

KEYWORDS

- ♦ **Self-care**
- ♦ **Dependency**
- ♦ **Family carers**
- ♦ **Decision making in health**

PROMOTER

- Escola Superior de Enfermagem do Porto (ESEP)

PARTNERS

- Instituto Politécnico de Bragança (IPB) ♦ Universidade do Minho - Esc. Sup. Enfermagem (UM-ESE) ♦ Instituto Politécnico de Viana do Castelo (IPVC)
- ♦ Universidade de Trás-os-Montes e Alto Douro - Esc. Sup. Enfermagem de Vila Real (UTAD)

DURATION

18 months

PRIORITY DOMAIN

Life Sciences & Health (EREI Norte)

RESEARCH TEAM

- IR** ► Maria do Carmo Rocha (PhD)
- André Novo (PhD)
 - Fátima Araújo (PhD)
 - Joana Campos (MSc)
 - Salomé Ferreira (PhD)
 - Bolseiro 1 (MSc)
 - Bolseiro 3 (MSc)
 - Cristina Imaginário (MSc)
 - Fernando Petronilho (PhD)
 - Maria José Peixoto (PhD)
 - Teresa Martins (PhD)
 - Bolseiro 2 (MSc)

BRIEF DESCRIPTION

This project aims to understand the problem and extent of the phenomenon of dependence in self-care within the family context, enabling the allocation of resources for an adequate response to the real needs identified. The study is of exploratory/correlational nature, based on an epidemiological survey. We will use an areal, probabilistic, stratified and proportional sampling technique, estimated from the number of private households, according to the 2011 Census. For data collection we will use a previous tested instrument that consists of a set of questions to assess autonomy in self-care activities, independence, health condition, resources and caregiver's perception on self-efficacy as a carer of a dependent person in self-care.

WORKPLAN

The **first phase will consist on the design and sampling**. The "Geographic Information Referencing Base" BGRI (2011) will be used to determine the number of participants for each sub-region.

The next step is to prepare data collection instruments to access the sociodemographic and clinical variables, dependency levels in self-care, the family caregiver's self-perception on self-efficacy, resources and equipment used to aid the dependent person, assessment of the dependent's health condition. **The aim is to ensure data reliability, based on previous developed studies conducted in four main northern cities.**

Nurses will be recruited to participate in **phases 3 and 4** of the project and will be responsible for **data collection**. Students from the institutions will be monitored by teachers and will be involved in the process of data collection. Each researcher will be responsible for supervising data collection. **Data will be inputted into specific software applications for latter processing and analysis.**

