

## Collaboration between home care nurse and physical therapist in the home care of bed-ridden elderly

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## 寝たきり高齢者の在宅ケアにおける訪問看護職と理学療法士との連携

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### Abstract:

**Objectives:** To describe the information exchanged between home care nurses (Ns) and physical therapists (PT) for the bed-ridden elderly having achieved rehabilitation goals in 2 months.

**Methods:** This study reported collaborated ways of three cases' rehabilitation care practiced by Ns and PTs. The Ns assessed physical and mental health, activities of daily living, and the PTs assessed physical function and mobility level. After setting the goal of the program, they exchanged information along the process of care and recorded them. The Ns and the PTs evaluated the clients' goal achievements.

**Results:** One case acquired volition in continuing the rehabilitation program after introducing 'dancing rehabilitation' by the PT. Another case achieved reformation of the bathroom with collaborated support by the Ns, the PT and the public health nurse. The other case improved the level of sitting position motivated with watching TV. The information communicated from Ns to PT was client's physical and psychological state and reaction, readiness for the program and caregiver's state. From PT to Ns, was client's expected progress, rehabilitation programs considering clients' activity and habits in daily life.

**Conclusions:** Collaboration between Ns and PT was effective to achieve goals in home rehabilitation programs.

**Key Words:** collaboration, rehabilitation, home care nurse, physical therapist, bed-ridden elderly, information

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