Preventive home visits in Trondheim municipality – experiences among the seniors

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From research to practice - from practice to research

• Collaboration
  – Research Centre for Health Promotion and Resources, HiST/NTNU
  – Information Centre for Seniors, Trondheim municipality

• Financed by the Norwegian Directorate of Health
Background

- Rapid rise in number of very old people (80+)
- Challenge to quality and cost of health care
- Interest in improving health, activity, independence and social participation
- Health promotion and disease-prevention

Sommers et al., Arch Intern Med, 2000
The Information Centre for Seniors in Trondheim municipality

- Established in 2004
- Offers Preventive Home Visits (PHV) to seniors
- The target group is the healthy seniors living at home
- Not receive established services
- The aim of the PHV is to support the seniors to maintain independent in daily living, increase safety and maintain social relations
Preventive home visits

- Health promotive and preventive home visit

- Theoretical approach:
  - Salutogenic focus
  - Motivational interview technique
  - Empowerment
  - Positive psychology
Preventive home visits

• Open conversation-guide
• Conversation
  – Experiences of being 80+
  – Nutrition
  – Physical activity
  – Participation in social and cultural activities
  – Safety at home
  – Information and feedback
  – Information folder
Aim of the evaluation

• **The overall aim** is to get more insight into the experiences and explore the significance of a single preventive home visit (from the seniors perspective)

• **Secondary aims:**
  How many accept the home visit?
  Who are they with regard to demographic characteristics?
  Self-reported health? Quality of life?
  Participation in physical/cultural/social activities?
Material and methods

• In 2013 – citizens born in 1933 without established services received a letter with an offer to get a PHV
Born in 1933 (N = 688)

Home care/nursing home (N = 122)

Offered home visit (N = 566)

Did not want home visit (N = 244)

Home visits completed (N = 322)

Did not want to participate (N = 38)

Agreed to participate (N = 284) (T1)

Did not return questionnaire (N = 72)

Returned questionnaire (N = 212) (T2)
Cross-sectional and prospective design

- **Quantitative part**
  - Self-reported questionnaire
  - Both fixed and open ended questions
  - Two time points - during the visit (T1) and 6 months thereafter (T2) sent by mail

- **Qualitative part**
  - Focus group interviews
  - Random and purposeful sample from those who returned the questionnaires
  - 6-12 months after the PHV
Material and methods

- Quantitative questionnaire (T1)
  - Demographics
  - Health related quality of life (COOP-WONCA)
  - Physical activity habits (HUNT)
  - Nutrition and eating habits
  - Use of medication
  - Participation in cultural activities
  - Use of and knowledge about the offer from the municipality to the seniors
Material and methods

• Quantitative questionnaire (T2)
  – Same questions as at T1
  – In addition questions concerning:
    • How they experienced the home visit?
    • What was most valuable?
    • Do you know who to contact if you need assistance?
    • Did you start with something new after the visit?
«Snapshots» into the preliminary results
<table>
<thead>
<tr>
<th>Demographics (n = 284)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Gender</strong></td>
</tr>
<tr>
<td>• Men</td>
</tr>
<tr>
<td>• Women</td>
</tr>
<tr>
<td><strong>Marital status</strong></td>
</tr>
<tr>
<td>• Married</td>
</tr>
<tr>
<td>• Widow/widower</td>
</tr>
<tr>
<td>• Divorced</td>
</tr>
<tr>
<td>• Unmarried</td>
</tr>
<tr>
<td><strong>Type of residential</strong></td>
</tr>
<tr>
<td>• Apartment</td>
</tr>
<tr>
<td>• Villa</td>
</tr>
<tr>
<td>• Semi-detached</td>
</tr>
<tr>
<td>• Other</td>
</tr>
<tr>
<td><strong>Level of education</strong></td>
</tr>
<tr>
<td>• Primary school 7-10 years</td>
</tr>
<tr>
<td>• Highschool</td>
</tr>
<tr>
<td>• College ≤ 4 years</td>
</tr>
<tr>
<td>• College ≥ 4 years</td>
</tr>
</tbody>
</table>
Daily dietary habits

- Breakfast 97%
- Warm meal 94%
- Fruits and vegetables 85%
- Vitamin supplements 63%
- Alcohol consume
  - Daily 7.5%
  - Weekly 26%
  - Less than every week 47%
  - Never 19.5%
To what extent was the home visit helpful to you?

- The conversation: 70%
- Increased knowledge about services: 66%
- The information folder: 46%
- Generally new knowledge: 40%
- I started with new activity: 15%
### Physical exercise

How many days a week do you perform planned/scheduled physical exercise?

<table>
<thead>
<tr>
<th>Frequency</th>
<th>T1</th>
<th>T2</th>
</tr>
</thead>
<tbody>
<tr>
<td>Never</td>
<td>26 %</td>
<td>13 %</td>
</tr>
<tr>
<td>1-2 x a week</td>
<td>38 %</td>
<td>47 %</td>
</tr>
<tr>
<td>3 x a week or more</td>
<td>36 %</td>
<td>40 %</td>
</tr>
</tbody>
</table>
Results continued

- Do you know where to contact if you get problems to manage in daily activities?
  - 70% yes/30% no

- Do you experience to be safe in daily life? (very much and much) (COOP-WONCA)
  \[ T1 \rightarrow 96\% \]
  \[ T2 \rightarrow 88\% \]
Focus group interviews

- 12 participants
  - Female (n=5) and male (n =7)
- All received a structured PHV
- Participated focus groups (n =2) at the Information Centre
- June 2014
- The results are being analysed in september 2014
Some preliminary interpretations

• «The PVC gave an incentive to action or maintain to be active»
  
  – «I keep doing laundry, ironing, cookinn and housecleaning, I believe it’s important to stay active»
  
  – «I used to participate in an physical exercise group, but the offer was closed, do you know where I can contact? I want to continue to do physical exercise..»
Continued

• «The PVC was positive, but was not for me»
  – «When I get old, I may need the visit»

  – «I am too young to use the services»

  – «I want to be independent as long as possible»
Continued

• «The PVC brought a feeling of security»

  – «Good to know who to contact if we need information and help»

  – «I appreciated the conversation, we discussed themes around getting older that I have not thought of before»
Thank you for your attention