

Prevention in Health Care: Complementary Medicine in Geriatric Nursing Homes - a prospective controlled cohort study

Summary:

Background: In the past Complementary Medicine (CM) methods were not integrated into German geriatric nursing homes although they might offer prevention strategies in Health Care. Since 2007 four geriatric nursing homes in Germany started to integrate the preventive concept of Kneipp Therapy (KT) with a combination of naturopathy treatments including hydrotherapy, herbal medicine, mind body medicine aspects, physical activities and healthy nutrition.

Aim: To evaluate the effects of KT on health and quality of life in residents who receive and caregivers who apply KT prevention in certified Kneipp geriatric nursing homes in Germany. Residents and caregivers of geriatric nursing homes with KT will be compared with residents and caregivers from geriatric nursing homes delivering also forms of preventive medicine.

Methods. We conducted a two armed, prospective, controlled, not randomised explorative cohort study with a 12 month follow-up period. Evaluation will be performed with standardised questionnaires at baseline and after 6 and 12 months. About 100 caregivers and 150 residents will be included in this observational trial.

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