

**Матеріали науково-практичної конференції з міжнародною участю
присвяченої 20-й річниці з дня заснування факультету здоров'я
та фізичного виховання УжНУ «Сучасні підходи до формування
професійних компетентностей фахівців фізичної терапії та ерготерапії»
(17–18 жовтня 2019 р., м. Ужгород)**

P. Vansač

Social intervention through ergotherapy in retirement home

St. Elizabeth University of health and social work Bratislava, Institute of bl. M. D. Trčku, Michalovce, Slovakia

The aim of our article is to point out the usefulness of ergo-therapy in retirement home. Occupational therapy is a daily meaningful activity for the elderly, as a treatment that enables the elderly to achieve the functionality of life, as a means of strengthening their physical and mental health.

Characteristics of occupational therapy

According to the World Federation of Occupational Therapists (WFOT 2012): Ergotherapy is a profession that focuses on promoting the health and wellbeing of a client through occupation. The primary goal of ergotherapy is to enable clients to participate in everyday activities.¹

In summary, ergotherapy is a profession that:

- draws on medical and social sciences;
- focuses on the nature, balance, forms and context of employment in an individual's life;
- is interested in how the disease or disability affects a person's ability to perform a particular activity and how to strike a balance between a person's ability, activity demands and environmental factors;
- The philosophy of this job is based on a holistic view of man and is based on the assumption that each person is a unique being who is able to improve his / her health, functional abilities and thus achieve a better quality of life.²

Occupational therapy as a tool of client adaptation in a retirement home.

Barkasi states that for the period of old age, every senior should be prepared and coped with, as adaptation to that period is solely an individual matter.³ When self-sufficiency is reduced so that it is not possible to provide the necessary support in the home environment, institutional care starts. The most common institutional care is retirement home.⁴

Facilities for seniors according to Act 448/2008 Coll. on social services is intended for a person who has reached retirement age and is dependent on the help of another person and whose degree of reliance is at least IV. or a person who has reached retirement age and needs social services in this institution for other serious reasons.⁵

The arrival of a senior in a retirement home is a very stressful matter. Seniors must cope with the new environment, which can be a problem especially for people with impaired cognitive functions. Therefore, they are often dissatisfied and looking for someone known. Another problem is the loss of privacy, social contacts and the need to live with strangers and adapt to the order of the institution. A change in eating habits is also serious.⁶ According to Belovičová, the predisposition of the older organism to the development of malnutrition is due to the reduction of cellular and other non-fat mass as well as limited ability to adapt and restore damaged structures of the organism.⁷

Goals and areas of occupational ergotherapy intervention

The areas covered by ergotherapy are activities that are part of human life. There are three basic categories:

1. Daily activities. We divide them into personnel activities (e.g. eating, dressing, personal hygiene, walking, etc.) and instrumental daily activities (e.g., telephoning, using transport, shopping, preparing meals, housework and others).
2. Working activities. People must spend a certain amount of energy intake, either by physical or mental activity, to burn energy received from food. During mental exertion, one must also perform physical work to strengthen and support his

¹ <https://www.wfot.org/about-occupational-therapy>

² JELÍNKOVÁ, J., KRIVOŠÍKOVÁ, M., ŠAJTAROVÁ, L.: *Ergoterapie*, Praha – Portal 2009, s. 14.

³ BARKASI, D. 2019. *Poskytovanie dlhodobej starostlivosti pre seniorov v systéme sociálnych služieb v meste Michalovce*, Collegium Humanum – Szkoła Główna Menedżerska, Warszawa, 2019, s. 88 – 92.

⁴ POPOVIČOVÁ, M., -WICZMÁNDYOVÁ, D. 2016. *Rola sestry v následnej zdravotnej starostlivosti o imobilných pacientov v domove sociálnych služieb*. VŠZaSP sv. Alžbety, Bratislava 2016, s. 284-290.

⁵ Zákon č. 448/2008 Z. z. o sociálnych službách § 35.

⁶ KRAJČÍK, Š.: *Geriatría pre sociálneho pracovníka*, VŠZaSP sv. Alžbety, Bratislava 2006, s. 65-66.

⁷ BELOVIČOVÁ, M.: *Malnutricia vo vybraných chronicky chorých pacientov*, Collegium Humanum – Szkoła Główna Menedżerska Warszawa 2019, s. 116

physiological state - heart, blood vessels, muscles, spine, etc. In this way, work becomes a therapeutic and relaxing means to strengthen your mental and physical health.⁸

3. Activities accordingly to the age of the person (e.g. preventive Rehabilitation care).⁹

According to Malíková, the activity of occupational therapy in retirement home should be deliberately designed to combine as many stimuli, methods and activities as possible. Therefore, during the selected activity, e.g. during manual work, the ergo therapist plays favorite music or sounds from music therapy, and with the help of aroma lamps clients inhale the relaxation oil. To keep clients focused, the activity alternates with some element of relaxation.¹⁰ According to Skorodenský and Guľašová, changes in one area of life (e.g. psychological area) will affect functioning in other areas (biological area...)¹¹

Conclusion

Moving seniors from the family environment to a retirement home is a big problem for everyone. They must cope with its health, loss of cognitive functions, loss of social contacts, loss of home environment. This period is called the adaptation period. The intervention of the occupational therapist during this period is very important. First of all, it should help the senior to prevent maladaptation syndrome and then engage him in meaningful activities to make the senior feel useful.

