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Rehabilitation Nursing Technology Intervention Gains Based on the Model of Self-care, in the Elderly Person with a Proximal Femoral Fracture

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Abstract

Objective: Identify the Rehabilitation Nursing intervention gains based on the model of self-care in people with a Proximal Femur Fracture.

Methodology: Descriptive and exploratory study, using Robert Yin's qualitative case study methodology. The Elderly Nursing Core Set (ENCS) was used as a data collection and diagnostic tool; and Fonseca's Self Care Model (2013) was used as an orientation for intervention. **Results:** There was

an increase in the gains in the general functionality of patients after the intervention of the Rehabilitation Nurse. **Conclusions:** The evaluation of the functionality through the ENCS and the systematization of the care through the Self-Care Model allowed the development of an intervention plan, which by taking into account different dimensions, ensured the obtaining of sensible gains of the care of Rehabilitation Nursing.

Professional practice implications: Since the patients needed to continue the rehabilitation program at home, teachings were made to the informal caregiver in order to empower him/her.

Keywords

Nursing Rehabilitation Self-care

Proximal femur fracture Informal caregiver

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