



A study to assess the prevalence of major health problems among elderly at selected old age home with a view to develop information booklet on management of major health problems.



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Abstract: Title of the Topic: A study to assess the prevalence of major health problems among elderly at selected old age home with a view to develop information booklet on management of major health problems.

Objectives: „h To assess the prevalence of major health problems among elderly. „h To test the association between the prevalence of major health problems among elderly with their selected background variables.

Methodology: A descriptive study was adopted for the present study.. A sample of 47 elderly was selected using non probability convenient sampling technique., A structured checklist was used to collect the data and the collected data was analyzed and interpreted based on the descriptive and inferential statistics.

Results: The overall mean prevalence rate of some major health problems is as follows: cardiovascular disease (48.14%), diabetes mellitus (50%), asthma (39%), vision problems (43.4%), hearing loss (34%), osteoarthritis and osteoporosis (72.34%), dementia (46.78%). High prevalence was found in osteoporosis 34 (72.34%), and diabetes mellitus 18 (38.29%). Moderate prevalence was found in vision problems 21 (44.6%), cardio vascular problems 26 (55.32%), where as low prevalence was found in hearing loss 31 (65.95%), dementia 18 (38.29%) and asthma 21 (44.68%). A significant association was found between the prevalence of diabetes mellitus with age. The obtained chi square value was 9.610 which was highly significant at $p < 0.05$. **Conclusion:** The study attempted to assess the prevalence of major health problems among elderly and found that osteoarthritis and osteoporosis 34 (72.34%) and diabetes mellitus 18 (38.29%) are highly prevalent among elderly. There was a significant association found between diabetes mellitus with their age. **Key words: Prevalence, Health problems, Elderly, Information booklet Introduction.**

“A wise man should consider that health is the greatest of human blessings and learn how by his own thought to benefit from his illness.”

- Hippocrates (460 BC-377 BC)

In the beginning when God created the universe, the earth was formless and desolate. To fill this wonderful creation God created many such creatures and gave his creation to human beings of

the authority over all. According to the rule of nature, human beings too undergo many changes throughout his life. It passes through several stages of development. This process is called as ageing. Ageing has been defined chronologically by passing of time subjectively, as in how a person feels and functionally, as in changes in physical or mental capabilities. Ageing is a normal progressive process. It begins at



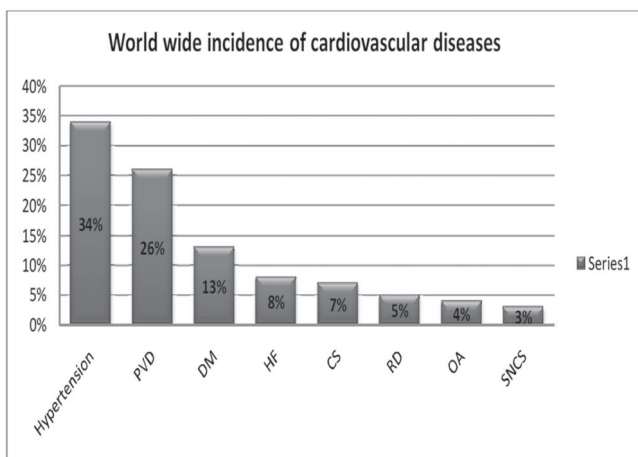
conception and ends at death. The process of ageing results in the changes in many systems and also has attacks of many health problems.

Age related changes and risk factors may negatively interfere with patient outcomes and impairs the human beings activity and quality of life. The aspect which changes during ageing includes physical, psychological and cognitive aspects. The physical aspects include changes in cardiovascular system, respiratory system, integumentary system, gastrointestinal system, musculoskeletal system, nervous system, sensory system and reproductive system.

NEED FOR THE STUDY

Age related changes affect every body system. These changes are normal and occur as people age advances. However the age at which specific changes become evident differs from person to person and within the same person. For instance a person may have grey hair at age 45 but relatively unwrinkled skin at age 80.

Heart disease is the leading cause of death in



elderly. It is the leading cause of hospitalization among Medicare recipients and it is also a major cause of morbidity and mortality among the elderly population.

