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**POSTER ABSTRACT****Applying kinaesthetics in care**19<sup>th</sup> International Conference on Integrated Care, San Sebastian, 01-03 April 2019

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**Introduction:** In 2013, the Red Cross in Bosnia and Herzegovina (BiH) opened two Centres for Home Care. 40% of clients asking for support have limited mobility or are bedridden. A German study showed that every fifth nursing home patient could be more independent if their mobility was purposefully promoted. To promote the mobility, prevent decubitus and falls of clients, as well as and to protect health of nursing staff and caregivers, Kinaesthetics was introduced in 2014. The care staff were trained in basic and advanced Kinaesthetics. According to the clients' satisfaction survey and the description of the nurses, newly acquired skills have had a positive impact on clients' satisfaction and on the health of the nursing staff. To monitor the introduction of this new method in BiH and to find out if the mobility care competences of the nursing staff have increased, the evaluation was done, based on Kinaesthetics Competence Self-Evaluation (KCSE) scale developed by Heidrun Gattiger.

**Theory/methods:** The aim of the evaluation was to assess the competencies of the nursing staff and their further training needs in Kinaesthetics. The evaluation was done using KCSE questionnaires for self-evaluation and video taking for performances observation. The scale contains 28 statements divided in areas: (attitude, dynamic state, knowledge and skills). The knowledge-related statements were checked with additional explanation by participants. In the self-evaluation participated 18 nurses.

**Results:** The evaluation showed that 66% of the nursing staff has developed a very good and 16% a good understanding of the Kinaesthetics role and importance in care. 16% of the nurses with less training hours and experience have limited understanding. All nurses are more aware of individual mobility needs and capacities. They are more concerned about their health and work in a healthier way. They stated that the exchange with colleagues increase their competencies. Eight nurses confirmed good knowledge and use Kinaesthetics every day, while ten of them have average knowledge level and partially use Kinaesthetics in their work. Higher results were associated with nurses who have more training hours and working experiences.

**Discussions:** This evaluation provides evidence that Kinaesthetics influences positive changes in care and improves the competences of the nursing staff. It can be used as efficient tool to convince the health care management to buy-in further Kinaesthetics development.

**Conclusion:** The Kinaesthetics application in the every-day work has shown that it is a challenging process and requires time and awareness change of the care staff. Having in mind that Kinaesthetics learning is experience-based learning, difference in knowledge level and its application among nurses is evident. The leadership needs to have the willingness to invest

finances and time. Successful introduction is also related to the nurses' involvement and willingness to change the attitude in care.

**Limitations:** The evaluation looked only at changes that introduction of Kinaesthetics has brought for the nursing staff. Nothing can be said about the benefit for the clients.

**Suggestions for future research:** There is a need to investigate the Kinaesthetics impact in clients' mobility and autonomy.

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**Keywords:** new skills; competences; new approach; involvement; awareness change

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