

JOURNAL HIGHLIGHTS

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Psychological Resilience in Long-Term Care Residents

Several individual and social factors are associated with resilience in residents of long-term care facilities who experience stressful life events, according to a study in the Netherlands.

Led by Milou J. Angevaere, MD, MSc, of the Amsterdam Public Health Research Institute, researchers conducted a longitudinal cohort study using the Long-Term Care Facilities Assessment from interRAI. The assessment consists of about 250 items that cover such areas as mental and physical health, social support, and service use.

The researchers identified psychological resilience in 248 individuals who had experienced major life stressors, such as severe illness or the death of a friend or relative, and 246 individuals who had experienced conflict with staff or other residents. They also sought to determine what factors were associated with resilient individuals in each category.

The researchers defined a resilient outcome as the individual not having clinically meaningful mood symptoms, or having equal or fewer symptoms, at the post assessment. They measured the observer-reported findings using the Depression Rating Scale (DRS) and the residents' self-reported mood symptoms using the Self-Reported Mood Scale. The observer-reported mood symptoms showed that 48% of those who had experienced major life stressors and 26% of those who had experienced conflict demonstrated resilience. The self-reported mood symptoms showed that 50% of the individuals who had experienced major life stressors and 51% of those who had experienced conflict demonstrated resilience. Conflict was associated with a higher DRS score, which may explain the variation between observer-reported and self-reported mood symptoms in these individuals, the researchers said.

Several individual and social factors were strongly associated with resilient individuals who had experienced stressors, including "cognitive functioning, a strong and supportive relationship with family, participation in social activities, and better self-reported health." For the individuals who had experienced conflict, the researchers found that "better communicative functioning, absence of psychiatric diagnoses, a strong and supportive relationship with family, not being lonely, social engagement, and not reminiscing about life were most strongly associated with resilience."

The researchers emphasized that the social aspects of these factors can be

encouraged in the long-term care setting, including facilitating family relationships, encouraging social activities, and increasing residents' social contacts.

The researchers also noted that "the likelihood of encountering stressors increases with age, and residents of [long-term care] specifically are increasingly likely to encounter different health, loss and social stressors." Acknowledging the unavailability of these stressors, the researchers emphasized the need to help residents develop strategies to cope. To target intervention efforts, further research is needed to identify the strongest factors in individuals who demonstrate resilience.

Source: Angevaere MJ, et al. *Psychological Resilience in Older Residents of Long-Term Care Facilities: Occurrence and Associated Factors* [published online: December 30, 2022]. *J Am Med Dir Assoc*. DOI: <https://doi.org/10.1016/j.jamda.2022.12.006>.

Natural Disasters May Increase Nursing Home Admissions

Older adults who experience natural disasters such as floods are more likely to be admitted to nursing homes (NHs) than unaffected individuals, a retrospective cohort study in Japan found.

Using a public database of enrollees in long-term care insurance, Daisuke Miyamori, MD, MPH, PhD, of Hiroshima University Hospital, identified individuals from three prefectures most affected by the 2018 Japan Floods, which may have been the worst floods in the country's history. The individuals chosen had been using long-term care services such as home visits, day-care, or short-term care services when the floods occurred, but they were not NH residents.

The researchers found that 239 of 2,156 individuals affected by the floods and 6,184 of 185,705 individuals who were not affected went into NHs within six months after the floods. After adjusting for other risk factors, the researchers found that the individuals affected by the flooding were "3.2 times more likely to be admitted to NHs than those who were unaffected."

The researchers also found that the high-risk individuals included those with higher eating dependence, who may have relied on caregivers before the disaster, and those in the younger age category of older adults.

The researchers offered several possible explanations for the higher NH admittance: the impact of the disaster on daily activities and overall health,

including reduced access to necessary care services; increased physical stress, decreased mental activity, and social isolation, which may impact cognitive function; and displacement from previous places of residence.

With global climate change likely to cause increased flooding risks, the researchers said, health professionals and policy-makers must prepare for the greater need for NH care likely to follow.

Source: Miyamori D, et al. *How the 2018 Japan Floods Impacted Nursing Home Admissions for Older Persons: A Longitudinal Study Using the Long-Term Care Insurance Comprehensive Database* [published online: December 29, 2022]. *J Am Med Dir Assoc*. DOI: <https://doi.org/10.1016/j.jamda.2022.11.021>.

Insulin Resistance Linked to Loss of Muscle Mass

Obesity is linked to the development of insulin resistance, but older adults with a loss of lower-limb muscle mass are at risk even if they are not obese, according to a longitudinal study in Japan.

Led by Toshiaki Seko, PhD, of Sapporo Medical University School of Medicine, researchers studied 194 non-diabetic individuals age 65 and older who were part of a prospective community cohort study. The researchers measured muscle mass, muscle strength, grip strength, isometric knee extension torque, and walking speed in individuals who had a homeostasis model assessment of insulin resistance (HOMA) of 1.73 or more.

Individuals with loss of lower-limb muscle mass and appendicular muscle mass were, respectively, 0.88 and 0.89 times more likely to develop insulin resistance regardless of obesity. By contrast, muscle strength and walking speed were not risk factors for the development of insulin resistance.

"The findings suggest that loss of skeletal muscle mass, rather than decrease in muscle strength and muscle function, predisposes older adults to subsequent reduction of insulin sensitivity," the researchers said.

Source: Seko T, et al. *Preserved Lower-Limb Muscle Mass Prevents Insulin Resistance Development in Nondiabetic Older Adults* [published online: December 30, 2022]. *J Am Med Dir Assoc*. DOI: <https://doi.org/10.1016/j.jamda.2022.12.002>.

Jeffrey S. Eisenberg, a freelance writer in the Philadelphia area, compiled this listing.

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