



## REHABILITATION OF THE FRAIL PATIENT IN THE NURSING UNIT

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**Introduction.** The integration of nursing care and the multidisciplinary approach to the different settings of social assistance, diagnosis and therapy find their best expression in the nursing hospitalization unit, established in 2014-2015, according to the dialogue between Government and the regions, at the Hospital Nuovo Regina Margherita of Rome.

**Objectives.** The objective is to organize and manage continuous 24-hours nursing care for elderly, frail patients, who are frequently frail and with multiple chronic diseases. This approach refers to a multidisciplinary setting, to a motor and cognitive rehabilitation and to an increased compliance to the therapy. Besides, to ensure the recovery of patient functional autonomy before discharge.

**Materials and Methods.** The study has been carried out to a sample of 30 fragile 85 years old aged patients, who has

been hospitalized in the emergency room or in the medicine department of Region Lazio in around 5 months and then transferred to the nursing unit.

**Results.** The patients included in the study has regained around 80% of their mobility with walkers, around 58% of therapy management, 75% of self-sufficiency in simple activities in their everyday life, 50% of hydrating and feeding, 83% of sleep schedule and 67% in not returning to emergency room after their dismissal.

**Conclusions.** This study evaluated the importance of specific nursing assistance to senescent diseases and of the quality of older people's care, cooperating with multidisciplinary teams, especially with geriatricians and social workers. In conclusion, we can assume that using transitional care and a nursing unit has been essential for the patient's discharge and for the continuity of assistance in therapeutic settings.