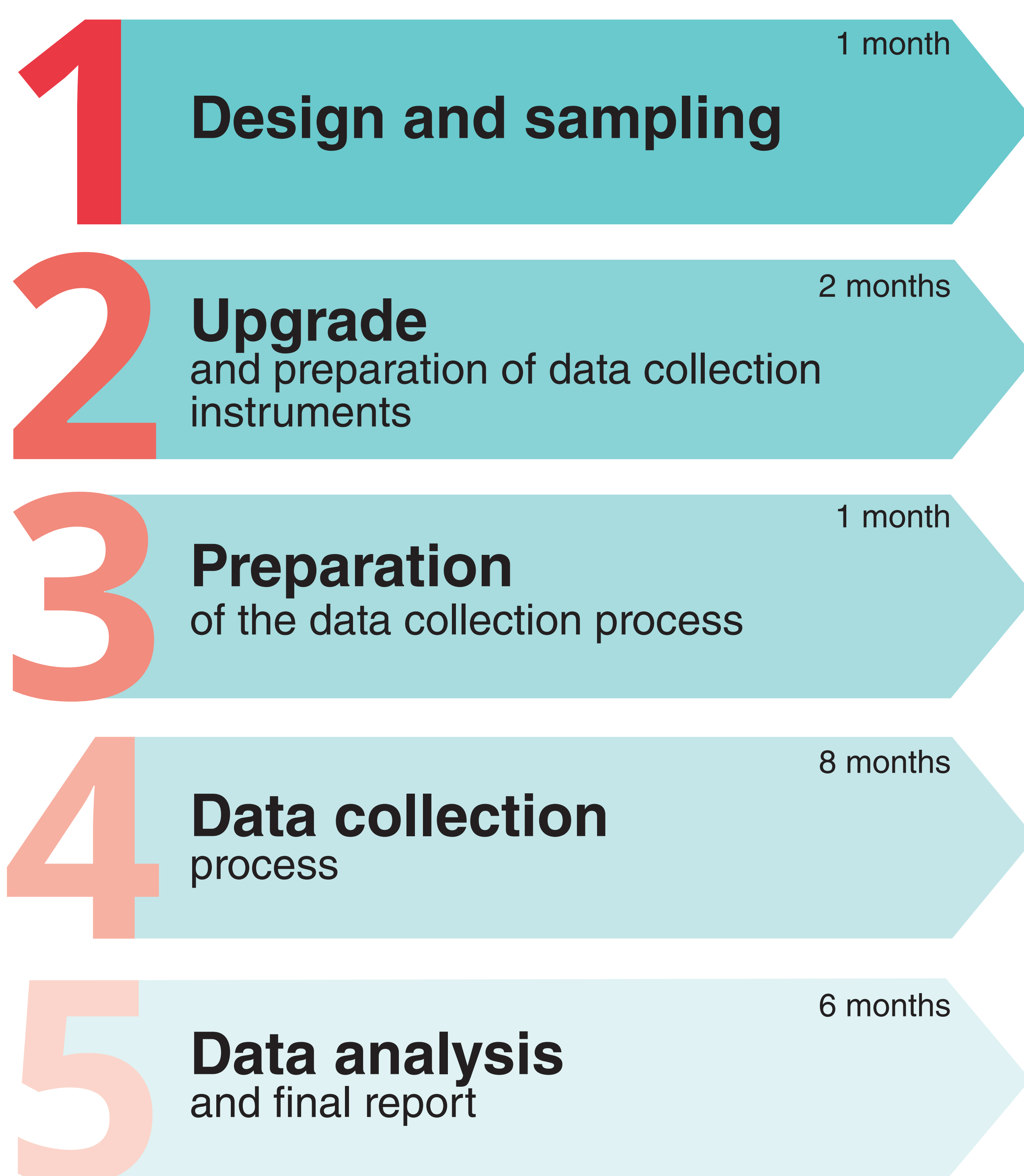
The **final phase** of the project is **to assess the epidemiological dimension of the phenomenon "dependence in self-care" in Portugal, within traditional family contexts**. Data will be processed and information will be classified according to the specific areas of self-care. The relationship between the variables under study will be established, namely in what concerns the skills of family caregivers caring for dependent persons and the health condition of the dependent person. **This analysis aims to give an important contribution to understand how families care for their dependent ones, but also to help improve public health policies.** Finally, this project will have a book edition.

METHODS

The study is of exploratory/correlational nature, based on an epidemiological survey. We will use a population-based, probabilistic, stratified and proportional sampling technique, estimated from the number of private households, according to the 2011 Census.

For data collection we will use a previously tested instrument that consists of a set of questions to assess autonomy in self-care activities, independence, health condition, resources and the caregiver's perception on self-efficacy.

ACTIVITIES



EXPECTED OUTCOMES AND IMPACT

This research will have a positive impact on the improvement of the quality of health care of people dependent in self-care, fostering the process of recovery and leading to a more active ageing. Other important contribution concerns the guidance and training of family caregivers of the dependent person. **This project will enable to disclose information on the number of people dependent in self-care, their care needs, health condition and information on their self-autonomy potential. This relevant information can help in the adoption of health policy guidelines, including an effective allocation of resources to respond to the real needs identified** and contribute to the development and implementation of projects targeted at the elderly population by addressing their real problems.

ACHIEVEMENT INDICATORS

- ♦ Collaborations ► 20 ♦ Research Publications ► 5 ♦ Reports ► 1
- ♦ Advanced training ► 7 ♦ Other contents ► 7

INVESTMENT NEEDED

- € 149.131,27

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