Bibliografia

BARKASI, D. 2019. Poskytovanie dlhodobej starostlivosti pre seniorov v systéme sociálnych služieb v meste Michalovce. In: Vansač, P., Czarnecki, P., Popovičová, M. *Nevyhnutnosť dlhodobej sociálno-zdravotnej starostlivosti v Slovenskej republike*. Zborník príspevkov z V. medzinárodnej vedeckej konferencie Michalovce, 16. november 2018. Collegium Humanum – Szkoła Główna Menedżerska, Warszawa, Polska, 2019. ISBN 978-83-952951-0-2.

BELOVIČOVÁ, M.: *Malnutricia vo vybraných chronicky chorých pacientov*, In: VANSÁČ, P., CZARNECKI, P., POPOVIČOVÁ, M.: Zborník vedeckých prác V. Medzinárodnej vedeckej konferencie, Collegium Humanum – Szkoła Główna Menedżerska Warszawa 2019, s. 114 – 121, ISBN 978-83-952951-0-2.

JELÍNKOVÁ, J., KRIVOŠÍKOVÁ, M., ŠAJTAROVÁ, L.: *Ergoterapie*, Praha – Portal 2009, ISBN 978-80-7367-583-7

KRAJČÍK, Š., *Geriatría pre sociálnych pracovníkov*. Bratislava: SAP, 2006, ISBN 80-969449-8-3

POPOVIČOVÁ, M., WICZMÁNDYOVÁ, D. 2016. Rola sestry v následnej zdravotnej starostlivosti o imobilných pacientov v domove sociálnych služieb. In *Recenzovaný zborník príspevkov z medzinárodnej vedeckej konferencie – Deinštitucionalizácia sociálnych služieb v kontexte pomáhajúcich profesií*. Bratislava: VŠZaSP sv. Alžbety, Bratislava, 2016, str. 284-290. ISBN 978-80-8132-144-3.

SKORODENSKÝ, M., GULAŠOVÁ, M.: *Základy klinickej psychológie*. Prešov, Filozofická fakulta Prešovskej univerzity v Prešove 2012, s. 100. ISBN 978-80-80-555-0601-2

UHÁĽ, M.: *Práca, jej znaky a dôvody práce v sociálnej náuke Cirkvi*, Katolícka univerzita v Ružomberku, Teologická fakulta, Košice 2006, ISBN 80-89089-47-X

Zákon 448/2008 Z. z. o sociálnych službách a o zmene a doplnení zákona č. 455/1991 Zb. o živnostenskom podnikaní (živnostenský zákon) v znení neskorších predpisov.

<https://www.wfot.org/about-occupational-therapy>

assoc. Prof. Belovičová Mária, MD. PhD

Physiotherapy as a part of a complex non-pharmacological treatment of obesity in medical spa environment

¹Internal Clinic for Liver Disease Diagnosis and Treatment, Remedium s.r.o.

²St. Elizabeth University of Health and Social Sciences, Bratislava - teacher

³Slovak Society of Practical Obesity (SSPO), Bardejov

In European countries, medical spas belong under health care. Implementing spa treatment positively influences patients' health, as proved by evidence from history as well as by modern scientific knowledge. The results of researches carried out by universities and research institutes also demonstrate the reasonability of treatments based on the use of natural healing resources. It is about types of treatment of both - chronic and post-acute conditions - as well as about treatment aimed at lifestyle diseases and their prevention.

⁸ UHÁĽ, M.: *Práca, jej znaky a dôvody práce v sociálnej náuke Cirkvi*, Katolícka univerzita v Ružomberku, Teologická fakulta, Košice 2006, s. 127-128.

⁹ JELÍNKOVÁ, J., KRIVOŠÍKOVÁ, M., ŠAJTAROVÁ, L.: *Ergoterapie*, Praha – Portal 2009, s. 65-66.

¹⁰ MALÍKOVÁ, E.: *Péče o seniory v pobytových sociálních zařízeních*, 2011, s. 126.

¹¹ SKORODENSKÝ, M., GULAŠOVÁ, M. (2012) *Základy klinickej psychológie*. Prešov, Filozofická fakulta Prešovskej univerzity v Prešove, s. 46.