FORMULATION OF A NURSE’S CLINICAL JUDGMENT ABOUT THE POTENTIAL OF AUTONOMY RECONSTRUCTION

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Introduction: The self-care dependency translates into a change that leads people to initiate transition processes aiming the autonomy reconstruction. This change can be influenced by a series of factors defined by Meleis et al (2000) as transition conditions.

Objective: Evaluating the self-care dependency evolution three months after discharge; comparing the dependency evolution with the nurse’s clinical judgment (formulated at discharge) about the potential of autonomy reconstruction; and exploring the key factors involved in the formulation of this judgment.

Methods: Exploratory, descriptive, quantitative and longitudinal study, developed at a Medicine service, with a convenience sample comprising 60 people with self-care dependency and their respective caregivers. In order to evaluate dependency, we used the “Self-care Dependency Evaluation Instrument” (Duque, 2009). Based on the theory of transitions of Meleis, we built “scales” to evaluate the different transition conditions.

Results: Three months after discharge, people improved their self-care (in)dependence. According to the nurse’s clinical judgment, 58.3% of the patients had “low” and 36.7% had “moderate” potential of autonomy reconstruction. We found statistically significant differences between groups concerning supported and autonomous decision-making, accessibility to services, positive attitude towards the therapeutic plan, confidence about the future, providing profile promoter of autonomy, awareness of the caregiver, and education of the caregiver.

Conclusions: After three months, most of the cases improved their dependency level, exceeding the nurse’s clinical judgment about their potential of autonomy reconstruction.


PHYSICAL ACTIVITY ESTIMATES IN COPD REHABILITATION: SELF-REPORT VS. OBJECTIVE MEASURES

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Introduction: Self-report physical activity (PA) measures are often used to assess changes before/after chronic obstructive pulmonary disease (COPD) rehabilitation, as they are easy to employ and more feasible than objective measures. However, the ability of self-report measures to detect intervention-related changes in PA should be determined.

Objective: To examine the sensitivity of the International Physical Activity Questionnaire short-form (IPAQ-sf) to detect intervention-related changes in PA compared to accelerometry in patients with COPD.

Methods: Eleven patients with COPD (67.5±9.2yrs) participated in a 12-week pulmonary rehabilitation program. Participants were an accelerometer (Actigraph GT3X+) for 7 consecutive days on the 1st and 12th weeks of the program and completed the IPAQ-sf. Spearman’s correlation coefficients (p) were used to assess relationships between the results of the IPAQ-sf and the accelerometer.

Results: Both the IPAQ-sf and the accelerometer showed non-significant differences in time spent in sedentary activities [median(IQR): IPAQ=60.0(240.0) min/day; accelerometer=1.1(128.0) min/day], moderate-to-vigorous physical activities (MVPA: IPAQ=-150.0(1080.0) min/week; accelerometer=-12.0(60.0)min/week) and total PA (IPAQ=-495.0(1060.0) min/week; accelerometer=-9.0(559.0) min/week) as a result of the intervention (p>0.05). Changes in sedentary activities obtained by self-report were significantly correlated to those obtained by accelerometry (r=0.714, p=0.014). Changes in self-reported and accelerometer-based MVPA were moderately yet non-significantly correlated (r=0.588, p=0.057). No significant correlations were found for total PA measured by self-report and accelerometry.

Conclusions: The IPAQ-sf showed limited correlations with accelerometer-based PA. Patients with COPD tend to under-report their PA levels. Thus, objective measures should be preferred when assessing the impact of rehabilitation interventions in patients with COPD, as these have greater potential to detect PA changes.


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