



PRAGRESS

Preventing and confronting aggressive behavior of older people in Long Term Care

PRAGRESS

“Preventing and confronting aggressive behavior of elderly in Long Term Care”

Prof.in Dr. Bettina Flaiz RN, M. A. | Sebastian A. Bauch, BSc., MSc.



Background

- In 2050, 28.5 % of EU population will be older than 65 years.¹ The risk of becoming dependent from others increase with age. Being dependent on the help of others is a life-changing experience.
- 80 % of professional caregivers experience regularly aggressive behavior by elderly care recipients, an underreported fact, which is also a taboo in our societies.^{4,5}

Study design

- Convenient sample: 11 formal caregivers (at least 1 year of professional training) and 10 informal caregivers (without training, partners, neighbors).
- Each partner conducted semi-structured interviews in their respective countries (Finland, Ireland, Italy, Germany, Greece), transcribed and analyzed their interviews by using qualitative content analysis.

Results

- All of the participants regularly experienced aggressive behavior by care recipients (prevalence: 1-2 times a week).
- 3 different types of aggressive behavior can be differentiated:
 - physical aggression (swinging arms, kicking, slapping, punching, etc.)
 - verbal aggression (e.g., swearing, insulting, offences, yelling, etc.)
 - emotional aggression (e.g., emotional pressure, etc.)
- All caregiver experienced strong emotions such as anxiety, fear, surprise, shock, upset, helplessness, disappointment, and self-blame.
- Aggressive behavior by care recipients is explained by the participants as a consequence of the feelings of disrespect, side effects of medication, high staff turnover, task orientated care or Dementia.
- Formal caregiver seem to have better coping strategies for dealing with aggressive behavior. Informal caregiver have partly deconstructive strategies.

Discussion & Conclusion

- The baseline study confirms that aggressive behavior by care recipients against their caregiver remains underreported.
- All caregivers have developed individual strategies for dealing with aggressive behavior. Their effectiveness is questionable, as prevalence of aggressive behavior is still high. Also the strong emotions that accompany the situations indicate serious strains for the caregiver.
- A popular approach for preventing aggressive behavior is de-escalation training. However, research has shown that de-escalation training leads to higher confidence levels and coping skills in formal caregivers, but has no effect on the quantity of aggressive behavior^{2,3}
- Therefore, project partners will develop and provide an e-learning platform aimed at improving caregivers' strategies to help prevent aggressive behavior.

Information project PRAGRESS

- PRAGRESS aims to raise awareness and educate caregivers in terms of aggressive behavior by elderly in long term care (LTC).
- The e-learning platform address formal and informal caregiver. The aim is to inform and educate and as consequence to help improve both, the quality of life of older people, and to facilitate empowerment of caregivers.
- The PRAGRESS e-learning platform will be an open educational resource environment under the format of a „Massive Open Online Course“ (MOOC), offering e-learning modules for caregivers.
- The structure of the training content will be based on blended learning.

European project partners



References

1. European Commission. (1999). INFOSTAT: Information systems. Luxembourg: Office for Official Publications of the European Communities.
2. Baig, L., Tanzil, S., Shaikh, S., Hashmi, I., Khan, M. A., & Polkowski, M. (2018). Effectiveness of training on de-escalation of violence and management of aggressive behavior faced by health care providers in a public sector hospital of Karachi. *Pakistan journal of medical sciences*, 34(2), 294.
3. Heckemann, B., Zeller, A., Hahn, S., Dassen, T., Schols, J. M., & Halfens, R. J. G. (2015). The effect of aggression management training programmes for nursing staff and students working in an acute hospital setting. A narrative review of current literature. *Nurse education today*, 35(1), 212-219.
4. Isham, L., Hewison, A., & Bradbury-Jones, C. (2019). When older people are violent or abusive toward their family caregiver: A review of mixed-methods research. *Trauma, Violence, & Abuse*, 20(5), 626-637.
5. Onwumere, J., Parkyn, G., Learmonth, S., & Kuipers, E. (2019). The last taboo: The experience of violence in first-episode psychosis caregiving relationships. *Psychology and Psychotherapy: Theory, Research and Practice*, 92(1), 1-19.
6. Zeller, A., Dassen, T., Kok, G., Needham, I., & Halfens, R. J. (2012). Factors associated with resident aggression toward caregivers in nursing homes. *Journal of nursing scholarship*, 44(3), 249-257.

Kontakt

Duale Hochschule Baden-Württemberg Stuttgart

Erasmus+ Project KA202-F496926F

Alle Informationen finden Sie unter:

https://www.dhbw-stuttgart.de/fileadmin/dateien/Forschung/Forschungsschwerpunkte_Wirtschaft/PRAGRESS_Information.pdf

Prof.in Dr. Bettina Flaiz RN, M. A.
Tübinger Straße 33, 70178 Stuttgart
E-Mail: bettina.fl aiz@d h b w - s t u t t g a r t . d e