Journal of Clinical and Nursing Research, 2025, Volume 9, Issue 9
http://ojs.bbwpublisher.com/index.php/JCNR
Online ISSN: 2208-3693
Print ISSN: 2208-3685

Research on Transitional Care for Elderly Patients with Chronic Diseases

Xiaoqing Wu

Nursing Department of Shanghai General Hospital, Shanghai 200080, China

Abstract: Objective: To explore the application effect of continuous nursing in elderly patients with chronic diseases. Methods: A total of 100 elderly patients with chronic diseases were selected and randomly divided into experimental group and control group, 50 cases in each group. Patients in the experimental group received continuous nursing, while patients in the control group received routine nursing. Comparison of two groups of patients' quality of life, health and nursing satisfaction. Results: the patient's quality of life, health and nursing satisfaction were significantly higher than control group ($p < 0.05$). Conclusion: Continuous nursing has a significant application effect in elderly patients with chronic diseases, which is worthy of further promotion and application.

Keywords: The elderly; Patients with chronic diseases; Transitional care

Online publication: Oct 16, 2025

1. Introduction

At present, with the acceleration of the aging process of society in China, the number of elderly patients with chronic diseases is increasing year by year. In this context, how to optimize medical services, especially nursing services, and promote the rehabilitation of elderly patients with chronic diseases has become an urgent problem for medical workers [1]. The traditional pattern of center hospital care although provide professional medical services to patients, but is difficult to meet the demand for long-term care of patients after discharge. And emphasize continuity care through a series of nursing measures, to ensure that patients in the family or community environment get sustained, coordinated and comprehensive nursing care. Continuous nursing can ensure that patients receive seamless nursing services between different medical environments, and improve the quality of life and health status of patients [2]. To this, this study of senile chronic diseases patients' continuity care situation has carried on the experimental study, specific as follows:

2. Data and methods

2.1. General information

A total of 100 elderly patients with chronic diseases admitted to Shanghai First People's Hospital from January 2021 to December 2022 were selected as the research objects. All selected patients met the following criteria: age ≥ 60 years old, diagnosed with at least one chronic disease, such as hypertension, diabetes, coronary heart disease, etc., and willing to receive the nursing measures of this study, and signed an informed consent form. The following is an overview of the basic information of the patients.

(1) Gender and age distribution: Among the 100 patients, 50 patients (50%) were male and 50 patients (50%) were female. The age ranged from 60 to 92 years, with an average age of (74.5 ± 8.3) years. Among them, the patients aged 60–69 years accounted for 76%, followed by the patients aged 70–79 years, accounting for 14%, and the patients aged 80 years and over accounted for 10%.

(2) Education: according to patients' education background, our culture degree can be divided into four levels: elementary school, junior high school, following high school/technical secondary school, college or above. In these four levels, patients with primary and cultural level of the following 10 cases (10%), junior middle school culture level of patients with 33 cases (33%), patients with high school/secondary culture degree of 45 cases (45%), junior college and above educational level of patients with 12 cases (12%).

(3) Type: chronic illnesses in all patients, high blood pressure is the most common chronic diseases, a total of 47 patients (47%). The second most common chronic disease was diabetes, which accounted for 23 patients (23%). 15 cases (15%) patients with coronary heart disease (CHD). Other diseases such as chronic obstructive pulmonary disease and chronic kidney disease accounted for 15 cases (15%).

(4) The course of the disease and illness: the clinical course of patients from 1 year to 30 years, average duration was (10.5 + 6.8) years. According to the illness severity, this study divided the patients into mild, moderate and severe three categories. Patients with mild 34 cases (34%), 43 patients with moderate (43%), 23 cases of patients with severe (23%).

The above data provide detailed background information about the patients in this study and provide the basis for subsequent analysis and discussion. By comparing the differences in these aspects between the experimental group and the control group, this study accurately evaluate the impact of transitional care on elderly patients with chronic diseases.

2.2. Methods

2.2.1. Divide the control group and the experimental group

To investigate the effect of transitional care in elderly patients with chronic diseases, a randomized controlled trial design was adopted. From January 2021 to December 2022, a total of 100 eligible elderly patients with chronic diseases were admitted to Shanghai First People's Hospital. The 100 patients were divided into two groups by random number table method: experimental group and control group, with 50 cases in each group. Two groups of patients in gender, age, culture level, course of the disease, illness, etc are comparable, guarantee the objectivity of the results.

2.2.2. Nursing methods

(1) Control group: traditional nursing

Patients in the control group received the traditional hospital-centered nursing model. The concrete content

includes the following: First, admission evaluation: after admission, nursing staff will evaluate the patient's physical, psychological and self-care ability and other aspects, so as to provide a basis for subsequent systematic treatment. Second, the implementation of medical orders: the nursing staff provided corresponding care to the patients according to the doctor's orders, including intravenous infusion, drug therapy and oxygen inhalation, etc. Third, health education: during the period of school, nursing on the patients' health propaganda and education, such as to introduce the treatment methods and matters needing attention as well as chronic disease related knowledge and so on, to improve their cognition of disease. Fourth, daily care: Nursing staff assisted patients with daily care (diet, dressing, and washing, etc.).

