

## **The bright side of life**

### **Support in municipal elderly home care**

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Registered nurses in municipal elderly home care have in some occasions difficulties in identifying the patients' needs and prioritize intervention in accordance with the patients' preferences. **The overall aim** was to explore and describe which supportive intervention registered nurses use in municipal elderly home care settings and if it is in agreement with the patient's preferences. **Methods:** One retrospective descriptive study (**I**) were conducted and followed up by three qualitative studies using Grounded Theory as a method (**II-IV**). Grounded Theory allow to explore actions/ interactions and processes that occur between complex social phenomena. A process is seen as a continuous action in relation to a determinate purpose to reach a goal with a problem or a situation and actors can choose actions to influence the course of events. **Results:** Combined, the four studies show in a substantive theory that supportive interventions were based on patients preferences and guided by their emotions. The aim with the emotional support was that the patient would experience serenity. Serenity is a state of relief and the moment required for the patient to be able to move forward with dignity. Patients lost or reduced ability to process their emotions makes that they get stuck in a state, which fatigue them with additional experience of disease and illness. To get out of their state the patient uses the registered nurse as a reliever whose mission is to identify their needs and guide them into a state of serenity. The theory also shows the strengths and weaknesses in the process. Emotional support should be developed as a nursing intervention and be integrated as a part of nursing.