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POTENTIAL OF THE PLATFORMS FOR ASSESSMENT/MONITORING THE HEALTH OF THE ELDERLY AT DISTANCE

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Introduction: Aging associated with socio-economic and family changes contributes to the emergence of challenges for elderly/informal carers. Thus, identifying the needs of the elderly and intervene in time are the most relevant advantages of this technology.

Objective: Characterize the potential of “True - Kare” service, while evaluation/ monitoring platform the health of the elderly at distance.

Methods: Cross interventional pilot study, alternating “cases” and “controls” previously and intentionally selected those who met the inclusion criteria. Data collection was carried out by semi-structured interview followed by descriptive/inferential analysis. The ethics committee evaluated and approved the study.

Results: From the 50 elderly studied, 28 (56%) had 80 or more years old. All suffered, at least, one chronic disease and registered an average of 4.9 diseases per individual; 46 ingested drugs, 4 different drugs/day (minimum of 1 and maximum of 9 drugs) on average. However, last year, they acceded on average to 4 consultations (medical/family nurse) in the context of health programs; 30 seniors report that such consultations are not sufficient to eliminate the difficulties associated with the management of therapeutic regimen, highlighting the potential that the True-Kare can take on this area.

Conclusions: The elderly become more dependent on health care, that is worrying in the current context. In this sense, ensured the implementation of diagnostic activity and planning interventions gradual/custom mode (related to the evaluation of results), the True-Kare can be assumed as a tool in managing integrated cases in the informal/professional care, contributing to one favorable cost-benefit ratio.

Descriptors: Elderly. Mobile. Telemedicine. Health.

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THE NURSE’S EXPERIENCE ABOUT ADOLESCENT’S WITH CF CARE – A QUALITATIVE APPROACH

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Introduction: The skills of a nurse are well defined by the Nurses ‘Order, with a special concern for the regulation of the abilities of pediatric specialist, since it is the most peculiar area. The nurse is part of a multi-disciplinary team, therefore it is required to have the knowledge to support a good practice and so fit the interventions to the needs of the population: adolescents with Cystic Fibrosis (CF) and their family in this case.

Objective: The perception of the magnitude of this problem led us to develop the present investigation, aiming to understand the nurses ‘experience in providing care to adolescents with CF. These are the preliminary results.

Methods: This research is directed to a descriptive, transversal and qualitative type of study. A convenience sample was selected composed by nurses that deal with adolescents with CF. The information was collected through semi-structured interview, choosing the methodology which best suited the research objectives.

Results: From the data analysis and interpretation the following analysis units emerged: economic status; lack of information at schools; dysfunctional families; care giving guide.

Conclusions: Health professionals in general and nurses in particular should be able to understand and help these teenagers and their families managing the impact of cystic fibrosis in their lives. Nurses should also provide a holistic care in order to respond to all needs and life transitions which result from the confrontation with this problem.

Descriptors: Adolescents. Cystic fibrosis. Nursing. Qualitative approach.

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