(2) Experimental group: continuous care

Patients in the experimental group with the control group the same traditional hospital center on the basis of nursing mode, additional continuity nursing measures. The specific additions are as follows: First, pre-discharge assessment: Before the patient is discharged, the nursing staff will conduct a comprehensive assessment of the patient. At the same time, understand their specific family, social support and self-management, and then formulate targeted continuous care plans for them [3]. Second, individualized care plan: assessment of patient information, union hospital rehabilitation nursing personnel, dietitian, such as team agreed on continuity of care, to its subsequent drug, nutritional guidance, psychological nursing and rehabilitation training. Third, regular follow-up after discharge from hospital, nurses will be continuity care (including telephone follow-up and family interviews, etc.), understand the specific clinical progress, quality of life and whether to follow the doctor's advice, and so on and so forth, to understand and meet their specific needs. On this basis, the nursing guidance to their family members, improve their ability of care [4]. Fourth, health education, nursing staff through the Internet, brochures and other means to patients for health education, help them understand the subsequent recovery, recovery plan, so as to promote the self-management ability to ascend [5]. Fifth, psychological support, combined with the psychological problems of senile chronic diseases patients after discharge may (depression and anxiety, etc.), the nursing staff to provide counseling services, adjust their mentality, to promote its positive in the face of disease, and life.

This continuous nursing model not only pays attention to the treatment and care of patients during hospitalization, but also pays more attention to the long-term care needs of patients after discharge, and improves the quality of life and health status of patients through comprehensive nursing measures.

2.3. Evaluation criteria

In order to comprehensively and objectively evaluate the application effect of transitional care in elderly patients with chronic diseases, this study used the following two evaluation criteria: health status and nursing satisfaction.

2.3.1. Health status

For elderly patients with chronic diseases, health status is an important evaluation index of nursing effect. In this regard, this study selected corresponding indicators such as blood pressure, blood glucose, blood lipids and so on to investigate and evaluate them according to their actual health conditions. At the same time, this study also pay attention to the patients' complications, drug use and other tracking analysis, so as to fully grasp their specific health status [7]. In addition, in order to ensure accuracy and objectivity of evaluation results, this study pay attention to the standardization of the measurement method is applied, in strict accordance with the relevant health indicators are collected before and after the evaluation, contrast, calibration, ensure reliable data information, and to lay solid foundation for our subsequent analysis [8].

2.3.2. Nursing satisfaction

Nursing satisfaction is one of the important indicators to evaluate the quality of nursing. In this study, a questionnaire survey was conducted to evaluate the traditional and transitional care. It mainly involves the service attitude, communication ability, professional skills and so on of nursing staff. By comparing the satisfaction evaluation scores of patients in the two groups, the satisfaction of patients under the two different nursing modes was understood [9]. At the same time, in order to guarantee the authenticity and validity of the relevant data, the design of the questionnaire is based on the real demands of elderly patients with chronic diseases to review, detailed understanding of their attention to nursing service point for design [10]. At the same time, anonymous filling was used in the survey to ensure that patients could truly express their nursing experience and feelings.

2.4. Statistical methods

SPSS 19.0 software was used for data analysis. Measurement data were expressed as mean ± standard deviation and *t* test was used for comparison between groups. Count data to rate (%), said comparison between groups using χ^2 inspection. $p < 0.05$ was considered statistically significant.

3. Results

3.1. Comparison of health status

Through the measurement and analysis of the patients' blood pressure, blood glucose and other physiological indicators, the health status of the experimental group was discovered to significantly better than that of the control group ($p < 0.05$). The specific data was shown in **Table 1**. In addition, the incidence of complications in the experimental group was also significantly lower than that in the control group, further confirming the effectiveness of continuous care in improving the health status of elderly patients with chronic diseases.

Table 1. Comparison table of health status

Indicators	Experimental group average	Control mean	*p* - value
Systolic blood pressure (mmHg)	128.5 ± 10.2	142.3 ± 12.6	< 0.01
Diastolic Blood Pressure (mmHg)	78.6 ± 8.5	86.2 ± 9.3	< 0.01
Fasting blood glucose (mmol/L)	6.2 ± 1.1	7.8 ± 1.5	< 0.01

3.2. Comparison of nursing satisfaction

Through the self-designed questionnaire survey, this study found that the satisfaction of patients in the experimental group was significantly higher than that in the control group ($p < 0.05$). The specific data was shown in **Table 2.**

Table 2. Comparison table of nursing satisfaction

Projects	Experimental group satisfaction (%)	Control group satisfaction (%)	*p* - value
Nurse professional skills	95.2	80.6	< 0.01
Service attitude	93.6	78.4	< 0.01
Communication skills	92.8	76.3	< 0.01

It can be seen from the data that continuous nursing not only improves the health status of patients, but also significantly improves the satisfaction of patients with nursing services. This result provides strong support for the further promotion and application of transitional care.

