



มหาวิทยาลัยราชภัฏนครปฐม
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Chapter 10

Nursing care for older adults with chronic illness, long-term care,
and nursing care at the end of life with diverse cultures
through the local wisdom

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Learning Objectives

1. Describe the definition of chronic illness.
2. Identify the cause of chronic illness.
3. Describe the stages of chronic illness.
4. Describe the consequences of chronic illness.
5. Describe nursing interventions to assist older adults with chronic illness.
6. Explain the importance of long-term care for older adults.
7. Describe the nursing role in long-term care.
8. Describe the roles of family and caregivers in long-term care for older adults.
9. Explain end-of-life care for older adults with diverse cultures through local wisdom.

Chronic illness

Definition

Disease or condition **lasts 1 year or more**
worsens over time, occurs in older adults,
and can usually be controlled, **not cured.**

Chronic illness

Causes

- Tobacco use
- Secondhand smoke
- Poor nutrition (low in fruits and vegetables and high in sodium and saturated fats)
- Physical inactivity.
- Excessive alcohol use



Chronic illness

Common types of chronic disease

cancer, heart disease, stroke,
diabetes, arthritis



Eight phases of chronic illness trajectory

Initial or pretrajectory phase - occurs before any signs and symptoms are present.

Trajectory onset phase- occurs with the first onset of signs and symptoms and includes the diagnostic period.

Crisis phase -is when a potentially life-threatening situation arises

Acute phase- Severe illness, rapid development of the disease, more complications, hospitalized

Stable phase - this phase starts once symptoms are controlled.

Unstable phase - when the patient's symptoms are uncontrolled by the previously adopted regimen

Downward phase - progressive deterioration in mental and physical status

Dying phase - a period of weeks, days, or hours preceding death.

Consequences of chronic diseases

- **Physical:** disabilities, unmet needs, difficulties in mobility, poor cognitive function, falls, wounds, injuries, undernutrition, dysphagia
- **Psychological problems:** stress, depression, decreased quality of life
- **Social, family, and economic:** communication problems, dependency
- **Spirituality:** loss of self-confidence, hopelessness, suffering, fear of pain and death, and sorrow of being sick

Nursing care for older adults with chronic illness

1. **Assessment of health status;** individual's level of daily functioning (ADLs, (IADLs), perception of relative health or illness.
2. **Instruct** patients and caregivers to understand and manage their health.
3. **Planning care,** teaching the patient and caregiver regarding the treatment plan, implementing strategies for symptom management, and assessing patient outcomes.

Long-term care

- **Various services** are designed to meet a person's health or personal care needs over a long period.
- **Chronic illness**, having an accident, disability, older adults, dependency
- **Provided in different places** by different caregivers, depending on a person's needs.
- **Focus on rehabilitation** and **health promotion** regularly and continuously.
- **Purposes:** quality of life, ability to live as independently as possible based on respect for human dignity.

Classification of older adults according to the degree of dependence

Homebound, eating/eliminating problems, no confusion.//or// homebound, confused, eating/eliminating problems.

Homebound: focus on rehabilitation and prevention of dependence

Bedbound, no eating/eliminating problems/ serious illness//or// bedbound, serious illness/ end of life

Bedbound: focus on rehabilitation, prevention of complications, and care for activities of daily life

Long-term care guidelines

- Designation of agency to establish policies and resources
- Focusing on local government
- Create a link between health providers and family care.
- Examine the needs of the elderly holistically.
- Foster cooperation between caregivers
- Bedridden care management by the Local Administration Organization (old age living allowance/ disabled allowance, home visit, budget support etc.)
- Caring for the bedridden by health facility (follow-up, physical therapy, home visit, give things, provide advice to caregiver etc.)

Roles of long-term care manager

Assess problems, develop individual care plans,
coordinate/ support/ allocate resources together with
related parties to achieve care according to the set
care plan

