Bedriddenness and Local Confinement in long-term care facilities - prevalence and influencing factors

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Project outline

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Background

„Process of becoming bedridden,“ (Zegelin 2005)

Phase process: instability, incident, immobility, local confinement, bedriddenness

Gradual local confinement…switching between places of one`s own accord is no longer possible. People remain in one place and are dependent upon help if they are to be transferred.

Bedriddenness…means a longer state of existence in which the affected person spends the majority of the day (and night) in bed.
# Forms of Bedriddenness

<table>
<thead>
<tr>
<th>Level</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Mild</strong></td>
<td>• Out of bed for around 4-5 hours, sitting in a chair</td>
</tr>
<tr>
<td><strong>Mid-state</strong></td>
<td>• People leave the bed briefly to carry out a few activities (going to the toilet, eating …)</td>
</tr>
<tr>
<td><strong>Complete</strong></td>
<td>• In bed 24 hours a day</td>
</tr>
</tbody>
</table>
Forms of Local Confinement

**Mild**
- Movement independently as far as possible
- Need help with the transfer

**Mid-state**
- Short distance with a wheelchair alone
- Limited in their motions

**Complete**
- Remain in one place
- Dependent upon help until being transferred
Aim

1. Determine **prevalence of bedriddenness** and **local confinement**

2. **More knowledge** about the **influencing factors**
Research questions

How many persons, being taken care of in the investigated long term care facilities, are bedridden and locally confined?

Which main influencing factors on bedriddenness and local confinement can be defined?
Prevalence investigation

• Quantitative cross-sectional & comprehensive survey
• Complete survey → 12 long-term care facilities (n= 3054)

Standardised questionnaire

1. State of bedriddenness
2. State of local confinement
3. Temporary bed rest due to illness or surgery
4. Possible influencing factors

   Sex, body stature, length of stay, number of patients/ward

At the time of the survey/6 months before
## Characteristics of residents

<table>
<thead>
<tr>
<th>Characteristics</th>
<th>Female</th>
<th>Male</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sex</td>
<td>72,9%</td>
<td>26,9%</td>
</tr>
<tr>
<td>Body stature</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Light</td>
<td>27,8%</td>
<td></td>
</tr>
<tr>
<td>Middle</td>
<td>44,0%</td>
<td></td>
</tr>
<tr>
<td>Heavy</td>
<td>28,1%</td>
<td></td>
</tr>
<tr>
<td>Length of stay</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Less than 6 months</td>
<td>13,2%</td>
<td></td>
</tr>
<tr>
<td>6 - 12 months</td>
<td>10,6%</td>
<td></td>
</tr>
<tr>
<td>1 - 2 years</td>
<td>14,4%</td>
<td></td>
</tr>
<tr>
<td>2 - 4 years</td>
<td>23,0%</td>
<td></td>
</tr>
<tr>
<td>Longer than 4 years</td>
<td>38,8%</td>
<td></td>
</tr>
<tr>
<td>Number of patients/ward</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Up to 20 persons</td>
<td>13,3%</td>
<td></td>
</tr>
<tr>
<td>21 - 30 persons</td>
<td>59,6%</td>
<td></td>
</tr>
<tr>
<td>More than 30 persons</td>
<td>27,2%</td>
<td></td>
</tr>
<tr>
<td>Bed rest</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Due to illness</td>
<td>1,6%</td>
<td></td>
</tr>
<tr>
<td>Due to previous disease</td>
<td>0,1%</td>
<td></td>
</tr>
</tbody>
</table>

**Department of Nursing Science - Sabine Schrank**
Every second person is bedridden

- Bedriddenness: 49.8%
- Mild form: 19.1%
- Mid-state form: 7.9%
- Complete form: 22.8%

n = 2596
2 out of 3 persons are locally confined

- Local confinement: 61.8%
- Mild form: 9.5%
- Mid-state form: 9.5%
- Complete form: 42.8%

n = 2600
Every second person is bedridden and locally confined

- Both: 42.9%
- Both complete form: 18.6%

n = 3032
Bedriddenness/ Local Confinement

- Sex
- Number of patients
- Body Stature
- Length of stay

Exist independently of
Conclusion

- Every second person is bedridden (49.8%)
- 2 out of 3 are locally confined (61.8%)
- Almost every second person is bedridden and locally confined (42.9%)
- No influence between the investigated factors and the phenomena
2. Influencing factors

Case Study Design

• Participant observations (from January 2012 until now)
• Interviews (nursing staff, residents, family members…)
• Content analysis of nursing care plans and documentation
First impressions of the observations

- **Attitude caregivers**
- **Rigid organizational structures**
- **Spatial conditions**

  - **Mobility** low priority
  - **Transfer situation**
  - **Missing incentives**

**Bedriddenness**
**Local Confinement**
Implications

1. Change of attitude
   • More attention on local confinement

2. Prevention of bedriddenness and local confinement
   • Routine assessments
   • Development of preventive programs for mild locally confined people
   • Interventions for complete locally confined people to prevent complete bedriddenness
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