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WIRAWAN KLAYHIRAN

Boromrajajonani College of Nursing, Ratchaburi, Thailand

A HOLISTIC HEALTH CARE OF THAI'S ELDERLIES IN NURSING HOME

Abstract:

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Purpose: To describe a holistic health care of Thai's elderlies in nursing home about holistic health care approach in four dimensions included physical health care, mental health care, social health care and spiritual health care.

. Design and Methods: Qualitative research with a purposive sample of Thai's elderlies (n = 15) and Caregivers (n = 3), using in-depth interview to explore rich qualitative data, using content and thematic analysis were conducted. Research ethic was approved by human subjects institutional review board, informed consent was obtained in all key informants.

Results: There were 4 key findings as follows: Firstly, physical health care means focusing on hygiene care with love from caregivers like they got it from descendant. Their purposes were clean and comfort body. Secondly, mental health care means they had someone who was ready to be a listener and a good friend in lonely time. Thirdly, social health care means they can see visitors in regularly that improve to get better from a family loss feeling problems. Finally, spiritual health care means they can back their home and enjoy their families in the end of life with dignity.

Implications: Nurses and nursing students may apply these data to understand better holistic health care approach of Thai's elderlies in nursing home. In nursing curriculum may use these data developed learning outcomes of nursing students when they learn this topic. Nowadays, this issue is an important learning subject for young generation because they are a future nurses in aging society of Thailand.

Keywords:

holistic health care, elderly, nursing home