

## **Assessment and physical activities of daily living among patients under long-term home care nursing**

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### **ABSTRACT**

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**Purpose:** To assess the degree of independence in physical activities of daily living for patients under long-term in-home nursing care; to evaluate any changes in physical activities of daily living at entry and after 90 days of in-home nursing care.

**Materials and methods:** InterRAI-HC (Residential Assessment Instrument – Home Care) questionnaire was used as a tool according to the protocol and assessed patients at entry and again after 90 days. The participants consisted of 100 consecutive patients who were newly admitted to long-term in-home nursing care.

**Results:** The analysis of total dependence showed that more than 50% of patients were entirely dependent in eight out of ten specified physical activities of daily living (except mobility in bed and food consumption). Intention to treat analysis was performed; the percentages of patients totally dependent in performing eating and mobility in bed

actions increased significantly by the 90-day follow-up. Also a comparison of the mean value of independence for analyzed activities did not change significantly over the 90 days, with the only exception being the mean value of independence for dressing up the upper part of the body, which significantly improved after 90 days per protocol analysis. A high mortality rate is noted among these patients (15% by the 90 day follow-up). This probably resulted from the restrictive qualification criteria used in Poland for patients to receive this form of in-home healthcare service.

**Conclusions:** The majority of patients who are under long-term in-home nursing care in Poland are entirely dependent when it comes to the physical activities of daily living.

**Key words:** home health care, community based care and services, long-term care, physical activity, daily living

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