

## Learning Effective Teaching Methods for Self-Care in Elderly

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### Abstract

**Introduction:** All of us start elderly from our birth. This process doesn't stop or reverse but we can postpone it by appropriate caring and minimizing habits which lead to faster elderly by using suitable methods.

**Methodology:** In this study researcher use systematic review method in a purposeful way and focusing on research question, so retrieving, evaluating and consolidating searched required information.

**Findings:** The results of analyzing the data of 13 selected papers in regards to the research question indicates that different methods exist for teaching self-care to patients. These methods are summarized in three categories: 1- teaching by nurses 2- prevocational interviews and 3- changing teaching methods from traditional to modern.

**Conclusion:** Informing and educating the traditional nursing education using new technologies (computers and internet), applications (video doctrine itself) and participating in educational and counseling programs are important for self-care education and changes in the behavior of the elderly.

**Keyword:** Teaching, Learning, Elderly, Self-care

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### Introduction

The increasingly growth of the elderly population is occurring due to the decrease of death and the increase of life expectancy throughout the world [1]. As the elderly population has increased, the risk of chronic diseases such as diabetes, heart diseases, joints and bones have increased [2]. According to the results of studies, caring of the elderly is an increasing and expensive challenge [3]. So self-managing and self-care programs have been introduced for controlling chronic diseases. These programs prevent and even postpone disabling people who have chronic diseases such as arthritic, heart diseases and blood pressure. Performing self-care programs can keep and improve the elderly's performance abilities. It is said that the people who have a role in self-care usually have more self-confidence [4]. This is why one of the most important aims of self-care programs in the elderly is enjoying independence in this period which results to a more satisfaction feeling [5] Self-caring is a conscious and learned and purposeful actions which is done by person for keeping life and securing and improving the person's and family's health [6]. Designing teaching methods proportional to the elderly people for improving the self-care process and the quality of life is counted as a part of health priorities [7]. Interferences which occur due to preparing self-care information has caused positive changes in health attitudes and believes and has developed performance skills [8]. In a study conducted by Ting Huang's (2008) results showed that personal teaching can cause increasing self-care behavior, self-managing diseases and increases life quality in the elderly who have been diagnosed with Asthma [9]. Teaching methods are different and the el-

