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Home care services for elderly patients with chronic diseases: A narrative literature review

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Abstract

Background: Comprehensive and continuous health services are provided to individuals and families in their place of residence to improve, maintain, or restore health, increase independence, and minimize the impact of disease. In Indonesia, the number of elderly people is increasing. Health services for older people should be a priority, along with the increasing number of elderly people. In terms of health services, older people need help. In addition, the elderly are more susceptible to various diseases, including degenerative and chronic diseases.

Purpose: To determine the description of home health services for elderly patients with chronic diseases.

Method: This study searched the following bibliographic databases to identify potentially relevant documents: Scien Direct, Pubmed, and MDPI publications in 2020-2024. Findings from the studies were extracted and compiled, guided by the Joanna Briggs Institute (JBI). Literature review using the Scien Direct, Pubmed, and MDPI databases. Keywords: "Home Care, Home Care Service and Home Care Nursing". A total of 1,176 articles were obtained. The final result obtained six articles that met the review requirements

Results: The results of the study show that home health services use more technology to help the elderly who are experiencing chronic diseases. Home care services for the elderly with chronic diseases can be further developed by conducting more focused research on specific chronic diseases using systematic literature reviews with a larger number of studies to see the latest trends in research on home care services for the elderly with chronic diseases.

Conclusion: Based on the results of research on six analyzed references, it states that home care services currently use more technology to help the elderly who are experiencing chronic diseases, although not all of them do.

Keywords: Chronic Disease; Elderly; Health Services.

INTRODUCTION

Chronic diseases are still a health problem and are the most significant cause of death in the world. In 2014, chronic diseases caused around 36 million deaths globally (Harisa, Syahrul, Yodang, Abady, & Bas, 2022). Chronic disease is a degenerative disease that develops or persists over a very long period, namely over six months. It causes disability in sufferers, and healing also takes a long time. Chronic disease can be suffered by all age groups, socioeconomic levels, and cultures (Ginting,

Hutagalung, Hartono, & Manalu, 2020). Chronic diseases are most common in the elderly (senior citizens) because they are the group that is most numerous and susceptible to health problems. As age increases, the strength and endurance of the body also decreases. A decreased body strength to a certain level can cause a person to experience health problems (Akbar, Nur, & Hardika, 2022). Based on statistics on the elderly population in 2023, it was recorded that around 41.49% of elderly people

experienced health complaints with an elderly morbidity rate of 19.72%, which was calculated based on elderly people who experienced health complaints and whose daily activities were disrupted (Central Statistics Agency of Indonesia, 2023). So, older people need routine and long-term care to help them carry out daily activities (Martínez-Linares, Andújar-Afán, Martínez-Yébenes, & López-Entrambasaguas, 2020). which include eating, bathing, toileting, and mobilization activities (Kartika, Kumboyono, Kristianingrum, & Hayati, 2023).

In line with this, recent research also highlights that interdisciplinary home care approaches can improve the quality of life and health outcomes of older adults with chronic conditions, emphasizing the growing importance of home-based health interventions (Kamei, Kawada, Minami, Takahashi, Ishigaki, Yamanaka, Noriko Yamamoto, Yuko Yamamoto, Suzuki, Watanabe, Lijima, & Academic Group in Japan, 2024). To overcome this, home care services can be implemented. Home care services are all provided to patients at home to maintain, restore, or improve physical, mental, and emotional health, which are aimed at optimizing the patient's level of independence and minimizing health impacts through outside service institutions and are a form of social assistance and care services. Elderly in the family environment or at home as a form of attention to older people by prioritizing the role of family-based society (Rufus, 2024). Home care services can include a wide range of services, namely, formal nursing services and other health care services provided in the patient's home. Möckli, Simon, Denhaerynck, Martins, Meyer-Masseti, Fischer, & Zúñiga, 2023). These services may include medical care and therapy, basic care (personal hygiene), or household services (domestic support) (Iglesias, Cañas, Ramírez, Celada, & Pueyo 2021).

Caregivers play a vital role in caring for elderly patients with chronic diseases (Akbar et al., 2021). Home care services are considered critical because they can reduce the morbidity rate of target families,

especially families vulnerable to health problems (Dely Maria, Minarti, Wijaya, Rachmawati, Adinata, Anggraini, Nofianti, Mardiana, Metungku, & Kholifah, 2023). Based on this background, this paper was written to determine how home care services for elderly patients with chronic diseases are described in the Science Direct, PubMed, and MDPI databases using a narrative literature review study.

