

ENVIRONMENT AND WELL-BEING OF RESIDENTS FROM LISBON NURSING HOMES: AN EXPLORATORY STUDY OF ELDERLY PEOPLE WITH DEMENTIA

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INTRODUCTION

The average life expectancy is increasing and Portugal is a very aged country. Besides, we know that dementia is more prevalent in the elderly population, particularly in those who are living in nursing homes. Dementia is a degenerative syndrome that affects multiple functions including the ability to communicate verbally, because of this most people with dementia are excluded from various activities and from research.

AIMS

To analyze the characteristics of institutional environment and data related to wellbeing of elderly people with dementia, and explore their possible associations.

METHODS

From a universe of 1333 residents with 65 or more years, 790 participated in the GERIA study, corresponding to a response rate of 55%. From these, 14 participants with a dementia diagnosis were selected from three nursing homes.

We conducted a cross-sectional, exploratory and observational study on people wellbeing and environmental conditions in three nursing homes from Lisbon, observing 14 elderly people with dementia, in real time.

The instruments used were DCM (Dementia Care Mapping) and TESS (Therapeutic Environment Screening Survey - For Nursing Homes and Residential Care).

This study phase took place from October 2012 to March 2013.

Data analysis with SPSS 19.

RESULTS

N = 14

Mean age 82 years (s.d 4.9) and ten were women.

Mean of wellbeing score was 0.8 (s.d 0.3), on a scale range from (-5) to (+5) where the value 1 is considered as neutral mood and engagement.

Mean of the institutional environment score was 16 (s.d 5.9) in a range from 0 to 30.

Mean of Co2 level : 157,73 ppm/Temperature:24,1 °C/Humidity:53,2%

Nonparametric correlations between wellbeing scores and environmental variables:

Correlations			
	Spearman's rho		
	Score Bem estar		
	Correlation Coefficient	Sig. (2-tailed)	N
CO2 (ppm)	-,449	,107	14
Temperature (°C)	-,480	,082	14
Humidity (%)	,523	,055	14
TESS	,271	,349	14

We didn't observe a significant correlation between wellbeing scores and the environmental variables. Co2 level, Temperature and Humidity are closer to being statistically significant than TESS.

CONCLUSIONS

Due to the small sample the results can only be seen as good indicators for future research, because the association between the CO2 level, Temperature and Humidity with the wellbeing scores were close to be statistically significant; CO2 level and temperature seemed to have a negative association with the wellbeing scores.

We consider this analysis as promising and complementary because it gives us the possibility to obtain important data from people that, even being subject to the same environmental conditions, could not respond to the GERIA study survey due to their cognitive status.



REFERENCES:

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