

Physiotherapy assessment in reablement for community-dwelling older adults

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Introduction

- Reablement is a team-based interdisciplinary home-rehabilitation approach intending to improve the ability of self-dependency for people with or at risk of function decline.
- Physiotherapists (PTs) are responsible for assessments, development of rehabilitation plans and supervising home trainers (HTs), who carry out the training.
- Individual examinations and clinical reasoning are fundamental to tailored and individualized intervention and treatment.



Reablement is a home-based rehabilitation aiming to improve self-dependency

Purpose

The aim of this study was to explore how division of labor in reablement teams affects the practice of physiotherapy assessment in reablement settings

Methods

Fieldwork was done in seven Norwegian reablement teams. Triads of PTs, HTs and users of reablement were included. 14 observations were conducted and videotaped. 14 individual interviews with PTs and HTs regarding division of labor and clinical reflections, were performed and audiotaped. Systematic content analysis was performed



In depth interviews and videotaped observations

Results

Two different types of teams emerged.

1. Strictly defined division of labor where the PTs were little involved in training interventions. Assessments were limited to standardized tools: The Canadian Occupational Performance Measure and Short Physical Performance Battery (COPM and SPPB). Training interventions based on this assessment were general and not very well tailored the patient

2. Flexible structure influenced by interdisciplinary cooperation and discussions. COPM and SPPB were carried out in addition to functional analysis and examinations. The PTs were involved in training sessions, and could conduct an ongoing assessment through out the reablement period. This enabled an individual tailored intervention.

Standardized tools Functional analysis Ongoing assessment

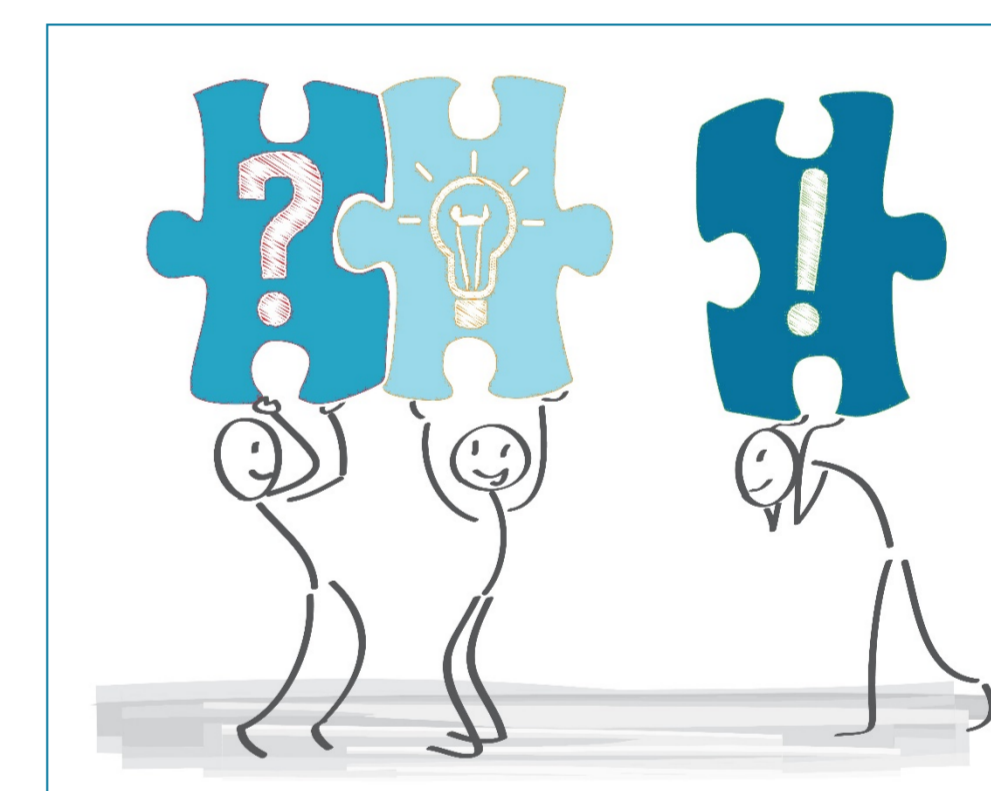
Different levels of assessments in reablement.

Recommendations

Thorough assessments should be carried out as a fundament for the individual intervention. Flexible organization of the reablement team and interdisciplinary cooperation, is a prerequisite to enable optimal assessments.

Discussion and conclusion

This study revealed that a flexible division of labor influenced by interdisciplinary cooperation raised opportunity to a thorough assessment. Ongoing examinations in addition to use of standardized measurement tools were done. Interdisciplinary cooperation enriched the assessment. This lead to more individualized and customized training interventions. Organization type of reablement teams are essential for the quality of practice.



A flexible structure with shared tasks and decision making enabled richer assessments

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Declaration of interest

The authors declare no conflict of interests.

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