

## PS6 Tiredness of life in older persons: An evolutionary concept analysis

<b>Topic</b>	psychosocial
<b>Presentation</b>	oral
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<b>Abstract title</b>	Tiredness of life in older persons: An evolutionary concept analysis
<b>Abstract body</b>	<p>Aim: To clarify the concept of tiredness of life in older persons.</p> <p>Method: A literature review was executed using Rodgers' evolutionary method of concept analysis to analyze the attributes, surrogate terms, related concepts, antecedents and consequences of "tiredness of life". Four databases (Pubmed, Web of Science, CINAHL and EMBASE) were searched (January 2000 until September 2019). Two reviewers (SDM and FD) independently screened the titles and abstracts of 642 records.</p> <p>Results: 34 publications were included. Four defining attributes (being weary of life, motivational depletion, loss of meaning in life and an inability to connect to ones' life), four antecedents (the experience of unpredictable circumstances, experienced age-related life struggles, the fear of dependency and social redundancy), and 3 consequences (euthanasia requests, voluntary refusal to eat and drink and suicide) were identified. Concepts such as 'finished with life', 'suffering from life' and 'completed life' were used interchangeably both in public debate as among health care providers and patients.</p> <p>Conclusion: International consensus definition on "tiredness of life" is currently lacking. Analysis of its defining attributes and antecedents provides important information related to its impact and potential risk factors. Tiredness of life cannot be understood without taking into account the socio-cultural context and the moral understandings as the background against which older people define themselves, act in relation to others and understand the world. Clearly, more work is needed to grasp the experience of tiredness of life. Future research needs to focus on (1) enhancing definition development, (2) development of an instrument to measure tiredness of life, and eventually (3) testing the effectiveness of interventions to alleviate tiredness of life.</p>