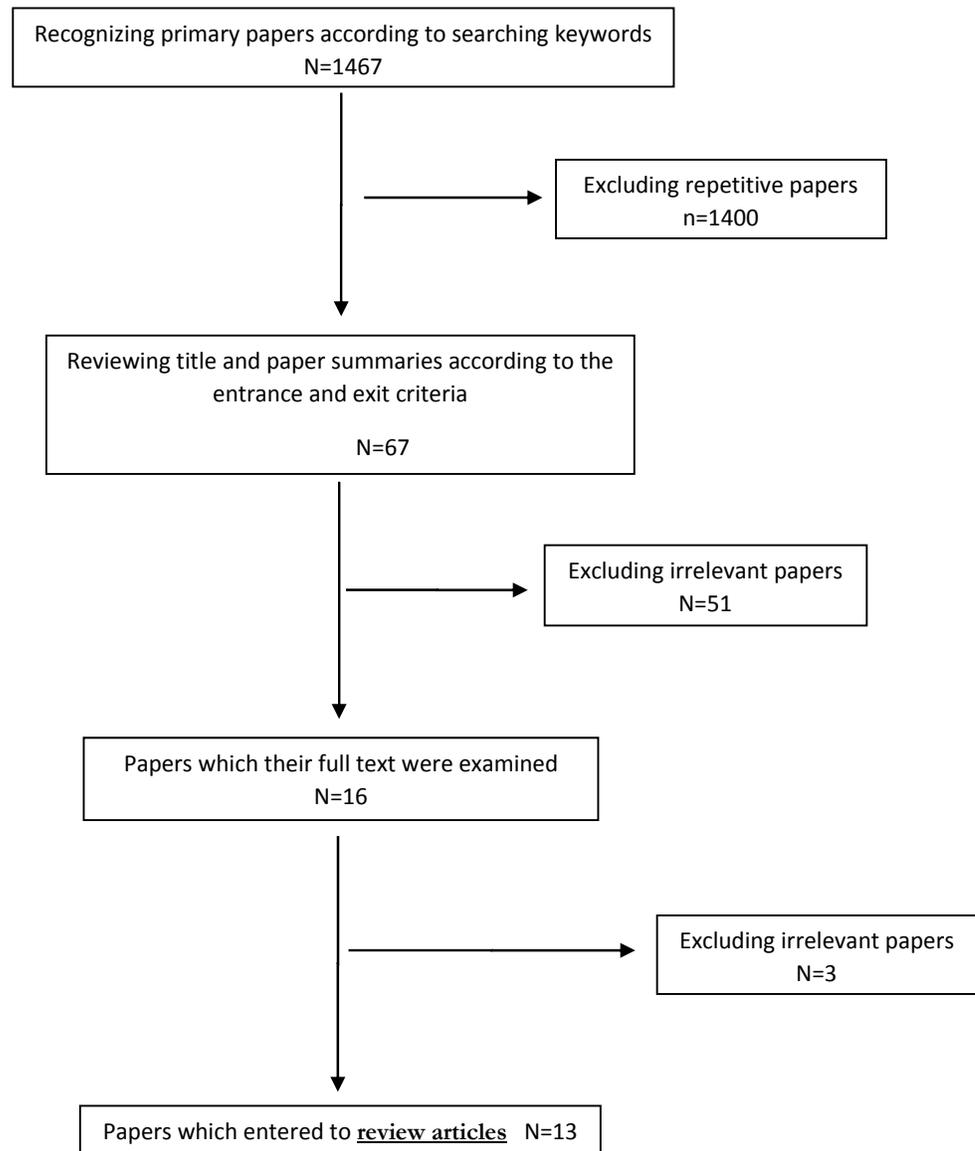
derly may not accept all teaching methods [10]. These people may have special conditions such as physical disabilities, language problems or disability in learning so teaching priorities should specifically be characterize in these people [4]. The aim of this study is to recognize special teaching methods for the elderly which can satisfy their needs for learning self-care.

### Methods

In this study the researcher use systematic review of literature in a purposeful way and by focusing on research question, recovering, evaluating and combining the searched required information. This study aimed to find out the most suitable self-care teaching methods in the elderly. For this purpose an electronic searching was done in two languages, Persian and English. The keywords used in this study included: self-care, elderly, learning and teaching which was done in the following informational databases: PubMed, Eric, Cochrane, Science Direct, Iranmedex, SID, Irandoc. The criteria for entering this study included all the original papers with qualitative and quantitative approaches which were written from 2003 to 2013 in English and Persian. Also unknown papers, reviews of literature, recommendations, letters to editors, historical papers, unscientific papers, thesis, written papers in languages except English and Persian were excluded from the study. For qualitative examinations of the gathered papers, two researchers reviewed the different aspects of the papers especially the methodology and credibility of the data. Finally, 13 papers were qualified for entering this study (graph1) and their full texts were separated, synthesized and then classified according to directions.



**Graph1. Graph of choosing papers**



## Results

Findings of the data analyzing of 13 selected papers (table 1) in direction of research questions indicated that there are different methods for teaching self-care that these methods summarized in three categories: 1.teaching by nurses 2.provocation interview 3.changing teaching methods from traditional to modern.

### Teaching by nurses

One of the customary methods for teaching self-care, is teaching by nurses. Nurses who have long years of experience in services, consider teaching as an inseparable part of their role. For this purpose by doing interventions such as making effective relation by patients in the way of listening, guiding and modeling of survival skills, helping patients

and their families in recognizing potential obstacles in self-caring and finding suitable solutions for prevailing these obstacles and by creating motivation, increase their self-confidence for facing with self-care behaviors and encouraging and strengthening them in the field of conscious deciding and self-caring.

