

Project Title

Implementation of Self Care Management in the Daycare Setting

Project Lead and Members

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Project members: GopinathanS/O Sivantham, Nur Irma Natasha Binte Az'man, Siti NurdianaBinte Ja'udin, Tengku Jamillah Binte Tengku Mohamed Jaafar, TohKar Teng, Betty Chua

Organisation(s) Involved

NTUC Health Senior Day Care

Healthcare Family Group(s) Involved in this Project

Nursing

Applicable Specialty or Discipline

Nursing

Project Period

Start date: 2022

Completed date: 2022

Aims

- This project aims to reduce disease burden, improve seniors 'well-being, and alleviate caregiver stress.
- The highlight of this project is to promote selfcare by structured interventions, with a multimodal approach and to enable seniors to embed supported goal setting more effectively and to attain quality of life within SDC.

Background

See poster appended/ below

Methods

See poster appended/ below

Results

See poster appended/ below

Conclusion

See poster appended/ below

Project Category

Workforce Transformation

Informal Workforce Transformation, Patient

Care Continuum

Intermediate and Long Term Care & Community Care, Day Care

Keywords

Self-Care, Preventive Care, Health Literacy

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- Singapore's ageing population presents a significant challenge, as the increasing number of seniors leads to a higher prevalence of chronic illnesses (Ministry Of Health, 2022). NTUC Health Senior Day Care (SDC) recognizes this issue and aligns with Healthier SG, shifting the focus to preventive care. A team of Community Nurses (CNs) helps seniors understand the lifestyle choices that support their health by empowering seniors through health education, one-to-one coaching, and goal setting. By addressing socio-demographic factors and promoting healthy living, it contributes to long-term health outcomes and reduced hospitalization rates for seniors. This approach aims to reduce disease burden, improve seniors' well-being, and alleviate caregiver stress.

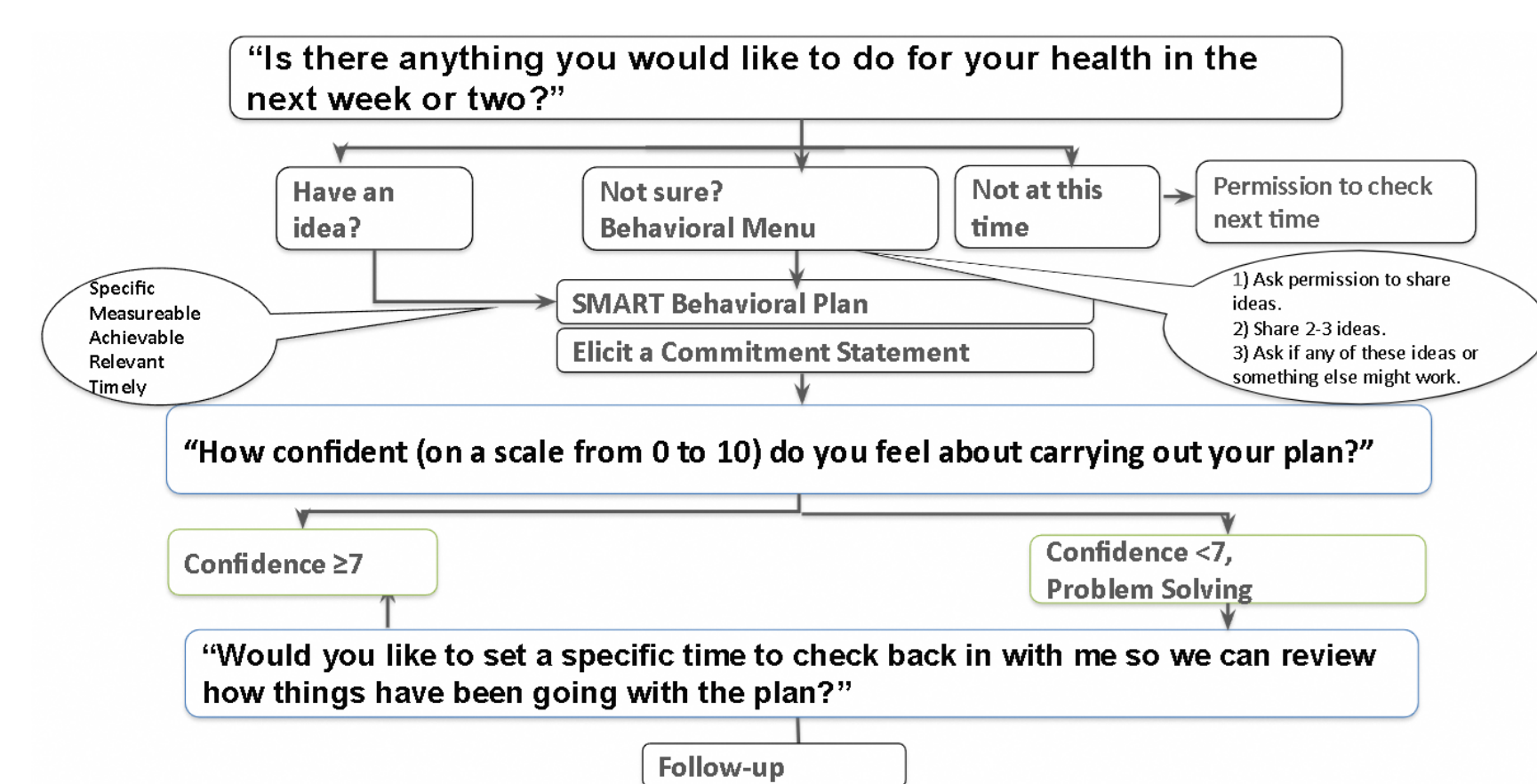
- This project aims to reduce disease burden, improve seniors' well-being, and alleviate caregiver stress.
- The highlights of this project is to promote self-care by structured interventions, with a multimodal approach and to enable seniors to embed supported goal setting more effectively and to attain quality of life within SDC.

