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The impact of health coaching approach on advance care planning (acp) for elderly in long term care center (ltcc)**Ziad W. EL Ibrik***Elderly & Caregiver Coach at Helpdase, Intensive Care Unit Nurse Manager, Beirut, Lebanon*

Statement of the problem: Human life expectancy & lifespan are rapidly increasing globally, this increase in number of older people is called "Global Aging" which led to many challenges such physiological changes, decrease in physiological reserves, recurrent admission to hospital, increase demand for Long Term Care Center & many other social and economic factors.

With all these challenges the need for Long Term Care Center is also rising by time, but the communication about ACP & signing Advance directives (AD) is still low. Many literature reviews showed a positive impact of Health Coaching on Health & Behavior. The purpose of this study is to create an ACP Model that fits Middle East population culture, Apply the Health Coaching Approach during ACP for Elderly in LTCC, Study the impact of Health Coaching Approach in taking decisions during ACP for Elderly in LTCC. Methodology: A Mixed control trial study using Long Term Care Center Middle East Advance Care Planning (LTCC ME-ACP), after identifying the mental status of the residents using Mini Mental State Examination (MMSE) to identify if the conversation can be done with residents or with surrogate's members. LTCC ME-ACP was utilized without coaching approach for 50% of the residents or surrogates members and LTCC ME-ACP was utilized with coaching approach (identifying values) for another 50% of the residents or surrogates members.

The data is currently under analysis using SPSS, will have the result soon.

Biography

Ziad W. EL Ibrik is a specialized Nurse in critical care unit and nursing for Elderly, a life coach certified by the International Coaching Council, and an accredited NLP Trainer. Currently holds the position of manager of an intensive care unit at a University Hospital in Beirut and works as a consultant and project manager for a long term care center for the Elderly. He has his expertise in providing coaching sessions for Elderly caregivers, in order to help and guide them in taking the most appropriate care and decisions that take into account the physical, mental and psychological wellbeing of the patient as well as the ethics of implementing treatment. His guidance encompasses any family who is responsible for the care of an Elderly member, especially cases of dementia and dependent Elderly.

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