

### **FC34: Desatar Argentina: Transforming the Care of Older Adults in Long-Term Care Facilities**

**Authors:** Rubin Romina, Szulik Judith

**Introduction:** Desatar Argentina is an interdisciplinary group of professionals dedicated to eliminating the use of physical restraints in gerontological care settings. Since its foundation in 2017 under the auspices of the Argentine Society of Gerontology and Geriatrics (SAGG), the group has been committed to promoting respect and dignity for older adults, guided by the International Convention on the Rights of Older Persons.

**Mission:** Desatar Argentina's mission is to raise awareness about the harm caused by physical restraints and to promote strategies for their elimination, generating a cultural change within health and social care organizations. We aim to sensitize both society and healthcare professionals about the importance of respecting the dignity of older adults.

**Trajectory:** Since its inception, Desatar Argentina has undertaken numerous activities, including:

- In 2018, the first "Desatar para cuidar" event at LedorVador.
- In 2019, presenting the research on the effectiveness of a multicomponent intervention program to eliminate physical restraints in a long-term care facility (which also obtained an award) at the XVI Argentine Congress of Gerontology and Geriatrics.
- Publications in the SAGG Journal and other media to widely disseminate the group's message.
- Training courses for care home professionals, focusing on tools and strategies to eliminate the use of physical restraints.

**Future Perspectives:** Desatar Argentina will continue to work to:

- Promote research and dissemination of new care modalities that prioritize the fundamental rights of older adults.
- Foster ongoing training of health and social care professionals on the risks and alternatives to restraints.
- Promote sustainable cultural change within care centers to ensure a restraint-free environment focused on respect and dignity for older adults.
- Undertake the evaluation and assessment of chemical restraints.
- Promote the elimination of physical restraints in the hospital environment.

**Conclusions:** Desatar Argentina has shown that it is possible to eliminate physical restraints in long-term care facilities, significantly improving the quality of life for older adults. Continuous training and awareness-raising are essential to promote restraint-free care and transform organizational culture in favor of the rights and dignity of older adults.

**Keywords:** Physical restraints, gerontology, dignity, restraint-free care, quality of life, Desatar Argentina, organizational culture.

### **FC35: The use of narrative approaches to improve quality of care in the long-term care setting: a scoping review**

**Authors:** Mirjam Kalisvaart, Msc., Marjolijn Heerings, Lieke Oldenhof, Anne Margriet Pot

**Objectives:** Experienced quality of care of older people using long term care is not sufficiently reflected in quantitative quality measures, like surveys or indicators. Therefore, care organizations increasingly use narrative approaches to collect and analyze experiences of clients, relatives, and professionals with quality of care. These Methods enable care organizations to share experiences, identify dilemmas in care provision and provide rich information for quality improvement. However, information about such Methods is scattered. The aim of this