

The Besrouer Centre for Global Family Medicine

Dr. Patrick Chege Memorial Research Award Poster Presentation

Educational Intervention Strategy for The Care of The Elderly from A Bioethical Perspective in Cuba

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Background: The aging of the global population has led to the emergence of new health policies, new medical services, and appropriate therapeutic approaches to address the special needs of this population. This also demands a social response that intelligently combines economic rationality and humanism. Of special importance are the studies that allow for the identification of those elements necessary for the community and the family itself to adopt a strategy aimed at improving elderly care and thus the dignity, integrity, and quality of life of all the people involved.

Purpose: To design an educational intervention strategy to improve the care of the elderly in the context of their community and family from a bioethical perspective.

Methods: Qualitative Study: Interviews were conducted with the elderly and their caregivers and a focus group with health personnel at the "Ana Betancourt" University Polyclinic in Havana, Cuba. Based on the findings, a problem tree and SWOT analysis were employed to identify key areas to target with an educational intervention strategy. Educational intervention been successfully used in Cuba to improve family, community, and population health through behavioural and attitude change.

Findings: The root of the problem was the limitation of the personal autonomy of the elderly under care, where a majority deferred all decisions to their caregivers. The educational intervention targets: empowerment program for the elderly and caregivers, Gerontological committee to oversee care of the elderly in the community, and training of healthcare personnel. The methods in the strategy include a caregiver school, clinical ethics course for the primary health care staff, groups dynamics training and psychotherapeutic sessions for empowerment of the elderly.

Conclusion: The educational intervention strategy was designed with interventions aimed at improving collaboration of the actors involved in elderly care to foster dialogue and mutual recognition of older adults as moral agents.