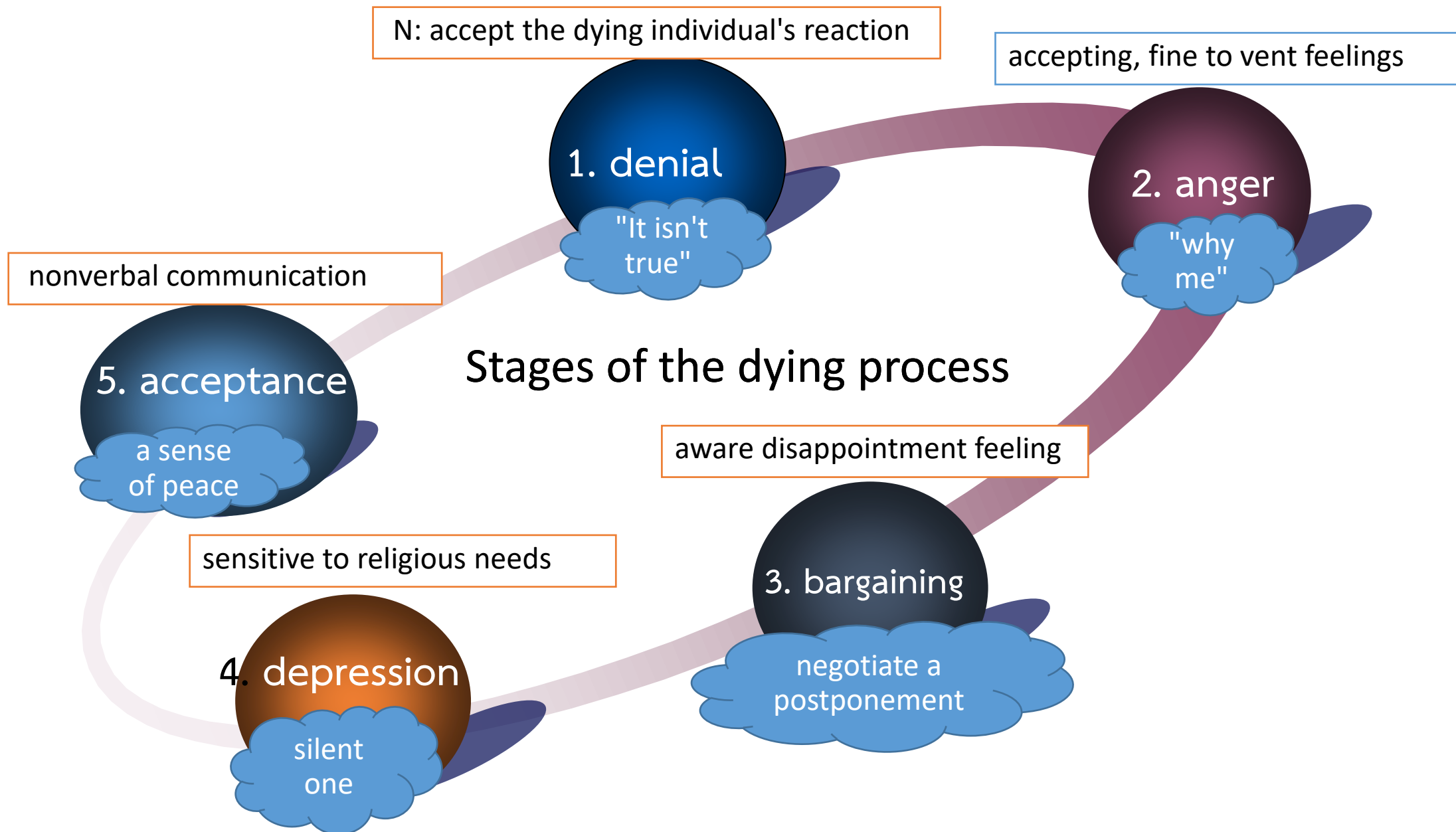
Caring for older adults at home

Caring for older people reflects the value of gratitude. Taking care of parents or elders with respect, and love, visiting, talking to, and encouraging them makes older people ease their loneliness and make them happy.

The role of family and caregivers

- Health care for the elderly
- Assistance and support for daily living expenses for the elderly
- Nutritional care for the elderly
- Caring for older people according to the norms and values of Thai culture
- Providing an appropriate physical environment for the daily life of the elderly

End-of-life care for the elderly



End-of-life care for the elderly

Physical care challenges

Pain

- Assess pain
- prevent pain

Constipation

- promote regular bowel elimination

Respiratory distress

- Elevating head
- Pacing activity
- Relaxation exercise
- Oxygen
- medication

Poor nutrition intake

- provide favorite food
- antiemetics
- oral hygiene
- clean environment

End-of-life care for the elderly

Spiritual care needs

Respect a diversity of religious belief



End-of-life care for the elderly

Signs of imminent death

- Decline in blood pressure
- Rapid, weak pulse
- Dyspnea and periods of apnea
- Slower or no pupil response to light
- Profuse perspiration
- Cold extremities
- Bladder and bowel incontinence
- Pallor and mottling of skin
- Loss of hearing and vision

*** Patient not be alone***



Refences

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Thank
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