

University of Groningen

Promoting well-being in frail elderly people

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Part III
Appendices

Appendix I

SMAS-30, English Version

Taking Initiatives

1. How often do you take the initiative to keep yourself busy?
2. How often are you engaged in making your home or room as comfortable as possible?
3. How often do you take the initiative to get in touch with people who are dear to you?
4. Do you sometimes try to be good at something?
5. How often do you make an effort to have friendly contacts with other people?

Answers: never - hardly ever - sometimes - regularly - often - very often

Investing

1. Do you ensure that you have enough interests on a regular basis (such as a hobby) to keep you active?
2. Do you make sure that you get enough physical exercise in order to stay fit longer?
3. Do you occasionally do something so that your contact with your acquaintances remains good?
4. Do you devote some time and attention to those who are dear to you in order to maintain good contact?
5. Do you keep busy with the things you are good at so that you stay good at them?

Answers: never - hardly ever - sometimes - regularly - often - very often

Variety

1. How many hobbies or activities do you have on a regular basis?
2. Do you have different ways to relax when necessary?
3. Do you have different occasions on which you have friendly contacts with others?
4. With how many people do you have a confidential relationship?
5. Are there certain things at which you are good?

Answers: none - one -two - three or four - five or six - more than six

Multifunctionality

1. The activities I enjoy, I do together with others.
2. I sometimes help the people whom I care about.
3. Others benefit from the things I do for my pleasure.
4. I generally spend the holidays with others.
5. I practice my hobbies together with others.

Answers: strongly disagree - disagree - neither agree nor disagree - agree - strongly agree

Self-efficacy

1. Are you able to find agreeable activities?
2. Are you capable of taking care of yourself well?
3. Are you able to have friendly contacts with others?
4. Are you able to let others know that you care about them?
5. Are you good at something?

Answers: I am certain I cannot - I don't think I can - sometimes I can, sometimes I cannot - I think I can - I am certain I can

Positive frame of Mind:

1. How often are you able to see the positive side of the situation when something disagreeable happens?
2. When things go against you, how often do you think that it could always be worse?
3. When you are not doing well, how often do you think that there are others who are worse off?
4. When you have a bad day, how often do you think that things will be better tomorrow?
5. When things are not going so well, how often do you succeed in thinking positively?

Answers: never - hardly ever - sometimes - regularly - often - very often

NOTE: This is a translation of the Dutch items. The English items have not been tested.

Appendix II

The Groningen Frailty Indicator (GFI)	0	1
<p>Mobility</p> <p>Is the patient able to carry out these tasks single handed without any help? (The use of help resources such as walking stick, walking frame, wheelchair, is considered as independent)</p> <ol style="list-style-type: none"> 1. shopping 2. walking around outside (around the house or to the neighbours) 3. dressing and undressing 4. going to the toilet <p>Physical fitness</p> <p>5. What mark does the patient give him/herself for physical fitness? (scale 0 to 10)</p> <p>Vision</p> <p>6. Does the patient experience problems in daily life due to poor vision?</p> <p>Hearing</p> <p>7. Does the patient experience problems in daily life due to hard of hearing ?</p> <p>Nourishment</p> <p>8. During the last 6 months has the patient lost a lot of weight unwillingly? (3 kg in one month or 6 kg in two months)</p> <p>Morbidity</p> <p>9. Does the patient take 4 or more different types of medicine?</p> <p>Cognition (Perception)</p> <p>10. Does the patient have any complaints about his/her memory or is the patient known to have a dementia syndrome?</p> <p>Psychosocial</p> <ol style="list-style-type: none"> 11. Does the patient experience sometimes an emptiness around him/her? 12. Does the patient sometimes miss people around him/her? 13. Does the patient sometimes feel abandoned? 14. Has the patient recently felt down-hearted or sad? 15. Has the patient recently felt nervous or anxious? 		
Sum		

Scoring:

Question 1 t/m 4: independent = 0; dependent = 1

Question 5: 0-6 = 1; 7-10 = 0

Question 6 t/m 9: no = 0; yes = 1

Question 10: no and sometimes = 0; yes = 1

Question 11 to 15: no = 0; sometimes and yes = 1

Appendix III

Scheme of pre-measurement and both post-measurements: Scales and numbers of items (measured concepts)

