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AURORA DE AFONSO COSTA  
NURSING SCHOOL



Preview Notes



## Communication on the part of the elderly in the development of instrumental activities of daily life: ethno-nursing

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### ABSTRACT

**Aim:** To understand the communication established by the elderly who attend groups for seniors in the development of Instrumental Activities of Daily Living (IADL). **Method:** This is a qualitative, descriptive and ethnographic study. The setting will be an extension project for seniors at a public university in Niterói (RJ), Brazil. We involved the elderly as key informants, and the practitioners who work directly with them were likewise involved as general informants. For the production of data the following were used: (I) observation without participation; (II) observation with limited participation; (III) participation with continuous observation and (IV) reflection and reconfirmation of results. For data analysis the following were utilized: (I) description and documentation of raw data; (II) identification and categorization of descriptors and components; (III) standard and textual analysis and (IV) major issues, research results, theoretical formulations and recommendations.

**Expected results:** To establish an intervention plan with regard to methods for improving communication for IADL that may promote the autonomy and independence of seniors.

**Descriptors:** Communication; Elderly; Geriatrics; Geriatric Nursing.

## INTRODUCTION

Communication permeates human relationships. Interaction, including its central purpose, presents itself in various forms which could be written and verbal or non-verbal<sup>(1)</sup>, in addition to pervading the individual, family and collective dimensions<sup>(2)</sup>.

However, the hallmark of modern society is an environment featuring rapid and constant change. Communication itself has nowadays become fast, dynamic and focused on technology. Opposed to the described sociocultural context above are the elderly: they feature distinct communicational habits<sup>(1)</sup> which may lead to social exclusion.

The Instrumental Activities of Daily Living (IADL) are complex actions that require adaptation, autonomy and social interaction on the part of seniors for their implementation. In everyday life, goods and services may not be adapted to their needs, as occurs, for example, with the use of the telephone, in public transportation, in purchases, and in financial transfers and money use.

Seniors groups may be highlighted as a place for social (re)integration of the elderly, in which it is possible to question the reality of the problems in communication that exist for the performance of IADL. Thus, from this study, we intend to contribute to nursing interventions by encouraging communication as a means of maintaining the autonomy and independence of older people.

## GUIDING QUESTION

What is the form of communication for seniors who attend groups for seniors in the development of IADL?

## GENERAL OBJECTIVE

To understand the communication processes established by the elderly who attend groups for seniors in the development of IADL.

## SPECIFIC AIMS

To describe the communication processes of elders who attend groups for seniors in the development of IADL;

To analyze the constituent elements that are facilitators or act as noise/barriers in the communication of elderly people for the development of these activities;

To discuss the implications of communication among the elderly who attend groups for seniors in the development of IADL in the Gerontological Nursing care.

## THEORETICAL REFERENCES

The communication process<sup>(1)</sup> was adopted as a theoretical reference, structured by source, message, channel and receiver. And, as a theoretical and methodological framework, the theory of diversity and universality of cultural care<sup>(3)</sup> was adopted, including the rising sun model, which consists of the following factors: technological, political, legal, economic, educational, religious, philosophical, familial, social, cultural, beliefs and lifestyle.

## METHOD

This is a qualitative and descriptive study, outlined in ethno-nursing. As a technique for data collection, field diaries and semi-structured interviews, including questions regarding

socio-demographic characterization, problems and research objectives, based on a theoretical framework, will be used.

For data production, we will use the observation-participation-reflection model<sup>(3)</sup> composed of the following stages: (I) observation and action involving active listening (without active participation); (II) observation with limited participation; (III) participation with continuous observation; and (IV) reflection and reconfirmation of the results in conjunction with the informants.

The data analysis steps will be as follows: (i) the collection, description and documentation of raw data; (II) the identification and categorization of descriptors and components; (III) standard and textual analysis; and (IV) a consideration of the major themes, research results, theoretical formulations and recommendations.

The research setting is an extension project of the School of Social Services of a public university situated in the city of Niterói, Rio de Janeiro, Brazil. The data collection period is from July to October 2014.

The research subjects will be divided into key informants and general informants. By adopting the criterion of data saturation, a minimum sample size was established. The key informants will be 30 seniors who attend seniors groups, including independent and autonomous subjects. They will perform the IADL regularly as part of the activities of the extension project and depending on their availability for scheduling meetings in advance. Participants, who discontinue activities as part of the project extension, who do not answer the telephone, or who do not show up for the interview and observations on the scheduled day, will be excluded.

The general informants are six subjects who developed activities as part of the extension

project with elderly people, six subjects from commercial institutions and six public transport representatives. Those who have been involved in direct and regular activities with senior citizens for at least one year will be included, as well as those individuals working as tellers or cashiers for the elderly at commercial institutions. Those who miss the interview on the scheduled day will be excluded, in addition to incomplete interviews.

The present study is part of the project entitled "Communication between elderly-elderly family and society: implications for nursing care", approved by the hosting institution and by the local Research Ethics Committee, under opinion number 246 268, on 10 May 2013. The ethical and legal aspects, recommended by Resolution 466/12 on human research, were respected.

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