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The health and coping strategies of nursing home residents and their relatives during the COVID-19 pandemic

Submission date
13/10/2021

Recruitment status
No longer recruiting

Registration date
14/10/2021

Overall study status
Completed

Last Edited
13/12/2024

Condition category
Other

[_] Prospectively registered
[X] Protocol
[_] Statistical analysis plan
[X] Results
[_] Individual participant data

Plain English summary of protocol

Background and study aims
The COVID-19 pandemic hit older adults particularly hard, especially those living in nursing homes and little scientific research has looked at the specific measures implemented to protect them. This study's primary aim is to assess the physical and mental health of nursing home residents and their relatives following the implementation of the exceptional confinement measures taken because of the COVID-19 epidemic. The secondary aim is to explore the lived experiences of the stressors perceived by older adults and their relatives, as well as the support strategies implemented by health professionals and their results.

Who can participate?
Nursing home residents over 65 years old, their relatives, and healthcare professionals working on the unit for more than 3 months

What does the study involve?
Participants are asked to complete several questionnaires, and the confinement measures implemented in older adults' nursing homes are identified. Data are collected from several sources (individual interviews, focus groups, field notes). Interviews are planned with about 12 representatives of each group of participants (residents and relatives). Two focus groups made up of healthcare professionals will explore their perceptions of residents' and relatives' lived experiences of stressors, the coping strategies those two groups implemented to deal with them and what those strategies' results were.

What are the possible benefits and risks of participating?
There is no benefit to participating in the study. The study procedure does not pose a major health risk to the residents and their relatives.

Where is the study run from?
University of Applied Sciences and Arts Western Switzerland

When is the study starting and how long is it expected to run for?
December 2020 to December 2022

Who is funding the study?
University of Applied Sciences and Arts Western Switzerland

Who is the main contact?
Prof. Claudia Ortoleva Bucher
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Contact information

Type(s)
Scientific

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Additional identifiers

Clinical Trials Information System (CTIS)
Nil known

ClinicalTrials.gov (NCT)
Nil known

Protocol serial number
SPA-COVID19

Study information

Scientific Title
The health and coping strategies of nursing home residents and their relatives during the COVID-19 pandemic: a mixed-methods study protocol

Acronym
SPA-COVID19

Study objectives
1. Describe the level of symptoms (post-traumatic stress, anxiety, depression, social maladjustment and somatic disorders), post-traumatic growth and quality of life of nursing home residents and their relatives after the COVID-19 pandemic.
2. Describe the strategies implemented (by residents and relatives) for coping with the COVID-19 pandemic.
3. Explore residents and relatives lived experiences of their perceived stressors during the COVID-19 pandemic and their links to any potential physical or mental health symptoms, post-traumatic growth and quality of life.
4. Explore which stressors healthcare and support professionals observed affecting residents and their relatives.
5. Explore which strategies healthcare and support professionals implemented to support residents and their relatives and help them cope with the stressors they faced during the COVID-19 pandemic, including their results.

Ethics approval required
Ethics approval required

Ethics approval(s)
approved 14/12/2020, Human Research Ethics Committee of the Canton of Vaud (Avenue de Chailly 23, Lausanne, 1012, Switzerland; +41 (0)21 316 18 30; scientifique.cer@vd.ch), ref: 2020-02397

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Study design
Concurrent mixed-methods (QUANTITATIVE/qualitative) observational study

Primary study design
Observational

Study type(s)
Other

Health condition(s) or problem(s) studied
Physical and mental health of residents of nursing homes residents and their relatives during the COVID-19 pandemic

Interventions
This study is based on a concurrent mixed design (QUAN/Qual). Quantitative data will be collected through questionnaires and qualitative data will be collected through semi-structured interviews for residents and their relatives and through focused focus groups for health professionals.

Quantitative phase:
Participants are asked to complete several relevant, validated questionnaires, and the confinement measures implemented in older adults' nursing homes are identified. The study population includes all the nursing home residents in four French-speaking cantons of Switzerland (and their relatives) who are living through the COVID-19 pandemic. Descriptive

statistics will be calculated for the scores of the GHQ-12, IES-6, PSS, Brief Cope, PTGI-SP, WHOQOL-BREF and WHOQOL-OLD scales. Correlational analyses will be considered.

Qualitative phase:
Data are collected from several sources (individual semi-structured interviews, focus groups, field notes). Interviews are planned with about 12 representatives of each group of participants (residents and relatives) or until data saturation. Two focus groups made up of healthcare professionals will be constituted to explore their perceptions of residents' and relatives' lived experiences of stressors, the coping strategies those two groups implemented to deal with them and what those strategies' results were. The interviews and focus groups will be subjected to a thematic contents analysis.

Integrating the quantitative and qualitative data will take place jointly with data interpretation.