RESEARCH METHOD

A qualitative narrative literature review was conducted to analyze journal articles on home care services for elderly patients with chronic diseases. A narrative literature review is a qualitative research method that explores human life through experiences, interviews, photography, biographies, and other narrative approaches (Ford, 2020). Data were obtained from the Science Direct, PubMed, and MDPI (Multidisciplinary Digital Publishing Institute) databases using the keywords "Home Care, Home Care Service, and Home Care Nursing". Eligible articles were full-text publications released between 2020 and 2024. The PRISMA diagram was used to guide the review process.

The data collection technique used was an analysis of six articles from the journal publications Science Direct, Pubmed, and MDPI Based on the six articles, the researcher conducted two data collection techniques, namely screening the title to the abstract and removing irrelevant publications by reading the full text from identifying studies that met the eligibility criteria (Frandsen, Sorensen, & Anne, 2021). After that, the researcher confirmed the six articles used to search for complete data, such as author name, year of publication, edition and page number, and type of journal by entering the data in Mendeley Reference Desktop. Furthermore, the researcher conducted data analysis techniques from six articles according to the research theme/topic, research method, and results. The researcher conducted data extraction by entering data according to the categories above in the form of a table.

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RESEARCH RESULTS

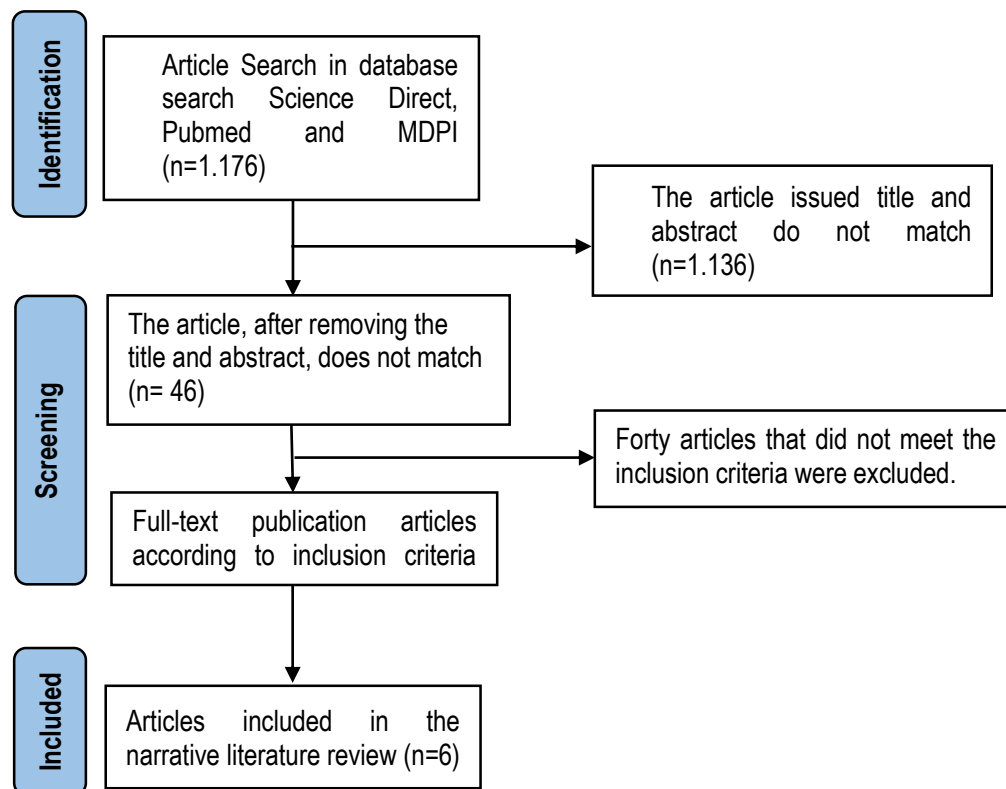


Figure PRISMA Flowchart

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Table Summary of Review Articles

(Author, Year) (Country)	Purpose	Method	Results
Ohashi et al., 2022 (Japan)	To help prevent frailty in elderly home care patients with COPD	Developing a remote health monitoring and support system (iPad).	There was a significant increase in PA duration in one participant after use of the system, compared to before use (15.2 min (8.9) vs. 24.2 min (7.4), $p < 0.001$). PA duration also increased in the other participants (39.7 (8.1) vs. 42.9 (12.9) min; 8.1%), although the difference was not statistically significant.
Grigolo et al., 2024 (Italy)	To Identify barriers experienced by patients in managing their disease and treatment-related issues	A monocentric observational case series study.	The results confirm the importance of the concordance, or therapeutic alliance, between the patient and GP, which is one of the most relevant elements in improving one's health condition.
Kok et al., 2024 (Australia & Singapore)	To mitigate caregiver shortages and reduce social isolation among the elderly by developing and testing a social robot to enhance human interaction and improve well-being.	A pilot study involving the development and initial testing of a social robot for elderly care.	This technological solution holds promise in addressing the caregiver shortage and improving the well-being of elderly individuals by reducing their sense of isolation, fostering better mental and physical health outcomes, and potentially transforming the landscape of elderly care through innovative technological applications.
Giordano et al., 2023 (Italy)	To describe the proposed multisensory array and demonstrate its utility in a population of inexperienced users with varying body types.	A Design and validation study of a flexible multisensory suite	All subjects recorded signals of good to excellent quality; the multisensory array was suitable for a wide population of at-risk patients regardless of body characteristics, and the device shows potential for enabling home monitoring of CHF patients.

