

## Quality of Life Best Practices

Is **Quality of Life** a condition, such as the use of restraints, the presence of activity or is it one's hopes and expectations, unique to themselves, allowing them to make choices (freedom), and therefore dynamic, not static? Versus is it the value one places on one's current abilities and limitations. Including the effects of illness and treatment of the physical, emotional and social well being. Or is it a combination of the philosophical and health together that defines and/or determines an individual's quality of life?

When someone is admitted to a nursing facility most often there are quality of life adjustment issues. More than just the issue of a possible need for restraints or the amount of activity one performs. There is a change in lifestyle and many experience loneliness. The nursing facility resident may fear the loss of freedom and feel helpless. Because of health issues many times their ability to make choices are limited or obsolete and many times their dignity may be affected.

The following quality of life best practices focus on specific human dynamics.

- One area considered is the issue of depression, since statistics, state that 30 - 40% of the elderly population experience it.
- Dementia care is another area that also has an effect on one's quality of life as current information shows that 60 - 75% of nursing facility residents have some level of dementia.
- Because the nursing facility population is elderly, there is the fact that end of life is a reality and that raises ethical questions for the resident, family, physician, staff and can affect one's quality of life.
- The last practice area focuses on the use of community resources and its impact on nursing facility resident's quality of life.

The **Quality of Life** best practices were developed to enhance the quality of care provided to nursing facility resident's near the end of life. Quality of Life practice systems should ensure that resident's can count on a comfortable and meaningful end of their lives in a nursing facility.