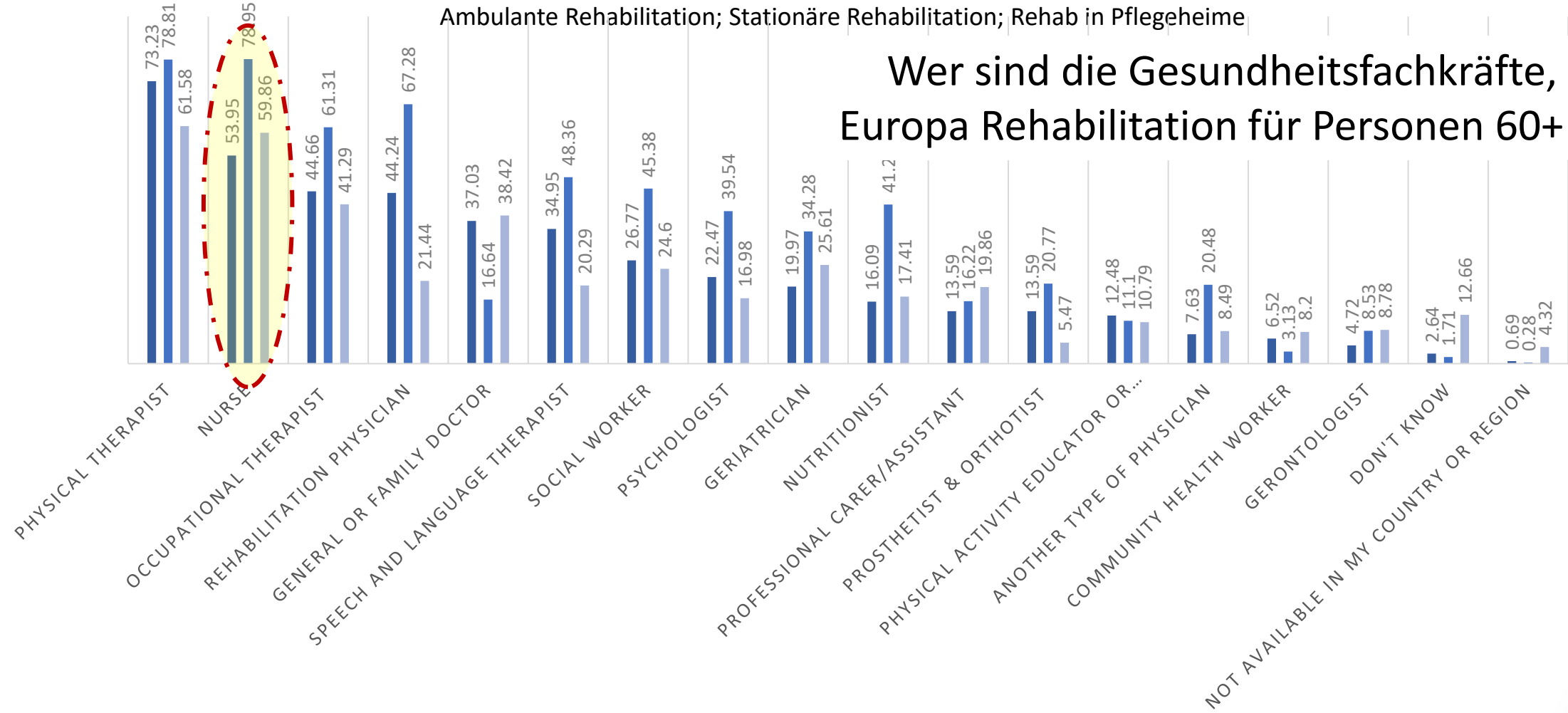


Internationale Konsultation von Gesundheitsfachberufe über die Erbringung von Rehabilitationsleistungen zur Förderung eines gesunden (4)

■ Outpatient ■ Inpatient ■ Eldercare

Ambulante Rehabilitation; Stationäre Rehabilitation; Rehab in Pflegeheime

Wer sind die Gesundheitsfachkräfte, die in Europa Rehabilitation für Personen 60+ leisten?







Warum ist es wichtig, die Rolle der Rehabilitationspflege zu beschreiben?

Lücke zwischen Relevanz und Wahrnehmung der Rolle der Pflege in der Rehabilitation:

→ Pflege wird oft nicht erwähnt, wenn es um die Kernberufe der Rehabilitation geht

→ in vielen Ländern gibt es keine Ausbildung für Rehabilitationspflege



 A Theoretical Critique Of An Issue Related To Policy

Nursing – a core element of rehabilitation

C. Gutenbrunner^{1,2} MD, PhD, FRCP, **A. Stievano³ PhD, MNursSci, MSoc, MEd, BNurs, FAAN, FFNMRCSi**, **B. Nugraha^{1,2} MS, PhD**, **D. Stewart⁴ RN, BN, MHH & H. Catton⁴ RN, MA, BS (Econ) (Hons)**

