

ANNOTATION

of the Dissertation by Issenova Balday Kalimullinovna
«Scientifically Justified Approaches to Organizing Nursing Care in Ensuring the Quality of Life and Mental Health of Elderly and Senile Patients» presented for the Doctor of Philosophy (PhD) degree in the specialty 8D10104– «Nursing Science»

Relevance of the Problem

In the country, a healthcare reform aimed at modernization is actively being implemented. Nursing is a key element of the healthcare system, possessing significant human resources potential and real opportunities for successful reforms in the context of a market economy. Modern trends in the development of nursing contribute to enhancing the role of nurses in the healthcare system. Initially, nurses were considered part of the middle medical staff, acting as assistants to doctors and performing nursing care according to their instructions. Currently, thanks to modern nursing theories based on scientific approaches and evidence-based medicine principles, nurses are viewed as equal partners to physicians. They make independent nursing decisions, plan and deliver evidence-based nursing care, documenting it in relevant records. Today, the collaboration between doctors and nurses is based on the principle of professional role division: doctors provide medical care, while nurses provide nursing care, working as part of a multiprofessional team to improve the quality and effectiveness of healthcare at all levels of the healthcare system. With age, changes not only occur in health conditions due to the development of various somatic diseases but also in the reorientation of life interests and needs, social status changes both in the family and society, requiring a comprehensive approach to solving the problems of elderly individuals. Several authors note the need for more active involvement of nursing professionals in working with elderly and senile patients. A key task is their training in providing medical and social assistance, psychological rehabilitation, mastering gerontotechnologies, and preparing for activities in home-based geriatric services, outpatient clinics, and inpatient medical-social care departments (Antonova O.V., 2007; Chaykina N.N., 2011). In order to improve the quality of life for patients, Antonova O.V.'s study (2007) focuses not only on medical interventions but also on improving patients' medical literacy, which helps them adapt to their health conditions. In elderly and senile age, chronic diseases reduce physical and social activity, which requires a special approach to care.

The current development of healthcare and the growing importance of nursing staff in the expansion of treatment methods reinforce the role of analyzing the quality of nursing care. The effectiveness of nurses' work affects both medical outcomes and the economic aspect of the healthcare system. As a result, special attention is being paid to the development of methods for the quantitative and qualitative evaluation of nurses' activities in hospitals. The significance of palliative care programs for improving the quality of life for elderly people has grown, where nurses are given a special role in organizing assistance for elderly patients with irreversible diseases in severe stages. The most common conditions for palliative care patients are malignant tumors, strokes, and the loss of physical mobility. Such patients, with an unfavorable prognosis, require physical and emotional comfort and preparation for the idea of death. The staff should also address the social, spiritual, and legal issues of patients and their families. However, the role of nurses in providing palliative care to elderly people in Kazakhstan has not been sufficiently studied, which led to the topic of this research.

Research Aim

To improve palliative nursing care to ensure the quality of life and mental health of elderly and senile patients.

Research Tasks

1. Analyze in international and domestic experiences in nursing care to ensure the quality of life and mental health of elderly and senile patients.

2. The medical and social problems and the need for nursing care for elderly and senile patients the example of healthcare institutions in Kazakhstan.

3. Study the specifics of palliative nursing care based on surveys of nurses at the "Palliative Care Center" in Almaty, the "Multidisciplinary Medical Center" (palliative care department) in Astana, and the "T.O. Orynbaev Hyperbaric Oxygenation Center" (palliative care department) in Shymkent.

4. Develop suggestions for improving palliative nursing care to ensure the quality of life and mental health of elderly and senile patients.

5. Assess the effectiveness of nurse training on the program "Development of Integrated Competencies in Communication Skills and Self-Control."

Research Object

-Elderly and senile patients at the "Palliative Care Center" in Almaty, the "Multidisciplinary Medical Center" (palliative care department) in Astana, and the "T.O. Orynbaev Hyperbaric Oxygenation Center" (palliative care department) in Shymkent.

-Nurses at the above-mentioned centers.

Research Subject

-The quality of life and mental health of elderly and senile patients in palliative care centers in Kazakhstan.

- Organization and quality of palliative nursing care.

- Effectiveness of nurse training on the program "Development of Integrated Competencies in Self-Control and Communication Skills."

Research Methods

-Information-analytical, sociological, statistical, focus groups.