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(Author, Year) (Country)	Purpose	Method	Results
Sun et al., 2021 (Canada)	To gain a better understanding of the relationship between clients therapeutic self-care abilities, home care safety outcomes, and the role of self-care and caregiving activities in supporting home care safety related to chronic disease management.	A qualitative research study	Provided insight into safety problems related to therapeutic self-care at home, and this knowledge is vital to policy formulation related to the role of healthcare professionals in improving clients' therapeutic self-care ability to reduce safety-related risks and burdens for older home care recipients.
Wang et al., 2024 (USA)	To Identify factors influencing the decision to AI based home care systems.	A web based open-ended questionnaire study	Four major themes were identified: (1) Personalized design (better health management through educational resources and user-friendly interfaces); (2) Emotional and social support (AI systems facilitating connectivity and emotional well-being); (3) System integration and proactive care (seamless communication, proactive monitoring, integration with healthcare platforms); and (4) Ethics and regulation (ethical guidelines, compliance, and affordability).

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DISCUSSION

Based on the results of a systematic review of six studies, research using technology to support healthcare for elderly patients with chronic diseases has been conducted with various methods. One study utilized an iPad to monitor and support remote health in preventing frailty in elderly patients with COPD. The findings showed an increase in the duration of physical activity in one participant after using the system compared to before, although the difference was not statistically significant. This indicates that the iPad-based technology may support the physical aspects of patient care (Ohashi, Akiguchi, & Ohira, 2020).

Another study applied social robots as a technological intervention to address the shortage of caregivers while also improving human interaction for older people. The results showed that social robots can reduce feelings of isolation, encourage better mental and physical health outcomes, and potentially transform the landscape of elder care through innovative technology applications (Kok, Ho, Teo, Kato, & Koh, 2021).

Meanwhile, research using a multisensory array was developed to monitor high-risk patients such as those with chronic heart failure (CHF). By constructing a multisensory circuit, it became possible to monitor patients at home regardless of their individual characteristics, thereby improving safety and continuous care (Giordano, Rosati, Balestra, & Knaflitz, 2023).

In addition, another study employed a web-based questionnaire to gather the perspectives of chronic patients regarding AI-based home care systems. The results indicated that AI could provide emotional and social support, offer personalized design, enable system integration and proactive care, and also highlighted the importance of ethics and regulation (Wang, Asan, & Zhang, 2022).

On the other hand, a monocentric observational study was carried out to describe home care services in The context of Therapeutic Patient Education (TPE). The study revealed several critical aspects related to the treatment pathway and the involvement of healthcare professionals. These findings suggested that educational interventions for polypharmacy patients are needed to improve medication adherence and to strengthen their understanding and management of chronic diseases

(Grigolo, Bruschi, Di Masi, Bena, Armando, & Cena, 2020).

Home care services are a form of health service that aims to restore health or maximize the level of independence and minimize the effects of disease. The increase in chronic diseases, particularly in the elderly population, requires routine and long-term care, especially in cases of degenerative diseases that demand prolonged management. Many patients also feel that hospital care limits their quality of life because of strict rules, whereas care in the home environment is more comfortable and can accelerate healing. However, potential risks in the home environment must also be considered (Rufus, 2024).

The importance of home care services demonstrates the relevance of studying their role for elderly patients with chronic diseases. Therefore, six articles identified from Science Direct, PubMed, and MDPI were categorized according to their research themes, questions, methods, results, and discussions. This categorization highlights how home care services supported by technology can enhance patient well-being, reduce healthcare burdens, and strengthen family-based care, provided that adequate education and training are available to ensure quality implementation (Efendi & Sukihananto, 2024).

CONCLUSION

Based on the results of research on six references that have been analyzed, it states that currently, home care services use more technology to help the elderly experiencing chronic diseases. However, not all of them use technology. Research on home care services for the elderly with chronic diseases can be further developed by researching more focused on specific chronic diseases using systematic literature reviews with a larger number of studies to see current trends in research on home care services for the elderly with chronic diseases.

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