

Person-Centered Attention on the provision of care for elderly: approaches, evaluation tools and relevance of its study in Portugal

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Introduction:

Population aging is an achievement that generates new challenges and needs, highlighting the increase in dependence situations, which require quality services and professional care (Kinsella & Phillips, 2005; Zubritsky, Abbott, Hirschman, Bowles, Foust, & Naylor 2013).

The biomedical model has dominated the elderly care provision in Portugal and shows signs of unsustainability (Díaz-Veiga, Uriarte, Yanguas, Cerdó, Sancho, & Orbeagozo, 2016).

What is the challenge?

- **Supporting** the increasingly **heterogeneous elder people, respecting their rights and preserving their dignity is a challenge** in which the **biomedical model shows exhaustion signs**. This model tends to focus on **disease and inabilities** by presenting a **tighter organization, asymmetrical care relationships, uniformed practices and standard procedures** (Díaz-Veiga, Uriarte, Yanguas, Cerdó, Sancho, & Orbeagozo, 2016; Koren, 2010; Misorski & Kahn, 2005).

What is the solution?

- The **Person-Centered Attention (PCA)** extends the previous paradigm and brings together, in addition to the **biological aspects, psychosocial factors, promoting a holistic and integrative view**. This approach interprets the **person as a whole, putting him/her in the center of the care organization**, giving him/her an **active role as a decision maker/causal agent**, wanting to respond to his/her needs/limitations and **promoting abilities/potentialities** (Díaz-Veiga et al., 2016; Martínez, Suárez-Álvarez, Yanguas, 2016).

What are the health outcomes?

- This paradigm of **PCA tends to have better health outcomes because it enhances the establishment of quality (and more symmetrical) interpersonal relationships, where the power to care is shared**, and, by promoting the person's involvement, gives them a **greater control** and participation in their health process (Wolff & Boyd, 2015).
- Promoting person-centered care is a **way of guaranteeing and safeguarding the rights of the elderly**, namely those contained in the Universal Declaration of Human Rights (Díaz-Veiga et al., 2016).

What is the situation in Portugal?

- There is **no consensus model** for the implementation of PCA in the care of the elderly, **nor instruments to assess the trend for its practice in Portugal**.
- It is necessary to **contribute to the robust paradigm shift, because gerontological responses in Portugal need to have more resources for the evaluation and implementation of good practices**.
- It is in this context that this project arises.

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This project aims to:

- **Expand the knowledge** about PCA on the provision of care for elderly people;
- Develop the **validation process** for the Portuguese population, of the **Person-Centered Care Assessment Tool – PCAT** (Edvardsson, Fetherstonhaugh, Nay, & Gibson, 2010) and **The Staff Assessment Person-Directed Care - PDC** (White, Newton-Curtis, & Lyons, 2008);
- **Evaluate the implementation of PCA in Portuguese nursing homes** and its correlation with burnout and subjective well-being in nursing home workers.

Data collection methods:

Data collection takes place in **two stages**:

- 1) The first one corresponds to the **validation of the instruments** in which the individuals to be studied will be nursing home workers with the following inclusion criteria: a) Being a professional caregiver of direct care for the elderly, for more than 6 months; b) Have Portuguese as a native language; c) Accept the commitment to participate in the study. In this phase **participants will respond to sociodemographic questions and the Portuguese version of PCAT and PDC**.
- 2) In the second part, data collection on the **implementation of the ACP in the nursing homes** setting is developed, the participants of the **random sample** will be professional workers in nursing homes (with the same inclusion criteria of the first part) and a member of technical direction of the institution (in this role for more than 6 months). **The participants will respond to a protocol with sociodemographic questions, and the Portuguese versions of: PCAT, PDC, Positive and Negative Affect Schedule** (Galinha, Pereira, & Esteves, 2014) and **Maslach Burnout Inventory: Human Services Survey** (Vicente, Oliveira, & Marôco, 2013).

Expected results and conclusions

This study intends to obtain:

- 1) **Valid quantitative measures for the evaluation of Elderly Centered Care in Portugal**.
- 2) **Robust results** that make it possible to **relate Elderly-Centered care with Subjective Wellbeing and Burnout Index in nursing home workers**.

The aim of the project is to **add more resources for the enhancement of good practices and quality care in gerontological responses in Portugal**.

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