4. Discussion

With the acceleration of the aging process of China's society, the number of elderly patients with chronic diseases is increasing year by year, and the demand for medical and nursing services is also increasing. Traditional hospital center nursing mode have been unable to meet the demand of patients with long-term, comprehensive care [11]. Continuity care, therefore, as a new mode of nursing, has important application value in patients with senile chronic diseases. By comparing and analyzing the application effects of continuous nursing and traditional nursing in elderly patients with chronic diseases, this study found that continuous nursing has significant advantages in improving the health status and nursing satisfaction of patients. The following is an in-depth discussion of the results of this study [12].

First of all, transitional care plays a good role in improving the quality of life of elderly patients with chronic diseases. The development of scientific continuous nursing plan can help elderly patients with chronic diseases to establish a good life pattern and promote their self-management ability [6].

5. Conclusion

In summary, continuous nursing has a significant application effect in elderly patients with chronic diseases. Through comprehensive and personalized care measures and regular follow-up management, continuous care can help patients improve their health status and nursing satisfaction [13]. Therefore, recommendation to the application of continuous care in the nursing of elderly patients with chronic diseases to improve patient satisfaction and promote the health and rehabilitation of patients [14]. However, at the same time, there are still some challenges and problems in the practical application of transitional care, such as insufficient human resources and insufficient policy support.

Therefore, in the future, it is necessary to further increase the research and investment in transitional care, improve the relevant policies and measures and talent training mechanism, so as to promote the wide application and development of transitional care in elderly patients with chronic diseases [15]. In addition, for different types of elderly patients with chronic diseases and different cultural backgrounds and social environments, it is necessary to further carry out diversified research and exploration on transitional care models and service content in the future.

Disclosure statement

The author declares no conflict of interest.

References

[1] Ning M, 2022, Observation on the Effect of Transitional Care on Elderly Patients with Chronic Diseases. People's Health, 2022(04): 111–113.

[2] Jiang X, 2021, Influence of Transitional Care on Self-Care Ability and Quality of Life of Elderly Patients with Chronic

Diseases. Heilongjiang Medical Journal, 45(12): 1289–1290.

[3] Lan Q, Li F, Tao P, et al., 2021, Study on the Needs of Transitional Care Health Management and Influencing Factors for Elderly Patients with Chronic Diseases. Lingnan Journal of Emergency Medicine, 26(02): 205–207.

[4] Tang L, Teng Y, Wang X, 2019, Study on the Effect of Transitional Care in the Nursing of Elderly Patients with Chronic Diseases. People's Health, 2019(19): 206.

[5] Wang J, 2019, Analysis on the Influence of Transitional Care on Self-Care Ability and Quality of Life of Elderly Patients with Chronic Diseases. Capital Journal of Food and Medicine, 26(11): 148.

[6] Yao K, Zhu J, Huang Q, et al., 2018, Effect Evaluation of Transitional Care on Improving Health Management Level and Treatment Compliance of Elderly Patients with Chronic Diseases. Health Vocational Education, 36(20): 142–144.

[7] Sun F, Liu T, 2017, Study on the Effect of Establishing a Family-Centered Nursing Model in Transitional Care for Elderly Patients with Chronic Diseases. Contemporary Nurse: Middle Issue, 2017(02): 2.

[8] Liao C, Ma H, Zhang Q, et al., 2016, Analysis on the Status of Transitional Care Needs and Influencing Factors of Elderly Patients with Chronic Diseases. Chinese Nursing Research: First Section, 30(09): 3.

[9] Wang Z, 2016, Research Progress of Transitional Care for Elderly Patients with Chronic Diseases. Qilu Journal of Nursing, 2016(03): 58–60.

[10] Zhai X, Li H, Huang M, et al., 2012, Application of Home-Based Nursing in Continuous Nursing Care for Elderly Patients with Chronic Diseases. Chinese Journal of Modern Nursing, 18(32): 3.

[11] Li J, Dai F, Chen R, et al., 2019, Research Progress on the Application of Health Promotion Model in Elderly Chronic Disease Services. Chinese Journal of Gerontology, 39(04): 246–249.

[12] Lei C, Jia R, Liu Y, et al., 2018, Research on the Application Value of Continuity of Care Service Model in the Nursing of Elderly Chronic Disease Patients. Chinese Geriatric Health Medicine, 16(03): 2.

[13] Zhu J, Huang Q, Yao K, et al., 2018, Influence of Transitional Care on Self-Care Ability and Quality of Life of Elderly Patients with Chronic Diseases. Health Vocational Education, 36(05): 3.

[14] Shi X, Geng G, Gao J, et al., 2020, Research Progress of Information Continuity in Transitional Care for Elderly Patients with Chronic Diseases. Chinese General Practice, 23(04): 6.

[15] Jia H, Sun L, Qu R, et al., 2019, Research Progress of Nursing Care for Elderly Patients with Multiple Chronic Diseases. Nursing Journal of Chinese People's Liberation Army, 36(08): 4.