Pre-measurement	Post-measurement 1	Post-measurement 2
Background / Restrictions in resources Questions (<i>marital status, living situation (house), living environment (proximity of shops, public transport, activity centers, etc.), health status partner, proximity of children, grandchildren, and contact with them, driving a car, income</i>)	20 Changes in background / restrictions Questions - 11 Remainder of background / restrictions Questions (<i>education, (former) profession, volunteer work, religion and support provided by it</i>)	11 Changes in background / restrictions Questions - 3
Life events	1 Life events	1 Life events
SMAS (<i>self-management abilities</i>)	30 SMAS (<i>self-management abilities</i>)	30 SMAS (<i>self-management abilities</i>)
GHQ (<i>psychological distress</i>)	12 GHQ (<i>psychological distress</i>)	12 GHQ (<i>psychological distress</i>)
SPF-IL(s) (<i>overall well-being</i>)	15 SPF-IL(s) (<i>overall well-being</i>)	15 SPF-IL(s) (<i>overall well-being</i>)
Mastery Scale (<i>mastery</i>)	7 Mastery Scale (<i>mastery</i>)	7 Mastery Scale (<i>mastery</i>)
Loss Perspective Scale (<i>loss-frame</i>)	5 Loss Perspective Scale (<i>loss-frame</i>)	5 Loss Perspective Scale (<i>loss-frame</i>)
GARS – 4 items (<i>mobility</i>)	4 GARS – 4 items (<i>mobility</i>)	4 GARS – 4 items (<i>mobility</i>)

Pre-measurement		Post-measurement 1		Post-measurement 2	
SF-20 subscales		SF-20 subscales		SF-20 subscales	
general health perceptions	5		1	general health perceptions	5
social functioning	1	social functioning	1	social functioning	1
role functioning	1	role functioning	1	role functioning	1
physical pain (health perceptions, restrictions in social and role functioning due to health, pain)	1	physical pain (restrictions in social and role functioning due to health, pain)		physical pain (health perceptions, restrictions in social and role functioning due to health, pain)	1
-		Neuroticism EPQ (neuroticism)	12	-	
(GFI in screening procedure) / GFI (Frailty) ^a	15	GFI – 15 (Frailty)	15	GFI (Frailty)	15
Health Care Questionnaire (use of health care)	-			Health Care Questionnaire (use of health care)	
Illnesses and complaints		Changes in illnesses and complaints		Illnesses and complaints	
-		Intervention Evaluation Questionnaire (evaluation of intervention)	15	Intervention Evaluation Questionnaire (evaluation of intervention)	4

a. For some of the FP's patients, frailty was measured again during the pre-measurement because of the long interval between administering the GFI and further screening. Patients were included on the basis of their GFI scores at screening, which sometimes turned out to have changed at the time of pre-measurement.

Appendix IV

Numbers of missing values per (sub)scale

	Pre- measurement n = 99	Post- measurement 1 n = 99	Post- measurement 2 n = 91
GFI ^a	0	4	0
GARS ^b	0	0	0
General health perceptions SF-20 ^b	2	-	1
SMAS-30 ^c	1	0	0
Multifunctionality	0	0	0
Variety	2	0	0
Positive Frame	0	1	0
Investment Behavior	0	0	0
Self-Efficacy	3	2	0
Taking Initiatives	0	0	0
GHQ ^d	1	1	0
SPF-IL(s) ^e	23	16	10
Comfort	1	1	1
Stimulation	7	2	1
Affection	13	8	7
Behavioral confirmation	1	0	0
Status	8	7	2
Mastery Scale ^b	0	0	0
Loss-frame Scale ^b	1	1	1
EPQ neuroticism ^d	-	1	-

a. GFI was computed using at least 14 out of the 15 items.

b. GARS, general health perceptions, mastery, and loss-frame were computed using all items.

c. For all subscales of the SMAS, sum scores were computed over at least 4 out of the 5 items.

d. GHQ and EPQ neuroticism were computed over at least 10 out of the 12 items.

e. For all subscales of the SPF-IL(s), sum scores were computed over at least 2 out of the 3 items.

