

Happy Feet Effect on Quality of Life

Pinnacle Nursing and Rehabilitation

Introduction

As the efficacy of medical treatments increase, over time the average age has also increased. Geriatric populations are getting older. The life expectancy of a person born in the USA in 1900 was 49 years which has significantly increased to 78.8 years in 2014.^{1,2} As the longevity of life increases an important factor to consider is an individual's quality of life. Quality of life is multidimensional and has been measured by the CDC using the health-related quality of life (HRQOL) and the Healthy Days Measure.³ The HRQOL measures quality of life considering physical health, mental health, and an individual's ability to perform activities of daily living (ADLs). Another questionnaire used by the CDC is called the Healthy Days Measure which asks individuals how their last 30 days have been affected by different factors such as pain, sadness, anxiety, sleep and energy.

About 5 or 6 years ago Pinnacle Rehabilitation and Nursing had a program called Happy Feet. Residents were brought to the nurses' station and then music was played while residents were assisted down the hall to the dining room either walking or riding in the wheelchair according to their abilities. This program has not been implemented in the past 4 or 5 years.

At Pinnacle Nursing and Rehabilitation we recognize the importance of quality of life and hope that the care the residents receive has a positive impact on their quality of life. The purpose of this study is to see if the implementation of Happy Feet will improve the residents' quality of life and to see if the number of residents coming to the dining room increases.

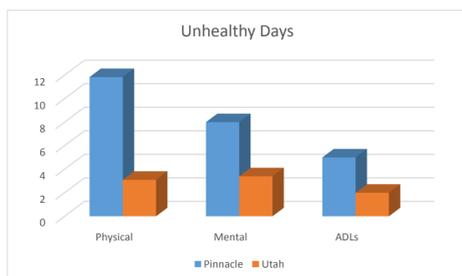
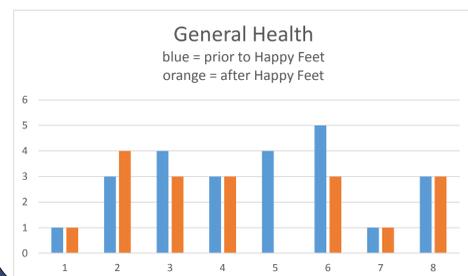
Methods

To evaluate the effectiveness of Happy Feet on the resident's quality of life, the residents will be asked subjective questions from the HRQOL and Happy Days Measure prior to Happy Feet and then 30 days later. Initial surveys were taken the week of 4/17/17 and ending surveys taken the week of 5/22/17. Happy Feet intervention occurred Monday through Friday in the interim. Attendance in the dining room for brunch varies with changes in census. On 4/21 there were 12 residents in the dining room and 10 regularly attended breakfast and would be in Pinnacle a month later. Of the 10 regular residents 8 were cognitively able to answer the first question and 6 were able to fully answer the questionnaire. Questions were asked such as: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

Data

- Residents are signified as R1 for resident 1, R2 for resident 2, etc.
- R4 unfortunately was in the hospital when second survey was taken.
- Utah did a HRQOL survey of 9,490 people⁴. The results of that survey are in the last row of the table and a bar graph comparing Pinnacle to Utah's Unhealthy days is in the bottom right bar graph.
- General health was rated as 1- excellent, 2- very good, 3- good, 4- fair and 5- poor.
- The table on the bottom left compares general health of our 8 residents before and after Happy Feet intervention.

	General	Physical	Mental	ADLs	Pain	Sadness	Worried	Sleep	Full of Life
R1	1	1	14	0	0	0	0	0	30
R2	3	4	7	30	3	30	0	25	3
R3	4	3	30	10	20	12	10	0	25
R4	3	3	0	0	0	0	0	0	0
R5	4	20	25	20	20	20	30	20	0
R6	5	3	0	25	0	0	0	0	0
R7	1	1							
R8	3	3							
Avg	3.3	2.3	11.8	10.8	8	7	5	4.2	8.8
UT			3.1	3.4	2				



Results



Regarding general health of the 8 residents surveyed on average the health improved from good to very good. On average in each survey the number of "not good" days decreased. In the healthy days questionnaire in all areas the number of unhealthy days also decreased. There was a significant change in unhealthy days related to pain, worry and amount of sleep. The last question asks how many days they felt full of life and on average this amount went up from 11.7 to 15.8 days. When the first survey was completed 12 residents were attending the dining room and after the second survey there are now 16 residents at brunch in the dining room.

Conclusions

We cannot say definitively that we improved the quality of life of all the patients that participated in Happy Feet. However, on average, there was an improvement in all areas. Also, during Happy Feet the residents were usually smiling or expressing that they were having a good time, the staff enjoyed having a change in their day, and we feel it improved the culture in the building. Additionally the number of residents attending the dining room at brunch increased. Residents also reported that they enjoyed doing Happy Feet and would like to continue to participate in it on their way to brunch.

Brought to you by DOR, Maresa Madsen and the Pinnacle Therapy Team



Bibliography

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