Universität Basel
Medizinische Fakultät
Departement Public Health

25 Years of Growth
2000-2025
Nursing Science
Pflegewissenschaft
Universität Basel

Patient Engagement in Community Activities and Their Determinants among Healthcare Professionals : a Cross-Sectional Survey

A. Monticelli, M. Winkler, F. Zúñiga, B. Van Grootven, on behalf of the ENGAGE consortium

BACKGROUND

- In Switzerland, 17–23% of older persons are insufficiently physically active and 34% experiencing loneliness (Federal Statistical Office, 2022)
- Engaging in community activity programs combats frailty and isolation by simultaneously enhancing physical, psychological, and social well-being in older adults
- Healthcare professionals (HCPs) are uniquely positioned to encourage this participation

This study aimed to

1) **measure healthcare professionals' current practices in promoting community activity programs for older patients and**
2) **identify the key determinants influencing perceived participation behaviour of older persons**

METHODS

- Cross-sectional census survey of healthcare professionals in BS & BL
- Survey Development: Items generated from literature, clinical guidelines and the theoretical domains framework (TDF). Then finalized after cognitive testing with 3 HCPs for clarity and validity
- Participants: A census sample of all actively practicing target HCPs (General practitioners, nurses, physiotherapists, psychologists, nutritionists) was drawn from public professional registries in Basel-Stadt and Basel-Landschaft
- Data Collection: The survey was administered online using LimeSurvey, initiated in March 2025, and remained open for 8 weeks
- Data Analysis: Descriptive statistics and regression modeling

RESULTS

- A total of 80 HCP completed the survey
- Almost all HCP (88 %) were aware of local activities or community programs for older persons
- HCP estimated on average 44% (SD = 20%) of their patients interested in community activities, demonstrating substantial variability across the patient population

Figure: participants were asked to indicate what strategies they use to support older persons being active and participating in physical and or social activities

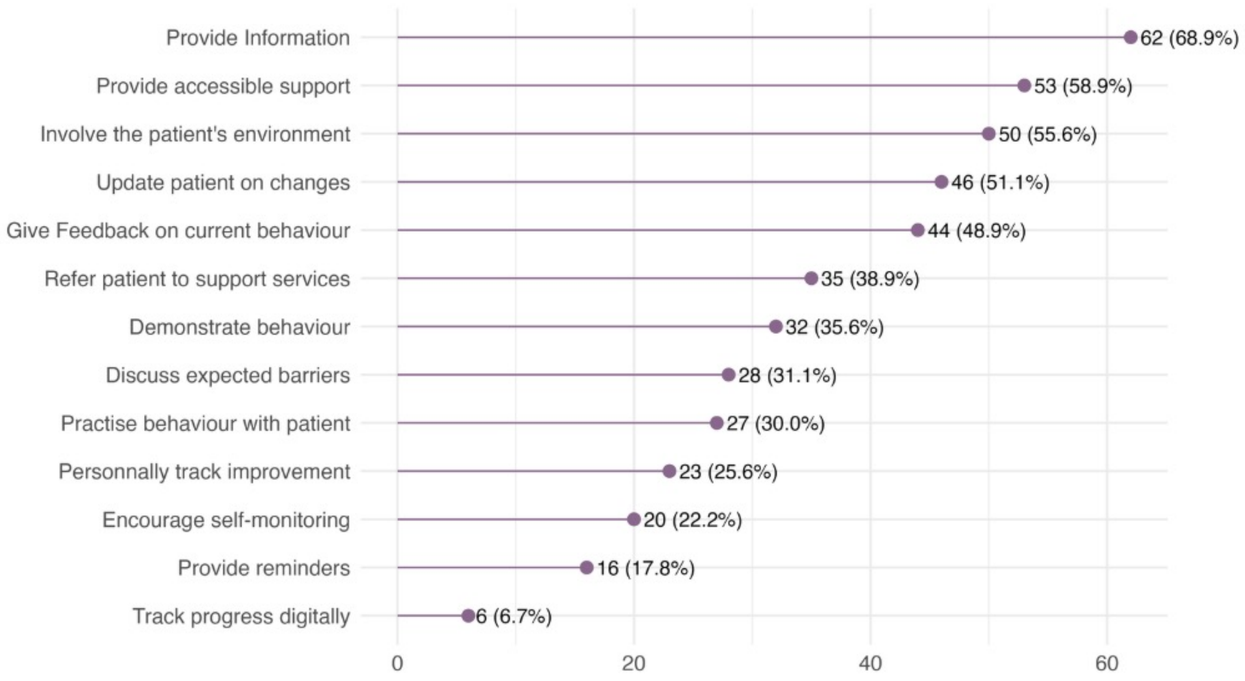

Table: A 4-point scale was used to rate participants knowledge, skills, etc. in supporting older persons to be active in a program. The outcome was perceived participation of older persons in activity programs

Variable	B	95% CI	P-value
Knowledge	6.39	(0.66, 12.15)	0.033*
Professional knowledge	8.24	(1.28, 15.20)	0.021*
Skills	0.05	(-6.17, 6.27)	0.987
Professional role	0.24	(-6.81, 7.29)	0.946
Self-Efficacy	4.86	(-0.35, 10.07)	0.067
Behavioral control	2.00	(-2.91, 6.91)	0.420
Optimism	3.67	(-1.93, 9.27)	0.195
Pessimism	0.67	(-5.04, 6.38)	0.818
Attitude	7.51	(0.28, 14.74)	0.042*
Expected Outcome	6.77	(0.09, 13.45)	0.047*

DISCUSSION

- On average heatlhcare professionals use 4 strategies (SD = 3) to support their patients' participation in community activities
- The analysis identified knowledge (both general and procedural) and positive beliefs about consequences (attitudes and outcome expectations) as significant, independent determinants of heatlhcare professionals perceptions regarding patient participation in activities, suggesting that interventions targeting these specific domains may be most effective in increasing promotion behavior

engage-nursing@unibas.ch +41 61 207 64 64