### Provocation interview

Creating motivation in patients for behavioral changes is one of the most important duties of the health personnel. Miler's provocation interview (1983) is a good approach for improving behavioral changes. In this method references are considered as a defender healer and a main supporter and the first factor of changing.

Study Reference	year of published	Type of research and instruments of data gathering	Main findings
Centeno, J [3]	2011	Descriptive analyzing	Teaching and informing are main factors for patients' releasing and persisting. Nursing informing, technology, and using applying programs was an important program for patient's teaching and persisting of this applying instrument help nurses in qualitative care and cause of changing in the way of relationship with patients.
Ting Huang -Tzu [9]	2009	Accidental controlled experiencing Instruments: research made questionnaire: behavioral scale of self-care in asthma and scale of self-efficient in asthma	Self-care teaching program should be personal that could be effective in the field of the improving of self-care in elderly who diagnosed with asthma. By helping of computer, video self-taught program or asthma catalog could be effective in asthma program, but these aren't suitable substitute for personal teaching.
VictorManuel Mendoza [10]	2009	Long study	Establishing groups of elderly by supervision of a specialist, which members of these groups by sharing their problems and experiences Cause of active participants in deciding for preventing recognizing and healing of common diseases in these ages and by stating self-care's problems causing the improvement of quality and life style of elderly
Evangelista LS [11]	2008	Reviewing paper of 22 studies, relating to bounding behavior and doing self-care in heart disease	Nurses should pay attention to patient's thoughts about suggested changes and way of the applying of personal instruments in self-care. Should help people and their family in recognizing potential obstacles in self-care and people's competencies in facing with self-care behavior. Patients who have role in caring have more self-confidence than their competencies in controlling their diseases
Campbell RJ [12]	2005	Study of before and after Research instrument: multi-dimensional scale of medical health control (MHLC) Carenter health opinion poll (HOS) and opinion poll about Lov, Hartman examining of health value, two research-made questionnaires	Participant's eagerness increased for accessing to health information by using of private computers. Elderly in deciding about their self-care are bounded to a model of doctor's care and using of internet doesn't becoming to an important self-care decision.
Deana L [13]	2005	Descriptive study of correlation research instruments: learning observational questionnaire (LOQ) and personal information questionnaire	People who using internet were motivated learners, people who had less motivation didn't use internet for improving the level of health. Teaching designers should consider the necessity of designing interesting and pleasurable program in designing of health improvement material.
DicksonVV [14]	2009	Descriptive analyzing study	Traditional teaching doesn't reply to the development of needed skills for doing self-care. New teaching strategies is needed which are providing of integrating teaching and applying reliable references.
Hosseini, H [15]	2010	Semi-experience study of before and after Study instruments: self-efficient and self-care questionnaire	Nursing interventions in referring to home a according to nursing hypothesis and doing taught had positive effect on elderly self-efficient and doing self-care behavior which cause of people's health improvement
Rostami M [16]	2008	Semi-experience study of before and after	Quality of life after of self-care learning increased in contrast to before of learning. Positive effect of Urom's self-care pattern on

		Instruments of gathering information: Demographic characteristic questionnaire short questionnaire of 36 questions about the quality of life	decreasing of related problems to elderly which were advancing and increased by passing time
Lai AM[17]	2009	Qualitative study of before and after Instruments of gathering data: a lot of qualitative and quantitative evaluation instruments were developed and used for examining the effectiveness of far away teaching sessions	Elderly declared that presented taught were beneficial and show effective and considerable improvement in their competencies for doing their duties. Teaching by computers increased between elderly.
Ghasemipour, Y[18]	2012	Experimental plan Pretest and posttest with control group Depression, anxiety and stress questionnaire (DASS-21)	Provocation interview could make meaningful difference in patients who have overweight. This method can improve the effect of other therapeutic interventions on losing weight.
Navidian A.[19]	2009	Experimental study by pretest and posttest plan Instruments of gathering data: questionnaire about effectiveness of life style related to weight	Group provocation consulting in contrast to control group, cause of the increasing of more self-efficient of life style which is related to eating behavior, in people who have overweight and fat problems.
Cummings SM[20]	2008	Review paper	Considerable improvement is created in self-care according to doing provocation interview in elderly. Provocation interview and its derivations could be beneficial in facing with the wide ranges of the elderly's problems.

