

Abstract: The purpose of this study was to evaluate the impact of the Holistic Quality of Life (HQP) model on reducing mortality rates among long-term ill older adults. The study was conducted in a geriatric care facility and involved a randomized controlled trial. The HQP model was compared to a standard medical care approach. The primary outcome was mortality rate, and secondary outcomes included hospital readmission rates and self-reported quality of life. The results showed that the HQP model significantly reduced mortality rates compared to the control group. Additionally, patients in the HQP group reported higher quality of life and lower hospital readmission rates. These findings suggest that the HQP model is an effective approach for managing long-term illnesses in older adults, leading to improved health outcomes and enhanced quality of life.

Results: Mortality rates were significantly lower in the HQP group compared to the control group. Hospital readmission rates were also lower in the HQP group. Self-reported quality of life was higher in the HQP group. The HQP model was found to be more effective in addressing the comprehensive needs of long-term ill older adults, leading to better health outcomes and enhanced quality of life.

Conclusion: The HQP model is an effective approach for managing long-term illnesses in older adults, leading to improved health outcomes and enhanced quality of life. The study highlights the need for a holistic approach in geriatric care, focusing on physical, mental, social, and spiritual dimensions. The HQP model offers a more nuanced approach, integrating medical care with psychological, social, and spiritual support. This study explores the efficacy of the HQP model in achieving these objectives [1].

Keywords: Holistic quality of life; HQP model; Long-term illness; Older adults; Mortality reduction; Integrated care

Introduction

The increasing prevalence of long-term illnesses among older adults presents a significant challenge to global healthcare systems. These chronic conditions often lead to higher mortality rates, reduced quality of life, and increased healthcare costs. Traditional medical approaches, while effective in managing specific health issues, may fall short in addressing the comprehensive needs of this demographic. The Holistic Quality of Life (HQP) model emerges as a promising approach to bridge this gap, aiming to reduce mortality rates and enhance the overall well-being of long-term ill older patients. This study explores the efficacy of the HQP model in achieving these objectives [1].

Background and significance

As the population ages, a larger segment is living with chronic diseases such as heart disease, diabetes, and COPD. This trend necessitates a healthcare approach that goes beyond conventional medical treatment. The HQP model offers a more nuanced approach, integrating medical care with psychological, social, and spiritual support. This model is predicated on the understanding that the well-being of older adults with long-term illnesses is influenced by a complex interplay of various factors [2,3].

Objective: The primary objective of this research is to evaluate the impact of the HQP model on reducing mortality rates among long-term ill older adults. Secondary objectives include assessing improvements in patients' overall health status, hospital readmission rates, and their self-reported quality of life [4].

HQP model: The HQP model is characterized by its holistic approach, focusing not just on physical health but also encompassing mental, social, and spiritual dimensions. This integrated care model is designed to cater to the diverse and complex needs of older adults,

promoting not only longevity but also an enhanced quality of life [5].

Research significance: This study is significant as it provides insights into the effectiveness of a holistic care approach in managing long-term illnesses among older adults. By evaluating the HQP model, the research aims to contribute to the development of more effective health care strategies for this growing population segment, potentially influencing policy and practice in geriatric care. The study outlines the background, objectives, and significance of the research, highlighting the need for a holistic approach in the care of long-term ill older adults [6].

Results and Discussion

Results

The implementation of the Holistic Quality of Life (HQP) model in the care of long-term ill older patients yielded significant findings:

Mortality rates: The mortality rate in the HQP group was significantly lower than in the control group. The HQP group showed

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healthcare systems should consider adopting holistic care models like HQP to better meet the complex needs of this growing population segment. However, it is important to acknowledge the limitations of the study, including its scope and duration. Future research with larger sample sizes and over extended periods is recommended to validate and expand upon these findings.

Acknowledgment

None

Conflict of Interest

None

References

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