Development of Assessment Sheet of Older Adults Who Relocate to a Recovery Phase Rehabilitation Ward

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Purpose
- In current healthcare in Japan, hospitalized patients have more serious conditions and hospital stays are becoming shorter.
- Older adults with health problems who cannot live independently at home usually decide to relocate to a recovery phase rehabilitation ward.
- The purpose of this study was to develop an assessment sheet for use during relocation to a recovery phase rehabilitation ward in Japan.

Methods
- A Relocation Assessment Sheet (Assessment Sheet) was developed with reference to this model and included questions on constipation and insomnia, which readily appear after relocation, especially among Japanese older patients.
- Five of the 43 questions on the Assessment Sheet were on background and personal factors.
- The other 38 questions were set up as a scale to understand whether or not an older adult had adapted during relocation.
- The subjects for analysis were 336 people for whom there was no missing data among the 371 Assessment Sheets.

Results
- The mean age of the older adults who had relocated was 81.2 ± 6.4 years, and many were women (67.3%).
- About half of the subjects had dementia (46.5%), which was mild (27.4%), moderate (4.6%), or severe (14.5%).
- A large number were the first relocation to a recovery phase rehabilitation ward (85.1%).

Discussion
- The older adults who were the subjects of this study had a high mean age, and many had dementia. For many it was also their first time to relocate to a recovery phase rehabilitation ward and thus for these older adults relocation was a large environmental change.
- Constipation and depressive symptoms appeared in some subjects after the relocation, and attention should be paid to these symptoms as signs of maladaptation in older adults.
- Focusing on words showing such cognition in older adults and understanding the feelings of the individual is thought to be important.
- Nurses need to recognize anew that they are persons these older adults rely on, and fulfill the role of resolving issues on behalf of these older adults.

Conclusion
- The Assessment Sheet used in this study has reliability as a tool that shows adaptation in older adults. It also showed the characteristics of relocating older adults, suggesting that it can be a useful tool in understanding relocating older adults.