

Transitional care: The way forward for homecare of older adults with chronic illness

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Introduction: The average life span of mankind is increasing. Older adults often suffer from multiple complex co-morbid states. The nature of health problems endured by older adults and their age-related diminished defenses prolongs their recovery and requires them to move from acute care settings to skilled nursing facilities or their own homes with the need to adhere to therapeutic protocols. Inconsistencies in the implementation of these protocols predisposes them to compromised health states requiring re-admissions and escalating their functional loss. Streamlined transitional care interventions, can play a vital role in overcoming the hurdles imposed by care transitions. This literature review aims to identify evidence based transitional care interventions

Methodology: Interdisciplinary data base Scopus (including Medline and CINAHL) and grey literature source (Google Advanced, Google Scholar) databases were explored. There was no restriction placed on the date of publication. Unpublished articles, non-peer reviewed articles, theses, and dissertations were excluded.

Results: The review yielded four themes: components of transitional care interventions, pre-discharge transitional care interventions, post-discharge transitional care interventions, and outcome measures of transitional care.

Conclusion: These evidences exemplify the comprehensive and collaborative approach to be mediated by nurses to provide care to older adults with chronic diseases. The enduring nature of these diseases and its diversified approaches to care, requires nurses to strengthen the patients and their caregivers with resources to monitor, adhere to therapeutic regime, predict complications, and seek appropriate medical help as needed. The need for collaborative and multidisciplinary approaches are magnified, raising the need to widen the scope of nursing practice; extend the territory of care from the hospital to home and skilled care facilities; and initiate empirical efforts to test these innovative strategies.

Biography:

Chandrani Isac, has an expansive expertise in clinical teaching. She is currently pursuing her doctoral degree, focusing on the development of transitional care protocols for elderly with chronic illness. She is current with critical care nursing practice, and her zeal is to mold nursing students to utilize critical thinking, clinical reasoning and evidence-base in the provision of comprehensive care to patients. Her research interests revolve around critical care, cardiology, gerontology and stress among nursing student. She has served as resource person in simulation, and evidence-based workshops.