

## Kinaesthetics in patient care in Belarus

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Keywords: Kinaesthetics, home care, Belarus Red Cross, quality of life and independence, people with disabilities, people with declining functional ability

### Abstract

Kinaesthetics in patient care” program developed by the European Kinaesthetics Association is aimed at persons who care for patients at home and in hospitals. Kinaesthetics techniques are aimed at both caregivers and their patients. As a result, patients become more active and independent in their movements and in performing daily activities, while caregivers, too, maintain their health. Kinaesthetics techniques helps people care for children and adults with disabilities, recover and rehabilitate disabled people and people with declining functional ability, and maintain mobility and independence in older age.

Belarus Red Cross is non-governmental and non-profit organization which is the main providers of long-term integrated medico-social home care for people in need by Red Cross Medico-social Service. Cooperation with the European Kinaesthetics Association was established within the framework of the joint project of the Belarus Red Cross and the Swiss Red Cross. Since 2010 trainers and nurses of the Belarus Red Cross have been trained in the program "Kinaesthetics in patient care". Belarus Red Cross nurses are trained and apply an innovative kinaesthetics technique while providing medical and social home care to their beneficiaries. In also, the Belarus Red Cross has trained trainers in kinaesthetics, who provide training to social and health workers and patients’ relatives.

### Introduction

One of the main features of the current socio-demographic development of Belarus is the progressive ageing of the population. In 2019, the average life expectancy was 74.4 years. Out of 9,3 million people in Belarus there is 23% people over 60 years old. The proportion of the population aged 65 and over was 15.8%. The increased number of older in the population is accompanied by increased disability. There is above 6% people with disabilities among the population of Belarus. According to World Bank experts, the number of the population dependent on assistance and in need of long-term care is about 600,000.

Belarus Red Cross is non-governmental and non-profit organization which is the main providers of long-term integrated medico-social home care for people in need since 1964. Medico-social Service of the Belarus Red Cross is an important resource of meeting the needs of the population in medical and social home care. The characteristic feature is comprehensive care provision which includes medical and social services, individual care. It allows solving medical and social needs of beneficiaries more effectively and holistically.

Belarus Red Cross nurses are qualified professionals with medical education who can manage latest care technologies for patients with chronic diseases and declining functional ability.

Short description

The “Kinaesthetics” means “art/science of motion perception”. Kinaesthetics in patient care” program developed by the European Kinaesthetics Association is aimed at persons who care for patients at home and in hospitals. Kinaesthetics techniques are aimed at both caregivers and their patients. Kinaesthetics techniques help people care for children and adults with disabilities, recover and rehabilitate disabled people and people with declining functional ability, and maintain mobility and independence in older age. Cooperation with the European Kinaesthetics Association was established within the framework of the joint project of the Belarus Red Cross and the Swiss Red Cross. Since 2010 trainers and nurses of the Belarus Red Cross have been trained in the program "Kinaesthetics in patient care". Belarus Red Cross nurses are trained and apply an innovative kinaesthetics technique while providing medical and social home care to their beneficiaries. In also, the Belarus Red Cross has trained trainers in kinaesthetics, who provide training to social and health workers and patients’ relatives.

### **Purpose**

Improving the quality of life by and increasing the motion competence/independence of disabled and people with declining functional ability.

### **Patients**

Bed-ridden patients with movement limitations and multiple chronic diseases – beneficiaries of the Medico-Social Service. Belarus Red Cross nurses provide home care to the most vulnerable groups of the population: lonely and living alone older people; average age of 75,3 years old; people with disability who lost self-care and mobility capacity: 60% of the beneficiaries are the disabled, 41% of them are the disabled with highest disability grade.

### **Results**

Belarus Red Cross nurses are trained and apply an innovative kinaesthetics technique while providing medical and social home care to their beneficiaries. This technique allows one to find the most suitable way to turn and sit up a patient in bed, lift him/her from the bed to a chair or wheelchair, encouraging the patient to use their own capacity to the most and develop their motor activity, as well as allowing the assistant to maintain their health. As a result, patients become more active and independent in their movements and in performing daily activities, while caregivers, too, maintain their health. Nurses applying kinaesthetics in their work register increase in beneficiaries’ movement competence: independent walking, bath taking.

The Belarus Red Cross has trained 27 trainers in kinaesthetics and care with kinaesthetics elements, 6 of whom are certified by the European Association of Kinaesthetics as 2nd stage trainers in kinaesthetics. The trainers provide training to social and health workers and patients’ relatives who care for sick people. In the period 2019-2022, 96 trainings, 10 basic courses on kinaesthetics, 344 master classes were conducted, about 3900 people received knowledge and skills.

### **Conclusions**

The introduction of kinaesthetics techniques into the work of nurses helps to improve the quality of home care, increase the independence of patients in daily life tasks, and protect the health of nurses while providing care for seriously ill patients who have lost the ability to cope and move around.