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Treatment plan activation for the elderly hospitalized patients in the plastic surgery unit

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Background: Studies show that with the increase in life expectancy, the elderly population is dealing with long periods of multiple medical treatments and hospitalizations. In order to improve the physical and mental changes that may happen in time and due to hospitalization we decided to value and diagnose the needs of the elderly patients the moment they hospitalized in the unit and according to their needs to build a suitable and satisfactory release plane for them.

Target: To diagnose and evaluate the condition and needs of the elderly patients in order to achieve for them improving in quality of life and prevent recurring hospitalizations.

Process: The project was carried out by professional staff from the unit- doctors, had nurse and social worker. During the last 6 months the project was based on evaluation and diagnostics on the needs of the elderly patients. The evaluation included medical information, nursing evaluation and social status of each patient. Special attention was given to elderly patients with poor physical and emotional condition and to those who didn't have family or community support.

Results: Main issues that came up during the intervention were about fears and anxieties of the medical situation, anxiety how they can handle themselves at home, especially for those who have no family and need support and monitoring of the therapeutic factors in the community

Conclusion: The project has raised awareness about the special needs of the elderly patients. More concern should be taken about those needs. We found out that the patients that took part in the project were more satisfied during the hospitalization, the anxieties and the concerns of hospitalization decreased and they released to their home with more confidence and knowledge that they can handle themselves at home and get help if they need.

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