

Assess the Geriatric Problems among Inmates of Old Age Home

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Abstract- Ageing is a natural process. In the words of seneca "old age is an incurable disease". Anon says that science makes them live longer yet our civilization finds less use for them. Persons of 65 years of age older are typically referred to as elderly. It is said that nobody grows old merely by living a certain number of years. Years wrinkle the skin, but worry, doubt, fear, anxiety and self distrust wrinkle the soul. While ageing merely stands for growing old, senescence is an expression used for the deterioration of the biologic efficiency that accompanies ageing. These changes are for the most part deleterious and eventually lead to the death of the organism.

The aim of the study was to assess the geriatric problems among inmates of old age home. The data were generated by using structured interview schedule; random sampling technique was adopted to select 50 subjects. The data obtained were analyzed by using both descriptive and inferential statistics on the basis of objective of the study. Demographic data containing sample characteristics were analyzed using frequency and percentage. Association between selected demographic variable with geriatric problems are calculated using chi-square test.

The results shows that level of physiological problems among the 50 old age people are, 78% have mild physiological problems, 20% have moderate physiological problems and 2% have severe physiological problems; Level of psychological problems are, 22% have mild psychological problems, 54% have moderate psychological problems and 24% have severe psychological problems; Level of psycho-social problems are, 26% have mild psycho-social problems, 66% have moderate psycho-social problems and 08% have severe psycho-social problems and Level of overall geriatric problems are, 68% have mild geriatric problems and 32% have moderate geriatric problems and no severe cases has been noticed.

This study revealed that the old age people are having mild physiological, moderate psychological, moderate psycho-social problems and over all mild geriatric problems. Thus assumption of the researcher is accepted as there will be geriatric problems among inmates of old age home.

Index Terms- A Geriatric Problems; Inmates of Old Age Home

I. INTRODUCTION

YOU DO NOT HEAL OLD AGE; YOU PROTECT IT; YOU PROMOTE IT; YOU EXTEND IT. -SIR JAMES STERLING ROSS

Among the total elderly population, those who live in rural areas constitute 78%. Sex ration in elderly population, which was

928 as compared to 927 in total population in the year 1996, is projected to become 1081 by the year 2016 as compared to 935 in the total population. According to geriatric census report around 73% of the patients belonged to the age group of above 65 years old are have majority of health problems such as Hypertension followed by Arthritis, Diabetes, Asthma, Cataract and Anemia. About 68% of the patients said that the attitude of people towards the elderly was that of neglect.

In recent years, physicians and other health care workers have increasingly specialized in the field of medicine dealing with elderly patients called GERIATRICS. As age increases, there is a decline in the function of virtually every organ system. Some medical authorities believe that, starting at age 30, there is a 1% decrease in organ function per year. This can make it difficult to distinguish between a normal decrease in organ function due to ageing and a decrease caused by an acute condition.

The older adult's population is currently the fastest growing segment of the nation. Concern for rapidly increasing aging population is an international dilemma. Nearly 36% of all emergency medical calls involve the elderly. Therefore it is important for healthcare workers to be familiar with the health care considerations for this age group. Hence nurse who care for older adults must be aware of the unique physical, psychological, legal, ethical and economic issues surrounding the aging process.

Objectives of the present study is to assess the demographic status of the inmate of old age home; to assess the geriatric problems among inmates of old age home; to find out the association between geriatric problems with selected demographic variables.

Material and methods for the study non-experimental descriptive survey approach is used with descriptive survey design.

Setting of the study was home for the old age at Secunderabad.

Population and sample 50 inmates of old age home from a selected home for the old age 60 to more than 80 years of age selected by random sampling, a sampling frame of the inmates of old age home of the two homes for the old age were prepared and every 2nd inmate was selected for the study till 50 inmates were selected.

Variables under Study geriatric problems among the inmates of selected old age home as an Independent Variable and Age, sex, education status, marital status, source of income, type of family, religion, duration of stay and visitors was Dependent Variable.

After an extensive review of literature, discussion with the experts and the research personal experience structured interview schedule to assess the geriatric problems among old age home at new bhoiguda, secunderabad. Tool consists of 3 parts physiological, psychological and psychosocial. The first draft of physiological questionnaire consists of 20 questions, second psychological questionnaire consist of 10 questions and psycho social consist of 10 questions. It is divided into 3 to assess mild, moderate and severe problems of inmates of old age home. Based on the pilot study with 3 subjects, suggestion from experts, modification and rearrangement of few items were done.

Result was organized, analyzed and presented in six sections section-I frequency and percentage distribution of demographic variable of geriatric clients; Section-II frequency and percentage distribution of physiological problems; Section-III frequency and percentage distribution of psychological problems; Section-IV frequency and percentage distribution of psycho-social problems; Section-V frequency and percentage distribution of overall geriatric problems; Section-VI association between geriatric problems with selected demographic variables.

