

COHERENT REHABILITATION

– experiences of persons with inflammatory arthritis

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BACKGROUND

20-40% of patients with inflammatory arthritis (IA) do not tolerate or do not have sufficient effect of the medication. These people experience considerable problems in their everyday lives and need multidisciplinary rehabilitation. Coherence in healthcare is of utmost importance

OBJECTIVE

To explore how persons with IA experience coherence in their rehabilitation pathways

METHOD

11 persons with IA who had experience with rehabilitation across primary and secondary health care were included. The datacollection is illustrated in figure 1. The analysis involved case descriptions and interpretation in a thematic analysis

In the patient's home before an inpatient rehabilitation stay	During the two-week rehabilitation stay	4-6 weeks after discharge from the rehabilitation stay
<ul style="list-style-type: none"> Semi-structured interview 	<ul style="list-style-type: none"> Semi-structured interview Participant observations Informal interviews 	<ul style="list-style-type: none"> Semi-structured interview

Figure 1: Data collection

RESULTS

Main theme: a person centered approach

Important to meet professionals who listen and acknowledge the persons' own views rather than focusing on the "system", regulations and standards


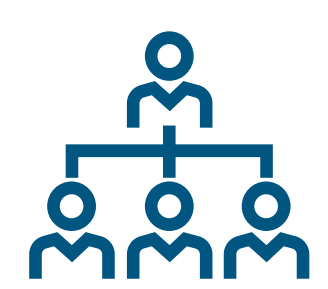

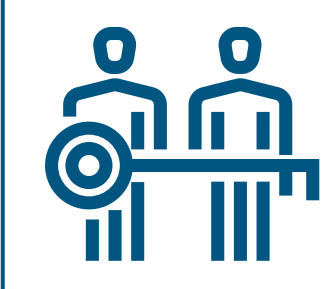
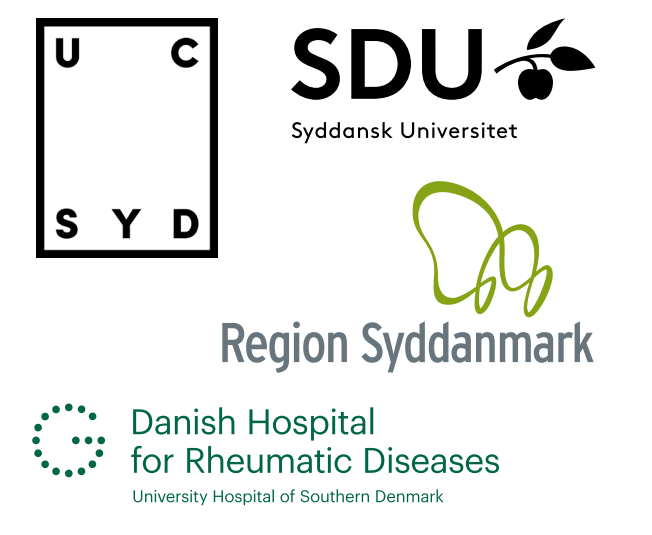
 <p>Empowerment and dis-empowerment</p>	 <p>Lack of communication and coordination</p>	 <p>Interventions meant as help may be felt as restrictions</p>	 <p>The system is difficult to get through</p>
<p>Most patients want to be in control and take action but they may lack the energy and ability to express their needs and thus give up</p>	<p>Involves processes between the staff in the same department, between departments or sectors. Patients feel forced to take on coordinating tasks themselves, but does not feel qualified to this</p>	<p>I.e. free physical therapy delivered at times not appropriate for the patient and types of support which can lead to a feeling of social control</p>	<p>Information about possible support are provided at random and some ask for a coordinating person</p>

Figure 2: Themes

CONCLUSION

Facilitators for coherent pathways among people with IA encompass dedicated professionals working with a person-centered approach aiming to empower people through provision of relevant knowledge and to enable persons to ask for the right type of help. A coordinator may facilitate coherence



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