

Terapia Ocupacional en el Hospital de la Fuerza Aérea de Chile y su rol en la mantención de la funcionalidad durante la hospitalización en adultos mayores.

E. Araya¹, D. Castro¹

¹Hospital de la Fuerza Aérea de Chile, Santiago, Región Metropolitana, Chile, ²Universidad Mayor, Santiago, Región Metropolitana, Chile

* Introduction

This work aims to raise awareness of the involvement of Occupational Therapy (OT) services at the Hospital of the Air Force of Chile (HFA), which since 2006 works with several departments related with the Aging population, with different strategies to maintain and enhance the basal Functionality during hospitalization, in order to prevent dependency and loss of functionality.

* Goals of the Program

To Maintain and / or improve functionality.
To prevent diseases associated with hospitalization.
To detect Fragile Elderly.
To Reduce Hospitalization days.
To prevent further hospitalizations.

* References

Recent research refers that for each day that an elderly person is in bed at the hospital, requires two days of rehabilitation to recover its functionality.

At the HFA, the referrals to OT come from the services of Geriatrics, Neurology, Internal Medicine, Rheumatology and Traumatology, where the intervention has been focused on maintaining the functionality, measured by Barthel Test, Mini-Mental, Clock Test and Lawton & Brody Scale, at admission and discharge of each person. At the service there is an average of 105.5 of such interventions monthly: 70% maintained their baseline functionality, improving 6%, and 24% are worst.

The OT services consider different strategies, the first, is the patient, family and multidisciplinary team of the Hospital education and, the intervention of the patient in Intensive Care, Intermediate Medical Treatment (TIM), Surgery and Medicine, depending on objectives for each person.

* Results / Discussion

This intervention program stimulates cognitive functions, motor and social development, focused on prevention of diseases associated with long or mid term hospitalizations, with better quality of life on this period, preventing further deterioration and assisting in an early detection of the problems.

* Conclusion

The OT at geriatric acute Hospitals maintains and improves the quality of life of elderly population, reduces hospitalization days, preventing the development of health complications. Reduces costs to the health provider and associated costs for the family, whether economic or psychological.

- Contribution to practice / evidence base of occupational therapy.

The OT is a fundamental discipline in hospital for the elderly to prevent cognitive and / or motorical pathologies associated with hospitalization.