

Investigation and Analysis on the Status and Demand of Rehabilitation Services in Elderly Care Institutions

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Abstract

Objective: To study and investigate the status and demand of rehabilitation services in elderly care institutions. **Methods:** 15 elderly care institutions in our city were selected to investigate the status quo of rehabilitation services, including rehabilitation facilities, rehabilitation personnel, etc. **Results:** Only 6 rehabilitation facilities in 15 elderly care institutions met the basic rehabilitation needs, accounting for 40%; 9 rehabilitation facilities could not meet the basic rehabilitation needs, accounting for 60%; only 32 rehabilitation therapists with qualification certificates, among which 20 rehabilitation therapists had not received any training within 3 years; 10 of 15 elderly care institutions lacked rehabilitation therapists and could not meet the rehabilitation needs, and the proportion of rehabilitation nursing was not comprehensive, accounting for 66.7%; and 100% of the 15 elderly care institutions needed rehabilitation talents, requiring the diploma of rehabilitation talents to reach the standard of college diploma or above. **Conclusion:** The elderly care institutions need rehabilitation personnel, the existing rehabilitation personnel should also receive regular professional training, and medical institutions should also increase the training of relevant personnel.

Keywords

Elderly Care Institutions; Rehabilitation Services; Current Situation; Demand; Survey.

1. Introduction

According to the 2016 survey, 230 million people over 60 years old in China, the elderly in the total population of 16.7%, the annual growth rate of the elderly reached 8 million. Under the influence of aging, the population structure of our country has changed a lot. The traditional mode of family pension can not meet the needs of modern society. Elderly care institutions are not only responsible for food, clothing and housing for the elderly, but also for the health of the elderly.

2. Respondents

The present situation of rehabilitation services in 15 elderly care institutions in our city is investigated. There are 7 public institutions and 8 private institutions. There are 20 persons in charge with a ratio of 7: 13 between men and women. They are 24 to 65 years old with an average age of (42.6 ± 7.5) . They have worked for 1 to 20 years with an average age of (6.5 ± 3.5) . They have 32 rehabilitation therapists with a ratio of 20: 12. They are 21 to 35 years old with an average age of (26.6 ± 4.2) . They have worked for 3 to 15 years with an average age of (5.2 ± 4.8) .

3. Methods of Investigation

Participate in the relevant materials, design questionnaires, select 15 elderly care institutions in our city for investigation. The designed questionnaires shall be reviewed and passed by

experts, and may be investigated after being revised to be qualified. Rehabilitation facilities, personnel and services of 15 elderly care institutions were investigated by questionnaires. At the same time, we should use SPSS software package to describe the statistics.

4. Results

4.1. Analysis of Rehabilitation Facilities and Rehabilitation Personnel in Elderly Care Institutions

Only 6, or 40%, of the 15 institutions for the elderly meet their basic rehabilitation needs; 9, or 60%, fail to meet their basic rehabilitation needs; only 32 rehabilitation therapists have been certified, and 20 of them have not received training within 3 years; and 10 of the 15 institutions for the elderly are in lack of rehabilitation therapists, unable to meet their rehabilitation needs, and the proportion of rehabilitation care is incomplete, or 66.7%. Of the 15 elderly care institutions, seven are public and eight are private. Among them, the rehabilitation facilities in private elderly care institutions are better equipped. This is due to the fact that most of them are newly built and have large investment. Public institutions for the elderly rehabilitation equipment less, and mostly outdated, less types, can only be idle, and can not be effectively used. According to the Civil Affairs Bureau, elderly care institutions with 100 beds are small, 100-200 are medium and more than 200 are large, and anti-floating facilities meet the relevant standards. According to the survey, large elderly care institutions lack rehabilitation therapists, while the shortage of rehabilitation therapists in small and medium -sized elderly care institutions is especially serious. Most of the existing rehabilitation therapists do not have professional qualification certificates, and most of the holders of rehabilitation qualification certificates are nurses, health massage and traditional Chinese medicine rehabilitation. The existing rehabilitation therapists lack professional training and have short training experience. The training also aims at elderly care services, elderly care policies and other aspects, and lacks professional rehabilitation skills training. Rehabilitation services for elderly care institutions Some elderly care institutions have carried out this work, but some have not, and most of the work is simple rehabilitation, which can only provide physical treatment and traditional Chinese medicine rehabilitation for the elderly, and cannot effectively implement comprehensive rehabilitation training, and cannot provide targeted rehabilitation services for the language, sports and other aspects of the elderly. Because of the low rate of rehabilitation services, among which the rate of comprehensive rehabilitation services is lower, only one of the 15 institutions in this study carried out comprehensive rehabilitation, the other 14 can not provide comprehensive rehabilitation services. The institution, which provides comprehensive rehabilitation services, can only provide simple rehabilitation services without speech therapy.

