
Title

Promoting the empowerment and emancipation of community-dwelling older adults with chronic multimorbidity through a home visiting programme: a hermeneutical study

Abstract

Introduction: Nurse-led preventive home visiting programmes can improve health-related outcomes in community-dwelling older adults, but they have not proven to be cost-effective. Home visiting programmes led by nursing students could be a viable alternative. However, we do not know how community-dwelling older adults with chronic multimorbidity experience home visiting programmes in which nursing students carry out health promotion activities. The aim of the study is to understand how community-dwelling older adults with chronic multimorbidity experience a home visiting programme led by nursing students. Methods: A qualitative study based on Gadamer's hermeneutics. Thirty-one community-dwelling older adults with chronic multimorbidity were interviewed in-depth. Fleming's method for conducting hermeneutic, Gadamerian-based studies was followed and ATLAS.ti software was used for data analysis. Results: Two main themes were generated: (1) 'The empowering experience of a personalised health-promoting intervention', and (2) 'The emancipatory effect of going beyond standardised self-care education'. Conclusions: The home visiting programme contributed to the community-dwelling older adults feeling more empowered to engage in health-promoting self-care behaviours. It also improved the older adults' sense of autonomy and self-efficacy, while reducing their loneliness and addressing some perceived shortcomings of the healthcare system. Clinical relevance: Older adults participating in a home visiting programme led by nursing students feel empowered to implement self-care behaviours, which has a positive impact on their perceived health status. Nurse leaders and nursing regulatory bodies could collaborate with

nursing faculties to integrate preventive home visiting programmes led by nursing students into the services offered to community-dwelling older adults with chronic multimorbidity. © The Author(s) 2024.

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Year

2024

Source title

BMC Nursing

Volume

23.0

Issue

1

Art. No.

444

DOI

10.1186/s12912-024-02117-2

Link

<https://www.scopus.com/inward/record.uri?eid=2-s2.0-85197390877&doi=10.1186%2fs12912-024-02117-2&partnerID=40&md5=f288a03e37ae82c58af78ac029ee1a92>

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Author Keywords

Autonomy; Chronic illness; Experiences; Home visits; Multimorbidity; Older adult; Self-care

Funding Details

University of Almeria; Ministerio de Ciencia e Innovación, MCIN, (CTS-451); Ministerio de Ciencia e Innovación, MCIN; Ministerio de Ciencia, Innovación y Universidades, MCIU, (AEI/ <https://doi.org/10.13039/501100011033/>); Ministerio de Ciencia, Innovación y Universidades, MCIU

Funding Texts

Funding text 1: The authors would like to thank all the older adults and nursing students who were involved in the project. In addition, the authors would like to share their gratitude to the Spanish Ministry of Science and Innovation and the Research Group CTS-451 from the University of Almeria for their financial support. ;

Funding text 2: This study is part of the research project PID2020-117579RA-I00 (Nursing Students\’u2019 Visits to Older Adults With Multiple Chronic Conditions - VISITAME), which received funding from the Spanish Ministry of Science, Innovation and Universities AEI/ <https://doi.org/10.13039/501100011033/> .

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Publisher

BioMed Central Ltd

ISSN

14726955

Language of Original Document

English

Abbreviated Source Title

BMC Nurs.

Document Type

Article

Publication Stage

Final

Source

Scopus

EID

2-s2.0-85197390877