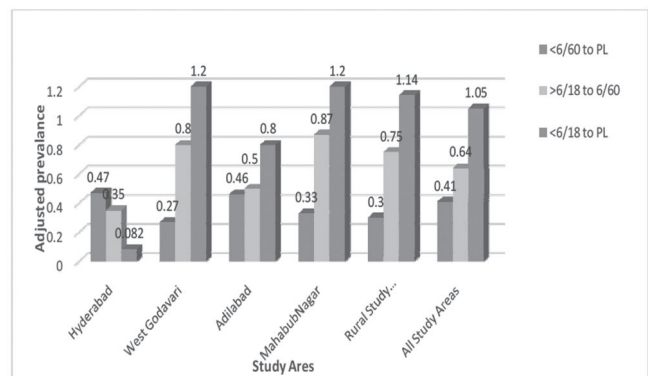
Fig - 1: World wide incidence of Cardiovascular

diseases.

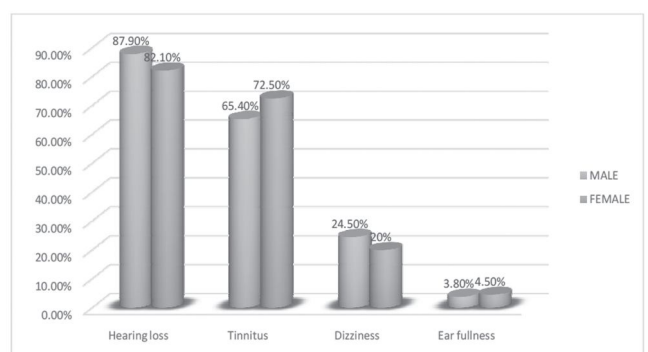
From the above graph, it is known that all cardiovascular diseases, hypertension is highly prevalent to 34 % which is followed by peripheral vascular disease 26%, Diabetes mellitus 13%, heart failure 08% and coronary syndrome 07%.

ENDOCRINE SYSTEM:

There also seen wide range of changes in the endocrine function in elderly people. Among endocrine disorders, Diabetes mellitus is more seen with the increasing age. There is an increased incidence of diabetes mellitus from the year 1980 to 2010 between the ages of 18 – 79 in United States. Among all, the statistics of 2010 shows an increased incidence diabetes mellitus.



RESPIRATORY PROBLEMS:



The incidence of respiratory disease among elderly is 16.1%.The age related changes related to



respiratory system in elderly is subtle and gradual.

Fig 2: Incidence of vision problems among elderly in Andhra Pradesh.

Fig 3: Incidence of audiologic and labyrinthine complaints in the elderly people.

NEUROLOGIC PROBLEMS:

The incidence of dementia all over the world is 18 million and in India the incidence is 3.2 million.

Age	Incidence
40-65	1/1000
65- 70	1/50
70- 80	1/20
80 +	1/5

Table - 2: The incidence of Dementia according to the Age.

Problem statement:

A study to assess the prevalence of major health problems among elderly at selected old age home, Boiguda, Secunderabad, A.P, with a view to develop information booklet on management of major health problems.

Objectives:

- ❖ To assess the prevalence of major health problems among elderly.
- ❖ To test the association between the prevalence of major health problems among elderly with their selected background variables.

Operational Definitions:

Assess:

It refers to gathering information from the elderly regarding prevalence of major health problems among elderly by using checklist.

Prevalence:

It refers to the number of cases of a specific disease present in a given population at a certain time.

Major Health Problems:

It refers to the problems which occur during old age between 50-90 years such as heart problems, diabetes mellitus, asthma, vision problems and cataract, hearing loss and dementia.

Elderly:

It refers to men and women in the age group of 51-90 years.

Selected Old Age Home:

It refers to home for the aged at Boiguda, Secunderabad, Andhra Pradesh.

Information Booklet:

It refers to booklet that contains one or more learning objective, appropriate learning material, methods and associated learning criterion and reference measures about management of major health problems among elderly. This information booklet includes the information as follows:

- Definition of some of the major health problems.
- Causes and risk factors of some of the major health problems.
- Clinical Features of some of the major health problems.
- Management of some of the major health problems.
- Prevention of some of the major health problems.

Assumptions:

The elderly will have some knowledge about the causes, prevention and management of certain disease.

The elderly will respond truthfully and frankly.