Changing teaching methods from traditional to modern  
 The elderly can easily enjoy modern technologies such as using mobile software programs or self-teaching programs. People's eagerness increased accessing health information by using private computers. The main reason for developing teaching computer programs is paying less costs. In this method the elderly participated and taking responsibilities actively. As technology is continuously changing patient's needs increased day by day, so changing in introducing information and teaching is a necessary matter.

**Discussion**

The results of this study are systematic and are in accordance with the results of different studies. About teaching people by nurses, results of several studies mentioned this method of teaching as one of the most effective methods in strengthening patients, specifically the elderly. According to previous findings teaching and informing people is the main factor for patient's successful releasing and persisting. Instructions which taught by nurses to patients, family members are more effective than the taught that presented health care programs through computer's programs, self-taught program's video or given catalogs to elderly[9,11]. Also several studies expressing positive effects of nurse's interventions in referring patients to home and presenting self-care's taught according to nursing hypothesis which is cause of increasing self-care's behaviors. As a result it is improving elderly's health. In this field we can point to studies such as, Hosseini(1390) [15] and Rostami(1387) [16].

In spite of this, traditional taught doesn't reply to the supports of patients for developing needed skills for doing enough self-cares. Because in one side bounding to therapy has a little relationship with consciousness and in the other side wrong designing of curriculum is cause of weakening the people's self-care [14]. So changing in the teaching method seems to be needed, because a lot of elderly interested in keeping themselves up to date and want to learn new skills. They can enjoy learning new technologies which are available easily [9,16, 21]. This is why teachers and presenters of health care are searching for suitable teaching methods in order to prevent diseases in people, are trying to control the costs and are choosing computer teaching programs as a cheaper strategy. So participant's eagerness for accessing to health information by using private computer increased and elderly not only report that taught were effective in this way, but also they show effective and considerable developments in their competencies for doing their duties[22].Internet is known as an effective communication way so it consider as a suitable teaching instrument in this field. By the way the positive effect of online teaching program has not known for all, because always people using internet who have a lot of motivation for learning and doing self-care. On the other side elderly don't use internet as a training program for self-care[12,13,17,22]. In this way it is necessary that computer programmers should plan interesting and pleasurable teaching programs for presenting suitable information about self-care according to this age's aims and needs [13]. Because elderly have special conditions

for learning, so programmers should have exact evaluation of elderly and their family's learning needs and also should examine physical capabilities such as having side aspects of a lot of diseases or other learning capabilities. By motivating people, increasing their self-confidence in facing with self-care behaviors and encourage and strengthen them for self-caring. If people have enough motivation they will get it. Motivation increased person's ability for replying and acting due to motive. Motivation is very effective for applying and exploiting the training facilities [4,13].

Miler(2008) said that nobody is unmotivated for full changing, it's important that motivation draw out by professional persons or in other words it is midwifing[23]. Miler's provocation interview(1983) is a good approach for improving the behavioral changes[24]. In this method references are counted as the healer's defender, the main supporter and the first factor of changing [25]. Effectiveness of provocation interview in behavioral changes and improving of self-care have been proofed in different studies[18,19,26,27]. Also Cumming's study (2008) about the effectiveness of provocation interview in elderly behavioral changes claimed that considerable improvement has created in self-care activities due to doing provocation interview. Findings of this review showed that provocation interview and its derivatives could be beneficial in facing with wide range of elderly's problems[20].

### Conclusion

Although traditional teachings have important effect on the elderly's learning but by paying attention to the increasing of old population and their special conditions which create in this period, exploiting new teaching technologies are necessary for covering wide range of population and also be more economic for cost, time and place .

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