



# Longitudinal Urban Cohort Ageing Study

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## **Subproject 7: Immobility in old patients – trans-sectional care aspects (FALLEN): Nurse- driven counselling (reinforcement)**

The study aims at developing and implementing a concept for a nurse led clinic for aged and old-aged multimorbid people in a geriatric-clinical setting at the Albertinen-Haus in Hamburg. The concept aims at giving systematic support to the target group for sustaining comprehensive mobility or re-achieving mobility after dismissal from hospital. This enables people to stay in the domestic setting as long as possible and prevents further progression of constraints in activities of daily living for those patients dismissed into nursing homes. Guidance, consultation and training in mobility for aged and old-aged people in a clinical-geriatric setting was systematically developed and transferred into a conceptual framework. The effects of the study were examined with regard to relevant end points (self care abilities, cognitive & psychological status, quality of life, dismissal into domestic setting, re-admission rate, aid use, transition to long-term inpatient care) over a two-year period (longitudinal study) in a non-equivalent control group pre-test / post-test design. The results show that a continuous resource-oriented consultation improves mobility and quality of life on a sustainable level.

With a newly developed training concept, two nurses were specially qualified and were able to specifically reinforce their counselling skills and thus increase their competences and professional understanding of mobility, care and counselling.

Women and men exhibit different functional statuses and differing concepts of mobility.

This was verified with qualitative and quantitative methods. The concept of 'mobility' was also extended to a meaning beyond functional status.

GEFÖRDERT VOM



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