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Publication date:
2018

Document Version
Publisher's PDF, also known as Version of record

[Link to publication from Aalborg University](#)

Citation for published version (APA):

Nielsen, D. K., Thuesen, J., Trentham, B., Vardinghus-Nielsen, H., & Petersen, K. S. (2018). *Rehabilitation for nursing home residents with dementia focusing on participation in social activities within the nursing home and the local community*. Poster presented at Forskning og de kommunale forebyggelses- og sundhedsopgaver, Aalborg, Denmark.

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Rehabilitation for nursing home residents with dementia focusing on participation in social activities within the nursing home and the local community

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INTRODUCTION

Dementia is a progressive bio-psycho-social condition and will over time result in an increasing decline in cognitive, physical and social functioning. Because of the decline in functioning people with dementia eventually need additional care from family or professional caregivers, and may have to move to a nursing home to receive the care they need. People with dementia in nursing home are often more physically and cognitive impaired than people with dementia living at home. Moving to a nursing home may increase the risk of social exclusion or even result in further social isolation as the professional caregivers then becomes the primary social relation for the people with dementia, making it difficult for the people with dementia to identify with the other residents in the nursing home.

The progression of dementia inhibit the people with dementia in everyday activities and social activities, and increase the risk of social exclusion and social isolation. People with dementia finds it important to maintain meaningful and purposeful activities as the condition progresses. Meaningful activities includes activities where the people with dementia experience feelings of pleasure and enjoyment and feels a sense of connection and belonging. Connection and belonging includes being with others, not feeling alone, doing an activity with others, and maintain meaningful relationships. This increases the relevance and importance of a focus on participation in social activities for people with dementia.

PURPOSE

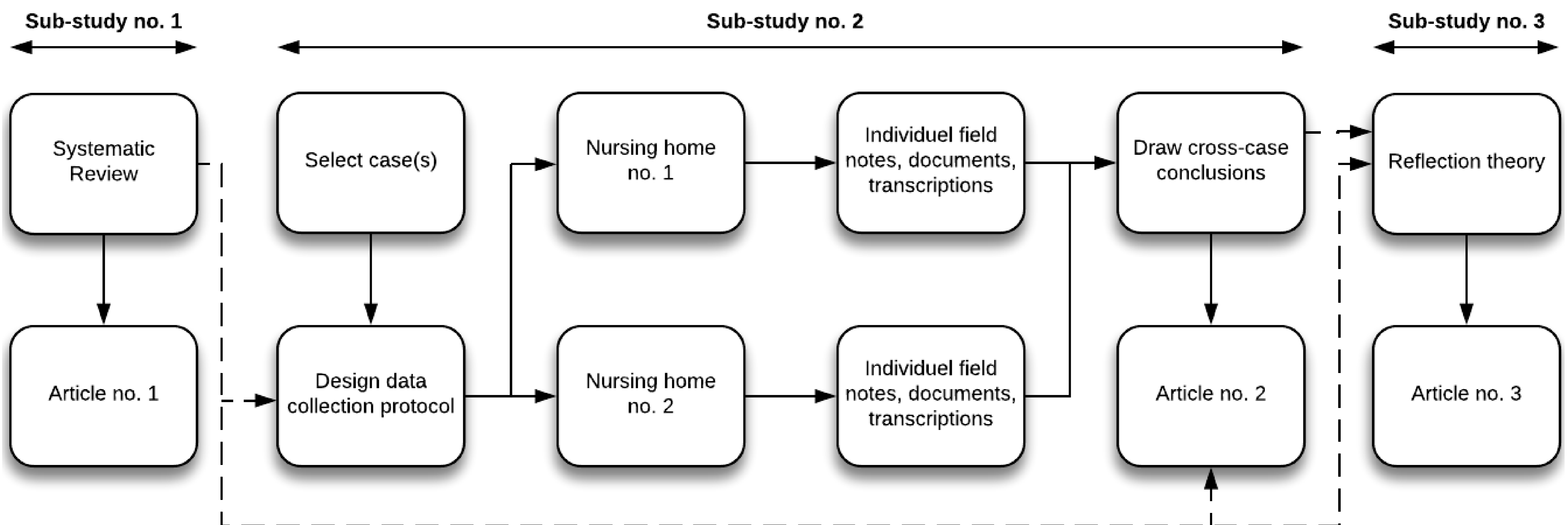
The overall objective of the PhD project is to develop a reflection theory on rehabilitation interventions focusing on participation in social activities within the nursing home and the local community. The purpose of the reflection theory is to improve the rehabilitation interventions performed by the professional caregivers, and thereby contributing to an increased quality of life and well-being of the nursing home residents with dementia.

Sub-study I: The objective is to review the scientific literature and provide in-depth knowledge of rehabilitation interventions focusing on participation in social activities for nursing home residents with dementia. The study is a systematic review inspired by the guidelines of the Joanne Briggs Institute.

Sub-study II: The objective is to explore why, how and with what effect the professional caregivers of the dementia nursing homes in Aalborg Municipality reflect and act the way they do regarding rehabilitation interventions focusing on participation in social activities for nursing home residents with dementia.

Sub-study III: The objective is to develop an empirical and theoretical more qualified and well-founded alternative to how the professional caregivers can reflect on rehabilitation interventions focusing on participation in social activities.

DESIGN OF STUDY



Methods:

Systematic review of scientific literature

Participant observations of social activities

Formal & informal conversations with nursing home management, professional caregivers and nursing home residents

Incorporation of documents and scientific theories

RESEARCH/PRACTICE COLLABORATION

This study is a part of a practice collaboration with Aalborg Municipality

Reference group:

- Consists of representatives from Aalborg Municipality (Center for Applied Municipal Health Research, the Elderly- & Disability Administration and Aalborg Dementia Research Centre) and Aalborg University
- Coordination and input to the research process; study planning, data collection, analysis, dissemination etc.

Nursing home management:

- Participation in the reference group
- Practical coordination and input to study planning, data collection etc.
- Gatekeepers for field visits and meetings with the professional caregivers and nursing home residents

Professional caregivers & nursing home residents:

- Informants in the data collection process
- Contribute with inputs and reflections in data collection, data analysis and dissemination (Patient and Public Involvement)

IMPLICATIONS FOR PRACTICE

For policy makers:

- Provide practice-oriented knowledge and insight for development of future dementia policies

For practitioners:

- Awareness of professional caregivers role and justifications for action
- Transform tacit knowledge to explicit knowledge and thereby contribute to scientific and professional justifications for action (evidence-based practice)
- Contributed to practice-oriented research and increase the practical relevance of research results

For researchers:

- Provide with profound practice-oriented knowledge to the scientific gap in the field of dementia and rehabilitation research
- Contributed to practice-oriented research and increase the practical relevance of research results