4.2. Analyzing the Demand for Rehabilitation Talents in Elderly Care Institutions

The demand for rehabilitation personnel in 15 elderly care institutions is up to 100%, and it is required that the degree of rehabilitation personnel shall meet the standard of college degree or above. The results showed that the demand of elderly care institutions for rehabilitation services mainly focused on daily life ability training, sports and language function treatment, psychological rehabilitation and health education. At present, many elderly care institutions require the rehabilitation personnel to have a professional degree or above, and the number of rehabilitation therapists is the largest. Rehabilitation professionals are required to have good professional knowledge and ability, and to master the rehabilitation of cardiovascular and cerebrovascular diseases, bone and joint diseases, ADL training and other aspects. Less professionals are required in the rehabilitation of diabetes mellitus and other chronic diseases, while rehabilitation for other diseases is even less. Rehabilitation therapists are in high demand

and need specialized knowledge, especially for cerebrovascular rehabilitation, bone and joint rehabilitation, diabetic rehabilitation, intellectual and audio-visual rehabilitation and daily living ability.

4.3. Claims for Rehabilitation Services

Most of the persons in charge and business supervisors of the elderly care institutions need to organize the training and education of rehabilitation professional services. This mainly focuses on the exercise of the ability related to daily life of the elderly, sports treatment, psychological rehabilitation, nursing, health education and many other aspects. In accordance with the requirements of the relevant departments, the number of beds as a measure of the capacity of elderly care institutions to judge a measure. However, the number of rehabilitation workers in many institutions is insufficient, and many small and medium -sized institutions lack of rehabilitation workers. Many institutions do not have a rehabilitation therapist to serve as a rehabilitation worker. Often, nursing workers in institutions provide rehabilitation services on a part-time basis. At the same time, many rehabilitation workers do not have professional education experience, many people hold the certification of traditional Chinese medicine rehabilitation, nurse practice qualification certificate and health care massage teacher qualification certificate. Depending on the training experience of the existing rehabilitation workers in the institutions, there is a serious lack of training experience, and even many people have not participated in professional training, even if participated in the training work, the training time is very short, generally less than three days of off-the-job training, and the content of the training is generally related to skills, concepts, policies, trends, etc., rarely involved in professional rehabilitation knowledge and skills training.

5. Conclusion

The survey results show that the elderly care institutions in our city are short of rehabilitation facilities and professionals. Even the elderly care institutions that can provide rehabilitation services are too simple to provide professional rehabilitation services for the elderly, resulting in inadequate services and inability to adapt to the development of medical care and elderly care. If the number of rehabilitation facilities in the elderly care institutions is insufficient, there is a lack of professional rehabilitation service workers and rehabilitation treatment related departments and teams, rehabilitation services are too single, rehabilitation services cannot be put in place, and there are differences from the modern development of social economy and medical and health undertakings, the related departments are required to attach great importance to it. According to statistics, more than 80% of the elderly living in the elderly care institutions in our city will suffer from chronic diseases, and most of the elderly want to get professional rehabilitation staff care. In particular, patients with bone joints, cardiovascular disease, diabetes mellitus and Alzheimer's disease are prone to leave behind complications, which seriously affect their daily life. In order to deepen the social endowment service system of the combination of medical care and elderly care, and make the rehabilitation medicine play a role in the elderly care institutions, it is very necessary for the elderly rehabilitation services to be used in the elderly care institutions. However, there is a great space for the elderly care institutions in our city to increase the rehabilitation services, increase the rehabilitation facilities and strengthen the cultivation of talents, so as to realize the construction of the rehabilitation elderly care institutions. Only in this way can the professional and comprehensive multi-functional elderly care services featuring rehabilitation medical treatment be realized. The main reason for the lack of rehabilitation service conditions in elderly care institutions is the lack of professional talents. Most of the nursing staff in elderly care institutions have not received professional training, and can only provide simple health care, massage and other services for the elderly, but can not meet the needs of the elderly, can