Problem Statement: The root cause of challenges in Self Care among clients in the senior daycare	
Why?	Client has poor health literacy
Why?	Lack of information contributing to poor health literacy
Why?	Individuals are unsure where to find information
Why?	Multiple contact points for health related inquiries
Why?	No coordinator/ person in charge to centralise information and provide guidance

This project demonstrates the effectiveness of self-care interventions for seniors with chronic diseases and those undergoing lifestyle changes in the community. By promoting self-care through structured, multimodal interventions, this approach helps seniors integrate supported goal setting more effectively, leading to an improved quality of life within SDC. Additionally, the following initiatives are in place:

- Ongoing training for Community Nurses through train-the-trainer sessions and mandatory annual skill competency assessments to ensure effective self-care management across the 26 SDCs. This initiative has become an integral part of the Community Nurses' duties in the SDC setting to facilitate self-care for seniors.
- Quarterly feedback from Community Nurses is used to make necessary adjustments to processes and enhance self-care promotion.
- Regular reviews from seniors help tailor self-care strategies to better assist them in achieving their goals.
- The project team audits and ensures that the goals set remain relevant to the seniors in the daycare setting.
- Reduced manpower time is needed to respond to acute emergencies for seniors.
- Seniors are equipped with self-care techniques and skills in goal setting.
- Staff satisfaction levels have improved due to fewer complications in seniors' conditions.
- A therapeutic nurse-client relationship has been developed through multiple reviews of self-care.

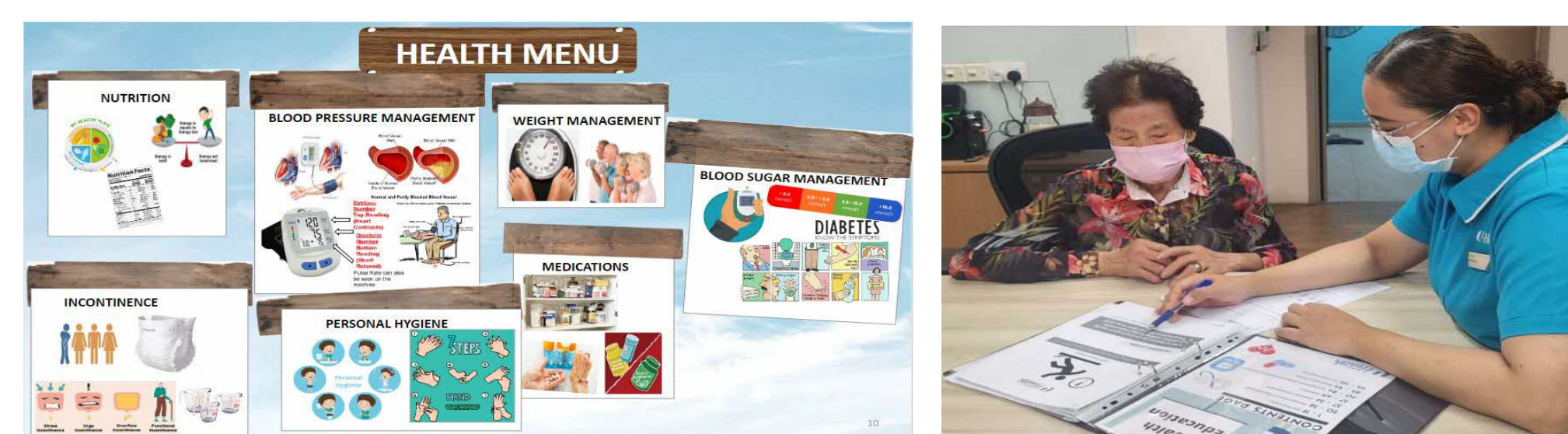
- Community Nurses lead the self-care initiative by providing health education and supportive interventions to enhance seniors' skills and confidence in managing their health issues. This includes regular progress reviews, goal setting, problem-solving support, and creating step-by-step plans. The goal-setting process is facilitated by Community Nurses, helping seniors identify their commitment statements, set goals, and develop personalized care plans. CNs assess each senior's confidence level for each goal and assist in formulating SMART (specific, measurable, attainable, relevant, and timely) goals.



- The Goal-setting chart serves as a record for the community nurse and senior to review the individual goal setting that has been identified and achieved.

[illegible]

- The Health Menu is an educational tool designed to provide health education and guidance to seniors, particularly in helping them select their personal health goals. Community Nurses offer one-on-one health coaching at the centers for seniors who are enrolled in the self-care program.



- In June 2022, Community Nurses developed a health education menu, protocol, and goal-setting chart. These were implemented across 26 SDCs, considering known risk factors and selection criteria such as literacy level, capacity, and willingness to change lifestyle. To date, a total of 38 seniors with diabetes mellitus and 31 with hypertension have been selected for the project.

