

# Fisio Plus

## Promoters

Cáritas Diocesana de Coimbra

## Partners

- Iberdata
- Medicine One
- Universidade de Coimbra — Centro de Estudos e Investigação

## Promoter's Municipality

Coimbra

## Scope of Practice

Diocese de Coimbra



## Description

Due to the diversity of older population supported by Cáritas Coimbra, in its care to institutionalized older people, was identified the need to quantify and analyse the changes in health status and/or functional conditions, to be able to assist, not only in the diagnosis of personalized and differentiated care needs, but also on the efficacy and effectiveness of the treatment plans carried out, as part of the strategic commitment to the promotion of an active and healthier ageing.

So, a research was carried out in order to gather a set of instruments capable of actively contribute to the monitoring of health states, to improve the service provided, by meeting the characteristics of each individual, avoiding the typification of the care provided. The assessment of the health status and well-being of institutionalized users identified and selected for Fisio Plus practice is performed using a set of instruments implemented in a computer system. These instruments are being applied in the Long Term Care Unit and in the Chronic Disability Impairment Home, being this intervention extended until the end of 2017 to all Residential Complexes for Older People of Cáritas Coimbra.

**Objectives**

- Evaluate evolutionarily and measurably the health status of the individuals, with instruments recognizably adjusted to the target population;
- Complement the empirical and technical evaluation performed by professionals, with reliable and interpretable data throughout the period of accommodation/hospitalization.

**Goals and Results**

This initiative will cover different places of the Central Region of Portugal, since it has social equipment's dispersed throughout the geographical area correspondent to the Diocese of Coimbra. Within the institution will be covered: about 300 older people residing in Residential Complexes for Older People; 53 users, most of them older residents in the Chronic Disability Impairment Home and 94 users (annual average) hosted in the two medium and long-term units.



**Responsible**

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**Links**

[http://sites.ecclesia.pt/caritas.pt/site/coimbra/index.php?option=com\\_content&view=article&id=4912:2017-09-20-18-22-33&catid=534:informacao&Itemid=1](http://sites.ecclesia.pt/caritas.pt/site/coimbra/index.php?option=com_content&view=article&id=4912:2017-09-20-18-22-33&catid=534:informacao&Itemid=1)