Intervention Type
Other

Primary outcome(s)
There is a single timepoint for both quantitative and qualitative data collection (from April 2021 to February 2022)

Level of symptom intensity reported by residents and relatives using the General Health Questionnaire (GHQ-12, Likert scoring)

Key secondary outcome(s))
There is a single timepoint for both quantitative and qualitative data collection (from April 2021 to February 2022):

Quantitative:
1. Levels of psychophysiological activation intensity, reviviscence, and avoidance reported by the residents and the relatives using the Impact of Event Scale-6 (IES-6, Likert scoring)
2. Frequency of use of the 14 types of coping strategies by APs and relatives measured using the Brief-Cope questionnaire (Likert scoring)
3. Level of perceived stress reported by APs and relatives measured using the Perceived Stress Scale (PSS, Likert scoring)
4. Level of intensity of post-traumatic growth reported by residents and relatives measured using the short form of the Posttraumatic Growth Inventory (PTGI-SF, Likert scoring)
5. Level of quality of life reported by relatives using the World Health Organization Quality of Life Brief Version (WHOQOL-BREF, Likert scoring)
6. Level of quality of life reported by residents using the World Health Organization Quality of Life instrument - Older Adults (WHOQOL-OLD, Likert scoring)

Qualitative:
1. Stressors perceived by residents and relatives collected from interviews using thematic analysis
2. Stressors of residents and their relatives as perceived by health care professionals collected from focus groups using thematic analysis
3. An understanding of the phenomenon under study, i.e., the process of adaptation to stressors resulting from the COVID-19 pandemic by residents and their relatives, will be formulated by integration of the qualitative and quantitative results (mixed methods analyses)

Completion date
31/12/2022

Eligibility

Key inclusion criteria
Nursing home residents:
1. Over 65 years old
2. Able to discern and speak and understand French

Relatives:
1. Able to discern and speak and understand French

Healthcare professionals:
1. Working on the unit for more than 3 months
2. Have a caring relationship with the residents and the family member

Participant type(s)
Mixed

Healthy volunteers allowed
No

Age group
Mixed

Sex
All

Key exclusion criteria
Residents:
1. The presence of major irreversible neurocognitive disorders

Relatives:
1. There are no exclusion criteria

Healthcare professionals:
1. Temporary worker or a student

Date of first enrolment
01/04/2021

Date of final enrolment
28/02/2022

Locations

Countries of recruitment
Switzerland

Study participating centre
University of Applied Sciences and Arts Western Switzerland
La Source School of Nursing Sciences
Avenue Vinet 30
Lausanne
Switzerland
1004

Sponsor information

Organisation
University of Applied Sciences and Arts Western Switzerland

ROR
https://ror.org/01xkakk17

Funder(s)

Funder type
University/education

Funder Name
Haute école Spécialisée de Suisse Occidentale (ref: 09-O20)

Alternative Name(s)
University of Applied Sciences Western Switzerland, Fachhochschule Westschweiz, HES-SO

Funding Body Type
Government organisation

Funding Body Subtype
Local government

Location
Switzerland

Results and Publications

Individual participant data (IPD) sharing plan
All the data collected is coded and kept securely at La Source School of Nursing. When dealing with quantitative data, each participant will be attributed an anonymous administrative code.

Data will be stored on an SRP directory on La Source School of Nursing's server, which is housed in a data centre in Switzerland.
All interviews are audio-recorded in full. When this qualitative data is transcribed verbatim onto a Word 365 ProPlus® file, each participant is assigned an anonymous administrative code instead of their name. Residents' codes begin with the letters 'RES' and the letter 'Q' for qualitative data, followed by a two-digit number, starting with RESQ01 for the first resident interviewed and so on in chronological order. The same system is followed with relatives (e.g. RELQ04) and healthcare professionals (e.g. PROQ12).
All the participants are free to withdraw from the study at any moment without incurring any penalties or consequences with regard to the future care or services they might rightfully expect. Should a participant decide to withdraw, for whatever reason or at whatever moment, any data that have already been coded will not be destroyed but rather will still be analysed as specified in the research information sheet. Results will be presented in an aggregated form so that no participants will be identifiable in lectures or publications.
Only the principal investigator (Prof. Claudia Ortoleva Bucher) will have access to the key linking participants' codes to their names and identities, and this will only be used if absolutely necessary. All members of the research team will only have access to coded data. The file containing the key to participants anonymity will be protected by a password known only to the principal investigator.

IPD sharing plan summary

Available on request

Study outputs

Output type	Details	Date created	Date added	Peer reviewed?	Patient-facing?
Results article		09/10/2024	13/12/2024	Yes	No
Protocol article		24/03/2022	20/06/2024	Yes	No
Participant information sheet	Participant information sheet	11/11/2025	11/11/2025	No	Yes