HYPOTHESIS

H1: There is significant association between prevalence of major health problems among elderly with their selected background variables such as age, sex, education, previous occupation, manage health problems and source of information.

METHODOLOGY:

Research approach:



In the present study “quantitative, non experimental approach” was considered as appropriate research approach.

Research design:

The “descriptive design was used.

Setting of the study:

The investigator conducted the study at ‘home for aged’, old age home at Boiguda, Secunderabad.

Population:

Target population. The target population was the elderly residing in old age homes.

Accessible population:

The elderly people residing in old age home at Boiguda, Secunderabad.

SAMPLE AND SAMPLE SIZE:

The sample size for the study was 47 elderly.

SAMPLING TECHNIQUE:

Non-probability convenient sampling technique was used for selecting subjects.

CRITERIA FOR SAMPLE SELECTION:

Inclusion criteria:

The elderly between 51-90 years who are

- ❖ Residing in selected old age home
- ❖ Available at the time of data collection
- ❖ Willing to participate in the study.

Exclusion criteria:

- ❖ Elderly who are sick at the time of data collection
- ❖ Elderly who cannot read, write and understand English.

DEVELOPMENT AND DESCRIPTION OF THE TOOL:

Part-A: It consists of questions regarding background variables of elderly such as age, sex, education, occupation, knowledge on management of major health problems and source of information.

Part-B: It consists of checklist with 40 items that deals with prevalence of major health problems such

as cardiovascular diseases diabetes mellitus, asthma, vision problems, hearing loss, osteoarthritis and osteoporosis, dementia.

SCORING: Each question carries one mark that had two options (yes or no) with one option applicable for elderly according to the presence of the problem. The prevalence has been categorized into low, moderate and high score based on the presence of symptoms in elderly.

- 0% - 33.3% LOW
- 33.4% - 66.3% MODERATE
- 66.4% - 100% HIGH

DATA COLLECTION PROCEDURE:

The investigator collected data at the Home for the Aged, Boiguda. Prior permission from the authorities was sought and obtained. 47 elderly people were selected as per the above mentioned criteria. With prior informed consent, data was collected by using structured checklist among the elderly.

RESULTS AND DISCUSSION

The demographic data of the elderly depicted that, 6 (13%) were in the age of 51- 60 yrs, 19 (40%) were in the age of 71 – 80 yrs, 31 (66%) were female, 29 (62 %) had no formal education, 38 (81%) did not have knowledge regarding health problems of elderly.

Table - 1: Frequency and percentage distribution of prevalence of major health problems among elderly.

Disease condition	Low (<33.3)		Moderate (33.71-63.3)		High (>63.3)	
	F	%	F	%	F	%
Cardio vascular disease	10	22	26	55	11	23
Diabetic mellitus	15	32	14	30	18	38



Asthma	21	45	15	32	11	23
Vision problems	18	38	21	45	08	17
Hearing loss	31	66	00	-	16	34
Osteoarthritis and osteoporosis	13	28	00	-	34	72
Dementia	18	39	13	28	16	34
Total	38		27		35	

TABLE-1: Revealed that osteoarthritis and osteoporosis 34 (72.%) and diabetes mellitus 18 (38.%) were high prevalence, in moderate prevalence were the vision problems 21(45%), cardiovascular problem 26 (55%) and in low prevalence were hearing loss 31 (65%), dementia 18 (38.%) and asthma 21(45%).

There was significant association between Diabetes mellitus and its related background variable age. There was no significant association between sex, education, previous occupation, knowledge to manage health problems and source of information.

DISCUSSION:

The present study was taken up in an effort to assess the prevalence of major health problems of elderly people through structured checklist. In this study osteoarthritis and osteoporosis 34 (72.34%) and diabetes mellitus 18 (38.29%) were in high prevalence, in moderate prevalence, vision problems 21 (44.68%) and cardio vascular problems 26 (55.32%) and in low prevalence hearing loss 31 (65.95%), dementia 18 (38.29%) and asthma 21 (44.68%). Information Booklet was carried out on management and prevention of major health problems among elderly.

Conclusion:

In this study, osteoarthritis and osteoporosis 34 (72.34%) and diabetes mellitus 18 (38.29%) are highly prevalent. There was significant association

between diabetes mellitus and their age.

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