Appendix V

Overzicht van de interventie

Module	Thema's	Oefeningen	Oefening voor het volgende bezoek
1	<p>Introductie en inventarisatie</p> <p>'Denken en Doen zijn belangrijk om zo aangenaam mogelijk te leven'</p> <p>'zo aangenaam mogelijk leven: Comfortabel leven, Prettige bezigheden, Leuke contacten met anderen, Genegenheid geven en krijgen, Ergens trots op zijn'</p> <p>'denk op een goede manier: geen gedachten die in de weg zitten om iets te doen'</p>	<p>zo aangenaam mogelijk leven</p> <p>gedachten die in de weg zitten herkennen en vervangen</p>	<p>Opschrijven van gedachten die in de weg zitten en vervangen door gedachten die aanzetten tot actie</p>
2	<p>'denk op een juiste manier'</p> <p>'positief denken'</p> <p>Doen: 'neem initiatief'</p>	<p>Manieren van positief denken</p> <p>situaties waarin wel / geen initiatief wordt genomen</p>	<p>Opschrijven van situaties waarin wel of juist geen initiatief genomen wordt</p>
3	<p>'de juiste dingen doen om zo aangenaam mogelijk te leven: Comfortabel leven en Prettige bezigheden'</p> <p>'het is makkelijker om initiatief te nemen en een doel te bereiken, wanneer je een concreet plan maakt'</p> <p>'maak een plan waarin je vertrouwen hebt'</p>	<p>hoe zorgen voor comfortabel leven?</p> <p>hoe zorgen voor prettige bezigheden?</p> <p>checklist comfortabel leven en prettige bezigheden – punten van aandacht / tips</p> <p>doelen t.a.v. comfortabel leven en prettige bezigheden</p> <p>een plan maken hiervoor</p>	<p>Oefenen met het gemaakte plan</p>

Module	Thema's	Oefeningen	Oefening voor het volgende bezoek
4	<p>'maak haalbare en reële plannen'</p> <p>'vertrouwen in wat je doet'</p> <p>'doe grote dingen in stapjes: maak een stappenplan'</p> <p>'leuke contacten met anderen, genegenheid geven en krijgen, en ergens trots op zijn om zo aangenaam mogelijk te leven'</p> <p>'sta stil bij je succes'</p>	<p>onhaalbare / irreële doelen vervangen</p> <p>hoe zorgen voor leuke contacten met anderen?</p> <p>hoe zorgen voor genegenheid geven en krijgen?</p> <p>ergens trots op zijn</p> <p>checklist voor deze thema's – punten van aandacht / tips</p> <p>doelen t.a.v. deze thema's maken van een stappenplan</p>	<p>oefenen met het plan van huisbezoek 3 of met het nieuwe stappenplan</p> <p>opschrijven van / stilstaan bij successen</p>
5	<p>'zoek meerdere manieren om je plan uit te voeren en vervang de ene manier, indien nodig, door de andere manier'</p> <p>'twee vliegen in één klap slaan, maar niet alles op één paard zetten'</p> <p>'investeren'</p>	<p>meerdere manieren bedenken om hetzelfde doel te bereiken</p> <p>welke investeringen worden gedaan of kunnen gedaan worden?</p>	<p>Opschrijven waar meeste aan gehad en nadenken waarover nog eens willen hebben</p>
6	<p>Herhaling kernpunten & terugkoppeling naar eigen situatie</p> <p>'de toekomst'</p>		

Appendix VI

Verklaring van medische termen¹

Adipositas	Vetzucht (obesitas)
Atriumfibrilleren	Vorm van hartaritmie waarbij de hartspiervezels van het atrium (voorkamer van het hart) zeer snel en ongecoördineerd samentrekken
Cataract	Grijze staar
Charles Bonnet syndroom	Visuele hallucinaties zonder psychische oorzaak, vaak voorkomend bij slechtziende ouderen
Cholecystectomie	Operatieve verwijdering van de galblaas
COPD	Chronic obstructive pulmonary diseases; verzamelnaam voor diffuse vernauwingen van de luchtwegen, zoals chronische bronchitis en longemfyseem
Coxarthrosis	Artrose van het heupgewricht
CVA	Cerebrovasculair accident; plotselinge verstoring van de doorbloeding van het hersenweefsel waardoor een deel van de hersenwerking uitvalt ('beroerte')
Maculadegeneratie ODS	Verslechtering van de macula lutea (gele vlek), de plek van het netvlies waar een voorwerp met de grootst mogelijke scherpte wordt waargenomen, aan beide ogen
Myocard infarct	Hartinfarct
Pneumothorax	Ophoping van lucht of gas in de pleuraholte, de ruimte tussen de binnenzijde van de borstkas en de buitenkant van de longen
Reflux oesophagitis	Soort van ontsteking van de slokdarmwand / het slokdarmslijmvlies
Stent	Zelfexpanderende, endovasculaire, metalen prothese die via de huid in een hartslagader wordt ingebracht
Totale heuparthroplastiek	Vervanging van het totale heupgewricht

1. Bron: Jochems AAF, Joosten FWMG. *Coëtho. Zakwoordenboek der Geneeskunde*. 24th ed. Arnhem, The Netherlands: Elsevier/Koninklijke PBNA. 1993.

