





Understanding and Enhancing Quality of Life in Older Care Home Residents: An Interview Study

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Background

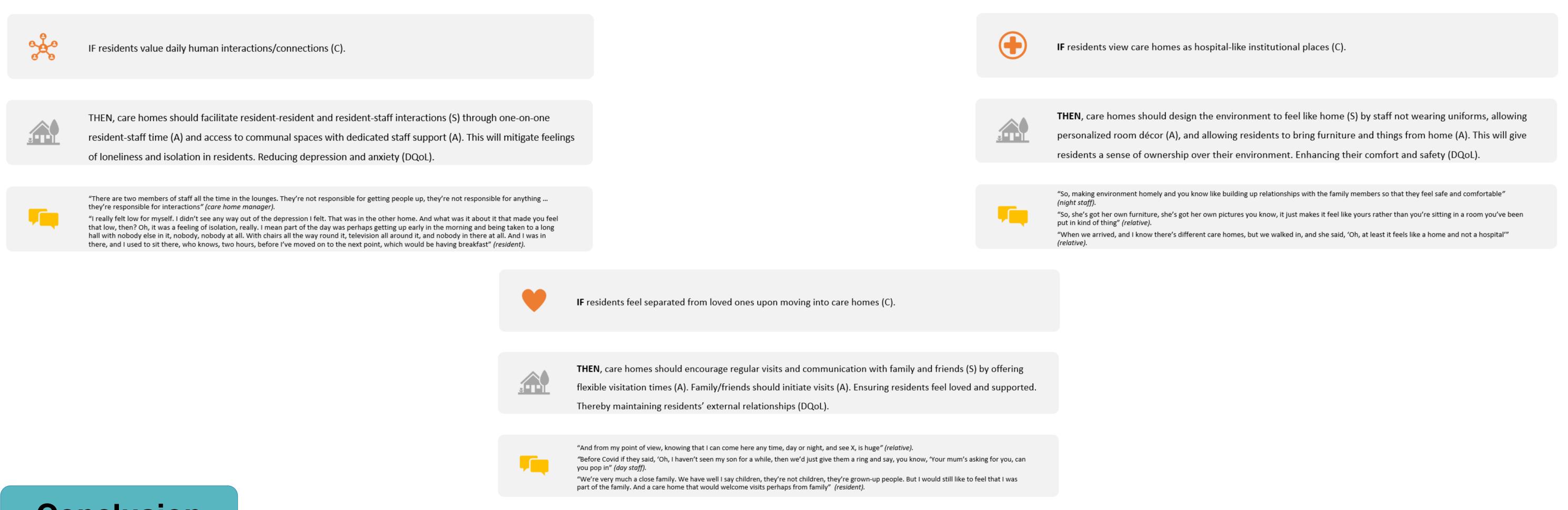
Quality of Life (QoL) is important for older people in care homes. Despite this, there is a lack of consensus on the conceptual framework for describing QoL in care home residents and strategies to enhance it. Therefore, this study aims to develop initial concept theories (ICT) that identify important dimensions of QoL among older care home residents and describe strategies to achieve these.

Methods

- Interviews were conducted with 24 participants, including residents, family members, and staff carers in two care homes in Nottingham from Dec 2021 to April 2023.
- Interviews were transcribed and analysed using a realist approach, resulting in ICTs presented as IF and THEN statements.
- The IF statements represent contextual factors (C) affecting residents' quality of life at the resident or care home level.
- The THEN statements elucidate the strategies (S) and actions (A) that care homes adopt to support residents in enhancing dimensions of QoL (DQoL).

Results

• The study identified 15 IF and THEN statements. Three of these are described here.



Conclusion

This study uncovered valuable insights into understanding and enhancing Qol among older care home residents. Three ICTs focused on reducing depression and anxiety, maintaining external relationships, and enhancing comfort and safety with suggested strategies to achieve these. Findings will be tested using published literature and further interviews.

Acknowledgement



