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MALE RESIDENTS' EXPERIENCES OF AN ACTIVITY PROGRAM FOR MEN ONLY IN A NURSING HOME

Statement of the Problem: Research to date indicates that most nursing homes offer various kinds of activities for their residents, but that these are seldom tailored to each individual person. In respect of activities, it is reasonable to assume that male residents are at particular risk of not receiving person-centred care as they inhabit a largely 'female domain', where the majority of personnel and often also of residents are female. Few studies to date have focused on activities for men in nursing homes. The purpose of this study was to explore male residents' experiences of an activity program in a nursing home.

Methodology & Theoretical Orientation: The study had an explorative Grounded Theory (GT) design. Data were collected by means of interviews with nine residents. All of the men were offered an activity at least once a week as part of a project over the preceding year. According to the basic principles of grounded theory sampling, data collection and analysis are carried out simultaneously using constant comparison.

Findings: The core category showed that there was 'a change in the men's everyday lives' after the special activity program – for men only – was offered. Their own influence on the content of the conversations and on the activity itself was described as limited. This was not important for them, as the most essential issues were 'being together' and 'getting away'. Conditions relating to the men themselves, the place where the activities were held and the nursing personnel had an impact on how important the activity program was for them.

Conclusions & Significance: A more person-centred approach in future activity programs will enhance the residents' integrity and well-being, and allow them a degree of self-determination even while resident in a nursing home.

Biography

Eli Anne Skaug works at the Østfold University College in Norway. She has experience as an intensive care nurse from intensive care units, medical and rehabilitation wards. She has worked as nursing teacher for about 30 years and as head of the bachelor nursing education at Østfold University College for eight years. She is a co-editor and author of a textbook in basic nursing.

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