

Abstract

'Consultas em dia': consultations at the day care center for the elderly

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Abstract

Introduction: Gonçalo, a village with 1316 inhabitants of which 573 are 65 years old or older, presents itself as the 'Cradle of Fine Basketry'. Its population, rich in culture and stories to tell, has the support of a day care center for the elderly, where around 20 elderly people spend their days and find social connection. These patients make individual trips to access medical and nursing consultations.

Methods: Creation of a monthly consultation at the day care center for the elderly patients there.

Results:

- Reduction in the number of individual trips by the elderly patients, through the displacement of the family team;

- Optimizing the management of each individual health plan with the support of the day center's technical director, including therapeutic management and carrying out complementary diagnostic tests;
- Observation of the elderly patients in a safer way, avoiding traveling and maintaining a familiar space;
- Closer ties between the elderly patients and healthcare team; and
- Training of day care center professionals.

Discussion: At the heart of the practice of a healthcare team is the health and well-being of each patient. Therefore, meeting their needs, reallocating resources and involving the community will lead to health gains. The 'Consultas em Dia' project reflects this same objective: the need of each elderly person to have access to GP/family nurse consultations joined with the healthcare team's

willingness to provide an adapted response. Together we improved access and care delivery ... we improved the health of our community!

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