1 Head, President, Department of Rehabilitation Medicine, Hannover Medical School, Hannover, Germany, 2 Research Coordinator, The Global Rehabilitation Alliance, Department of Rehabilitation Medicine, Hannover Medical School, Hannover, Germany, 3 Principal Investigator, Member, Center of Excellence for Nursing Scholarship OPI Rome, Rome, Italy, 4 Chief Executive Officer, International Council of Nurse, Geneva, Switzerland

GUTENBRUNNER C., STIEVANO A., NUGRAHA B., STEWART D. & CATTON H. (2022) Nursing – a core element of rehabilitation. *Int. Nurs. Rev.* 69, 13–19

Abstract:

Aim: 2020 was been acknowledged by the World Health Organization as the International Year of the Nurse and the Midwife. On this occasion, the Global Rehabilitation Alliance and the International Council of Nurse would like to conceptually reflect the role of nurses in rehabilitation.

Background: Rehabilitation and nursing are strictly ingrained. Rehabilitation aims at improving, reaching and maintaining optimal functioning of persons with disability and persons with health conditions experiencing disability. Nursing is defined as use of clinical judgement in the provision of care to enable people to improve, maintain, or recover health, to cope with health problems, and to achieve the best possible quality of life. Nursing has a crucial role in all phases of rehabilitation care (acute, post-acute and long-term rehabilitation). Nurses deliver rehabilitation in many settings, in nursing homes and community-based rehabilitation. The main principle is not to deliver care for the patient but deliver care with the patient. This includes explaining, demonstrating and practising with the goal to help the patient to (re-)gain independence.

Discussion: Nurses play an important role in delivering rehabilitation and are involved in all aspects of the multidimensional rehabilitation process. One of the important points is that in most settings, nurses are the professionals with a prolonged relationship with patients and families, and may have the best insight into the patients' personal and contextual factors with regard to the rehabilitation process.

Conclusion and implications for Nursing and/or Health Policy: Strengthening nursing in rehabilitation is a vital factor to deliver high-quality rehabilitation and to achieve optimum outcomes. For this reason, we urge all relevant stakeholders at governmental and rehabilitation service provider levels to work towards these goals.

Keywords: rehabilitation, nursing, multidisciplinary integration, teamwork, interprofessional collaboration



Warum ist es so wichtig, die Rolle der Pflege in Detail zu beschreiben?

WINDOWS OF OPPORTUNITY!!

- **2023 WHA-Resolution** zur Stärkung der Rehabilitation in Gesundheitssystemen (5)
- **2025 Prioritätensetzung** für die Stärkung der Rehabilitation für gesundes Altern in Europa (WHO EURO)





TAKE HOME MESSAGE



**Rehabilitationspflege
muss sichtbarer
werden!**



Fragen?



Vielen Dank für Ihre Aufmerksamkeit!

PD Dr Carla Sabariego

Assistant Professor for Rehabilitation and Healthy Ageing

Vice dean Department of Rehabilitation

Co-Head WHO CC for Rehabilitation in Health Systems

Faculty of Health Sciences and Medicine, University of Lucerne

Group leader, Swiss Paraplegic Research, Nottwil

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Referenzen

- (1) Seijas V, Maritz R, Fernandes P, Bernard RM, Luz HL, Bickenbach J, Sabariego C. ***Rehabilitation delivery models to foster healthy ageing – a scoping review*** (Preprint, under review). Available from: <https://www.researchsquare.com/article/rs-2640322/v1>
- (2) Seijas V, Maritz R, Mishra S, Bernard R, Fernandes P, Lorenz V, Machado B, Posada AM, Lugo LH, Bickenbach J, Sabariego C. ***Rehabilitation in Primary Health Care for the ageing population: A secondary analysis from a scoping review of rehabilitation models for the ageing population***. BMC Health Serv Res. 2024 Jan 23;24(1):123. doi: 10.1186/s12913-023-10387-w. Erratum in: BMC Health Serv Res. 2024 Feb 13;24(1):193.
- (3) Lorenz V, Seijas V, Gattinger H, Gabriel C, Langins M, Mishra S, Sabariego C. ***The Role of Nurses in the Provision of Rehabilitation Interventions to the Ageing Population in Primary Health Care: A Secondary Analysis as a Scoping Review*** (under review). Preprint available on “Research Square”: doi.org/10.21203/rs.3.rs-3490000/v1
- (4) Seijas V, Machado B, Sabariego C. ***Protocol: International Stakeholder Consultation on Rehabilitation Service Delivery Models for Fostering Healthy Ageing: Towards Complementing and Expanding Knowledge on their Implementation in Real-world Practice*** 2023 [27.10.2023]. <https://doi.org/10.17605/OSF.IO/Z4EKD>
- (5) Seijas V, Kiekens C, Gimigliano F. ***Advancing the World Health Assembly's landmark Resolution on Strengthening Rehabilitation in Health Systems: unlocking the Future of Rehabilitation***. Eur J Phys Rehabil Med. 2023 Aug;59(4):447-451.