Scientific Novelty

This study provides a scientifically grounded assessment of the quality of life and mental health of patients in palliative centers in Kazakhstan. Problems and needs for nursing care of elderly patients in palliative care centers have been explored. Factors affecting the quality of palliative nursing care for elderly and senile patients' quality of life and mental health were identified. Based on identified issues, proposals for improving palliative nursing care and a training program for nurses in communication and self-control skills were developed. An assessment of the effectiveness of nurse training for this program was also conducted.

Practical Significance

The study's findings led to the development of proposals for improving palliative nursing care, enhancing the quality of life, and preserving the mental health of elderly and senile patients. For practical healthcare, a training program "Development of Integrated Competencies in Communication Skills and Self-Control" was proposed.

Provisions to be defended

1. Ensuring the quality of life and mental health of elderly and senile patients requires further development of nursing palliative care based on the use of international approaches and indicators for evaluating the effectiveness of medical care.

2. The current problems in providing palliative care to elderly patients include: weak interaction between patients, their relatives, healthcare workers, psychologists, and social workers; the absence of a system for training medical professionals in palliative care; weak psychological and social support for patients and their families; low motivation among nurses to work in palliative care centers.

3. The quality issues of palliative nursing care are related to the high workload of nurses and insufficient professional training.

Implementation of research results

4. The training program for nurses "Improving the integrative competence of nurses in ensuring the quality of life and mental health of elderly and senile patients" requires further implementation and evaluation of effectiveness.

Based on the research results, the following were prepared:

A questionnaire as part of the doctoral dissertation in the specialty D10104 "Nursing Science." A training program for the development of integrative competence, self-regulation, and communication. A program titled "Improving the Integrative Competence of Nurses in Ensuring the Quality of Life and Mental Health of Elderly and Senile Patients," for which a certificate of state registration of intellectual property rights was obtained (No. 28092, No. 51128, No. 53182) (Appendix B).

Implementation acts were received from: Astana, GKP at PHW "Multidisciplinary Medical Center." Shymkent, GKP at PHW "Hyperbaric Oxygenation Center named after T.O. Orynbayev" (palliative care department).

Quantitative indicator by quarter: 2nd quarter (58%) – 1

Isenova B., Aimbetova G., Kanushina M., Makhanbetkulova D., Azimov M., Aimakhanova A., Tursynbekova A., Indershiyev A. Factors influencing the level of satisfaction of palliative patients with the activities of nurses: results of a cross-sectional study (Kazakhstan). Bangladesh Journal of Medical Science, Volume 24, No. 1 (2025), DOI: <https://doi.org/10.3329/bjms.v24i1.78727>.

The number of published articles by the Committee for Control in the Field of Education and Science of the Ministry of Education and Science of the Republic of Kazakhstan - 3

G.A. Aimbetova, M.A. Kanushina, D.N. Makhanbetkulova, M.A. Ramazanova, The role of a nurse in providing medical care to elderly patients. Pharmacy of Kazakhstan - 2023, No. 3, pp.187-1192. ISSN 2310-6115. DOI 10.53511/PHARMKAZ.2023.40.61.028

G. Ye. Aimbetova. Modern aspects of the organization of nursing care to ensure the quality of life and health of elderly patients (literature review). Pharmacy of Kazakhstan - 2023, No. 5, pp.297-202. ISSN 2310-6115. DOI 10.53511/PHARMKAZ.2023.54.81.038

G.Ye. Aimbetova, M.A. Kanushina, M.A. Assimov, D.N. Makhanbetkulova. The results of a sociological survey among patients who received nursing care in medical organizations providing palliative care. Phthisiopulmonology - 2024, No. 2, pp.67-73. DOI: 10.26212/2227-1937.2024.44.10.009

Dissertation approval

The main results, provisions, conclusions, and findings of the dissertation were reported and presented at the following conferences:

Shymkent, Kazakhstan, X International Conference of Young Scientists and Students "Prospects for the Development of Biology, Medicine, and Pharmacy," December 8-9, 2022. Report: "Modern Approaches to Organizing Palliative Care in Kazakhstan."

Tashkent, Uzbekistan, V International Scientific and Practical Conference "Modern Achievements and Prospects for the Development of Health Protection," April 6, 2023. Report: "Nursing Education in the Republic of Kazakhstan: Current Status and Prospects."

Australia, International Conference "United Through Research," April 12-13, 2023. Report: "From Situational Analysis to Actions: Development of Capacities in Qualitative Research Methodology for Nursing Undergraduate Students and Educators in Kazakhstan Universities."