not provide professional rehabilitation nursing knowledge, and the existing doctors, nurses and rehabilitators in elderly care institutions can not form a professional team, so they can not provide comprehensive rehabilitation services. The results of this study show that only 6, or 40%, of the 15 institutions meet the basic rehabilitation requirements; 9, or 60%, fail to meet the basic rehabilitation requirements; only 32, or 20, of the certified rehabilitators have not received training in 3 years; and 10 of the 15 institutions are short of rehabilitators, unable to meet the rehabilitation needs, and the ratio of incomplete rehabilitative care is 66.7%. The demand for rehabilitation personnel in 15 elderly care institutions is up to 100%, and it is required that the degree of rehabilitation personnel shall meet the standard of college degree or above. The main reasons for the lack of talent are poor wages, lack of staffing and poor working environment. The survey shows that the severe problem in the rehabilitation service of the elderly care institutions is the talent problem, that is to say, the number of rehabilitation professionals is not large and their professional level is low. Because of the serious shortage of rehabilitation technicians, many middle-aged and elderly people in Yangkao institutions are provided with rehabilitation nursing work by elderly care workers, who have not received special training, and lack of professional knowledge on rehabilitation nursing can only provide them with regular health care massage and are unable to effectively meet the demands of elderly people. There are not enough doctors, nutritionists, nurses and rehabilitation treatment rooms in the elderly care institutions, so it is difficult to form a rehabilitation team to bring effective rehabilitation services for the elderly. In order to encourage students to choose this profession after graduation and carry out the work of combining medical care and elderly care, we can introduce rehabilitation therapists and other professionals. To sum up, nursing institutions need rehabilitation therapists, existing rehabilitation therapists should also receive regular professional training, and medical institutions should also increase the training of relevant personnel.

High-level, high-skilled and high-quality senior-care and rehabilitation talents are the cornerstone that determines the level of rehabilitation services and the soft power that promotes the development of the senior-care industry. The demand for rehabilitation talents in old-age care institutions in Shaanxi Province can be summarized into three aspects: (1) Rehabilitation talents with high education and professional skills. It is more common in large-scale medical institutions adding elderly care services or private institutions providing top-level high-end elderly care services. Such personnel are mainly master's degree holders, have solid theoretical knowledge and excellent clinical skills, and can cope with the changing disease spectrum and diverse diseases of the elderly. Rehabilitation requirements. (2) Rehabilitation talents who meet the needs of general medical institutions. It is more common in the combination of medical institutions and elderly care institutions. Such personnel mainly have undergraduate or college degrees, and they mostly carry out professional rehabilitation work in medical institutions as rehabilitation therapists/teachers, but the forms are mostly single and limited. There is insufficient professionalism in the diagnosis and treatment of sudden and chronic diseases of the elderly. (3) Non-rehabilitation professionals. More common in small and medium-sized nursing homes or community institutions, mainly non-rehabilitation medical specialist practitioners, most of these personnel have no systematic and professional rehabilitation teaching experience, and meet the needs of nursing institutions through self-study, rehabilitation training, on-the-job training, etc. medical rehabilitation work needs. However, most of the practitioners in the survey regard the work of pension institutions as "chicken ribs" or "spare tires", and their enthusiasm is not high. In terms of cooperating with colleges and universities to educate people, the advantages of elderly care institutions are obviously inferior to that of medical institutions. The state imposes strict restrictions on off-campus internship units for medical students, mainly provincial-level tertiary hospitals, but there are not many elderly care institutions that can establish a medical and nursing

cooperative relationship with medical institutions of this scale. It is difficult for the school to establish a cooperative education relationship. The current reality is that if talents are cultivated according to the traditional rehabilitation professional talent training model, the problem of low matching rate between professional knowledge and the actual needs of old-age jobs, and the inconsistency of the connection between students will appear after entering the pension institutions. To innovate the talent training model, it is necessary to cooperate with the elderly care institutions, but the elderly care institutions do not have a strong willingness to cultivate talents, and cannot meet the internship requirements of the students. With their respective advantages, a clear and reasonable division of labor, exploration of demand-cultivation-education issues, and in-depth understanding of teachers, practice, teaching methods, curriculum development, textbook compilation, etc., jointly form a college-school-enterprise integration with distinctive characteristics, remarkable results and advanced concepts. The talent training mode can fundamentally realize the mutual use of resources, complementary advantages and personnel exchange. Although under the background of the combination of medical care and elderly care, a series of problems such as the shortage of senior care and rehabilitation talents, single training methods, uneven quality, and uneven distribution of resources have limited the rapid development of the senior care service industry. However, talents are the unchanging consensus that affects the development of the industry. The training of professionals in rehabilitation therapy technology is imminent. The front line of service for the elderly always needs rehabilitation talents to escort the health of the elderly.

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