

MULTIDISCIPLINARY APPROACH TO HEALTHY AGEING IN THE WORK OF A PUBLIC HEALTH NURSE



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Multidisciplinary approach

Common geroprophylactic measures GP and PHN improve the health of the elderly, preventing early mortality, functional disability and sick ageing.

Procedures in the work of a public health nurse

- ACTIVE participation in the education program through learning (individual, group).
- PASSIVE participation in the teaching program and enlightenment through lectures, written materials or educational shows.

Primary prevention

Education and motivation of the individual and members of the family about:

- balanced diet
- regular physical activity
- accurate and regular therapy
- participation in support groups (small groups, clubs, associations)
- preventive examinations

OUTCOME

- ✓ Knowledge about health and sickness
- ✓ Motivation
- ✓ Positive attitude towards self-care and knowledge of self-help



Conclusion

The role of a family doctor, public health nurse and the community is invaluable in providing quality health care for elderly people. The fact that elderly people tend to spend most of their time in their homes or near them and are more dependent on others emphasizes the importance of primary health care and quality cooperation at all its levels, as well as good connection with social institutions such as gerontological centres and social work and other non government institutions, associations and societies that take care of health and wellbeing of the elderly people.