Almaty, Kazakhstan, Asfen Forum "New Generation 2023," KazNMU named after S.D. Asfendiyarov, June 5-6, 2023. Report: "Relevance of Using Qualitative Research Methods in Nursing Science."

Astana, Kazakhstan, Global Conference on Primary Healthcare dedicated to the 45th anniversary of the Alma-Ata Declaration and the 5th anniversary of the Astana Declaration on Primary Healthcare, October 22-23, 2023. Abstract: "Personnel Policy in Nursing."

Shymkent, Kazakhstan, 1st International Conference of Young Scientists and Students "Prospects for the Development of Biology, Medicine, and Pharmacy," December 7-8, 2023. Report: "Features of Nursing Care in Palliative Care."

Baku, Azerbaijan, XI International Scientific and Practical Conference "Current Issues of Medicine and the V Satellite Forum on Public Health and Health Policy," March 26-27, 2024. Report: "Assessment of Nurses' Activities in Providing Palliative Care."

Almaty, Kazakhstan, International Asfen Forum - New Generation 2024. Abstract: "Analysis of Palliative Care Provision in Nursing Homes from 2015-2023."

Aktobe, Kazakhstan, International Practical Conference "Multidisciplinary Approach in Nursing," April 18-19, 2024. Report: "Prospects for Developing Palliative Care for Elderly Patients in Kazakhstan."

Aktobe, Kazakhstan, IX Republican Conference with International Participation "Palliative Care in the Republic of Kazakhstan: Achievements, Problems, Prospects," November 21-22, 2024. Report: "Psychosocial Support in Palliative Care: Approaches and Practical Solutions."

Personal contribution of the doctoral candidate:

The presented work is the author's research by Isenova Balday Kalimullinovna. It consists of the development of the theoretical and methodological research program, formulation of the research goals and objectives, organization and conduct of the study, direct participation in all stages of the research work, statistical data processing, writing of dissertation sections, interpretation and discussion of results, formulation of provisions to be defended, as well as conclusions and practical recommendations.

Evaluation of the effectiveness of training nurses under the program "Development of Integrated Competence in Self-regulation and Communication Skills" to improve the level of self-assessment of general communication skills in nurses, "Search for Social Support," and "Positive Reappraisal."

Conclusions

1. The problem of ensuring the quality of life and mental health of elderly and senile patients is relevant and requires a comprehensive solution. The high need for palliative care in this age group must be considered.

2. Issues in providing palliative care to elderly patients mainly stem from heavy workloads, time and resource shortages, and insufficient preparation of nurses regarding psychological and social support for patients and their families.

3. Key challenges in providing palliative nursing care include psycho-social support for patients, educating family members about care, communication skills, and low motivation among nurses to work in palliative centers.

4. Issues with organizing work time and the psycho-emotional stability of nurses are present. Improvements are needed in areas such as relationships with colleagues and health education work. Additionally, there is a need for developing criteria for evaluating the effectiveness of nursing palliative care.

5. The effectiveness of the training of medical nurses under the program "Development of integrated competence of self-management and communication skills" is confirmed by an increase in the level of self-assessment of general communication skills among Shymkent and Astana nurses, the level of coping strategies "Search for social support" and "Positive reassessment" from medium to high, as well as a decrease in coping strategies "Confrontation", "Distancing" from high to medium level.

Practical Recommendations

1. Strengthen intersectoral cooperation on improving the quality of life and mental health of elderly and senile patients (primary healthcare, rehabilitation centers, palliative care centers, NGOs, volunteers, psychologists, social workers, relatives, etc.).

2. Improve training and preparation of healthcare workers in palliative care centers through educational programs and professional development courses.

3. Develop and implement training programs for family members of patients (caregiving schools in palliative care centers and primary healthcare organizations).

4. Conduct monitoring and evaluation of the quality of palliative nursing care using international indicators and evidence-based principles.

5. Provide nurse training on the program "Development of Integrated Competencies in Self-Control and Communication Skills" and assess its effectiveness.

Dissertation Structure

The dissertation is presented on 150 pages of computer text and includes an introduction, literature review, research materials and methods, two sections dedicated to the author's own research, as well as a conclusion with findings and practical recommendations. The bibliography contains 161 sources. The work is supplemented by 52 tables and 26 figures.