

Original Article

Evaluation of Home Care Nursing for Elderly People in Cyprus

Christiana Kouta, PhD

Assistant Professor Department of Nursing, School of Health Sciences, Cyprus University of Technology, Limassol, Cyprus

Charis P. Kaite, MSc, PhD (c)

Cyprus University of Technology, PhD candidate Department of Nursing, School of Health Sciences Cyprus University of Technology, Limassol, Cyprus

Irena Papadopoulos, PhD, MA, BA, DipNEd, DipN, RGN, RM, FHEA

Professor of Transcultural Health and Nursing, Chair, School Ethics Committee, School of Health and Social Sciences, Middlesex University, London

Constantinos N Phellas, PhD

Professor Vice Rector for Faculty & Research University of Nicosia, Nicosia, Cyprus

Correspondence: Christiana Kouta, Assistant Professor Department of Nursing, School of Health Sciences Cyprus University of Technology. 15 Vragadinou Street 3041-Limassol Cyprus
e-mail: christiana.kouta@cut.ac.cy

Abstract

Background: Europe has the highest proportion of people aged 65 and older (16%). From 2000 until 2050, the world's population aged 65 and over will be more than triple from 600 million to 2 billion. Elderly prefer to be cared at home.

Aims: This article aims to present an evaluation of home care nursing of elderly people in Cyprus. It assesses whether the needs of the clients are met and discusses nurses and key informants' views in regards to home nursing care.

Methods: A mixed methodology has been used. For the quantitative part, a semi-structured questionnaire was used concerning client's needs. For the qualitative part, group and key informants in depth interviews, interview and the focus group guides were used. One hundred participants aged 60+ were randomly selected. Two focus groups with community home care nurses and six in-depth individual interviews with key informants were done.

Results: Quantitative analysis showed that 79% of the clients reported being satisfied with home care nursing personnel and suggested the increase of the number of home care nurses, 39% of the participants recommended the provision of additional help; while 12% suggested that further information about the program is needed. Qualitative analysis of focus groups and key informants interviews highlighted the need for a strategic plan that would promote collaboration between formal/statutory services such as pharmacists, physiotherapists, and informal/nonregulated services.

Conclusions: Home care nursing in Cyprus needs to undertake some further activities in order to ensure that clients have good physical health and function, good mental health and skills to adapt changes in their life.

Keywords: Elderly, evaluation, home nursing care/services, health services for the aged, Cyprus