SECTION- I

TABLE – 1
 Frequency and percentage distribution of demographic variable of geriatric clients
 N=50

Sl. No.	Characteristics	Category	Respondents	
			Number	Percentage
1.	Age (years)	60-69 years	10	20
		70-79 Years	19	38
		More than 80years	21	42
2.	Gender	Male	27	54
		Female	23	46
3.	Religion	Hindu	8	16
		Muslim	1	2
		Christian	41	82
4.	Educational qualification	Illiterate	22	44
		Schooling	23	46
		Degree	5	10
5.	Income source	Independent	20	40
		Dependent	30	60
6.	Marital status	Married	25	50
		Unmarried	5	10
		Divorced	5	10
		Widow/widower	14	28
		Separated	1	2
7.	Type of Family	Nuclear	22	44
		Joint	19	38

		Large	9	18
9.	Duration of stay in Old age home	0-3yrs	31	62
		4-6yrs	10	20
		7-10yrs	09	18
11.	Visitors	Yes	32	64
		No	18	36

SECTION- II

TABLE – 2
 Frequency and Percentage distribution of physiological problems
 N=50

LEVEL OF SCORE	FREQUENCY	PERCENTAGE
MILD [0-20]	39	78
MODERATE [21-30]	10	20
SEVERE [31-40]	1	2
TOTAL	50	100

SECTION-III

TABLE - 3
 Frequency and Percentage distribution of psychological problems
 N=50

LEVEL OF SCORE	FREQUENCY	PERCENTAGE
MILD [0-6]	11	22
MODERATE [7-13]	27	54
SEVERE [14-20]	12	24
TOTAL	50	100

SECTION-IV

TEBLE - 4
 Frequency and Percentage distribution of psycho-social problems
 N=50

LEVEL OF SCORE	FREQUENCY	PERCENTAGE
MILD [0-6]	13	26

MODERATE [7-13]	33	66
SEVERE [14-20]	4	08
TOTAL	50	100

SECTION-V

TABLE - 5
 Frequency and Percentage distribution of overall geriatric problems
 N=50

LEVEL OF SCORE	FREQUENCY	PERCENTAGE
MILD [0-6]	34	68
MODERATE [7-13]	16	32
SEVERE [14-20]	00	00
TOTAL	50	100

SECTION-VI

Association between geriatric problems with selected demographic variables.

TABLE - 6
 Association with physiological problems
 N=50

Variables	Chi-square	Degree of freedom	p- value	Inference
Age	0.4505	2	5.991	NS
Sex	0.087	1	3.811	NS
Education status	7.783	3	7.815	NS
Marital status	2.585	4	9.49	NS
Source of income	0.002	1	3.811	NS
Type of family	1.499	2	5.991	NS
Religion	1.403	3	7.815	NS
Duration of stay	13.51	2	5.991	Significant
Visitors	01259	1	3.811	NS

TABLE - 7
 Association with psychological problems
 N=50

Variables	Chi square	Degree of freedom	P value	Inference
Age	11.55	2	5.911	Significant
Sex	0.33	3	7.815	NS
Education status	0.457	3	7.815	NS
Marital status	5.649	4	9.49	NS
Source of income	1.55	1	3.811	NS
Type of family	1	2	5.991	NS
Religion	0.941	3	7.815	NS
Duration of stay	0.84	2	5.991	NS
Visitors	0.16	1	3.811	NS

TABLE - 8
 Association with psycho-social problem
 N=50

Variables	Chi square	Degree of freedom	P value	Inference
Age	11.55	2	5.991	Significant
Sex	0.539	1	3.811	NS
Education status	4.33	3	7.815	NS
Marital status	8.45	4	9.49	NS
Source of income	0.436	1	3.811	NS
Type of family	4.752	2	5.991	NS
Religion	1.18	3	7.815	NS
Duration of stay	2.6	2	5.991	NS
Visitors	0.646	1	3.811	NS

II. DISCUSSION

In the present study, the finding reveals that the proportion of inmate of old age home majority belongs to age group of more than 80 years (42%); According to gender 54% were males and 46% were females; 44% were illiterate, 46% did schooling and 10% were degree holders; 50% were married, 10% were unmarried, 10% were divorced, 28% were widow and 2% were separated; According to source of income 40% were independent and 60% were dependent; 44% belongs to nuclear family, 38% belongs to joint family and 18% belongs to large family; 16% were Hindu, 2% were Muslim and 82% were Christians; 62% belongs to the period of less than 3 yrs, 20% belongs to the period of 4-6 yrs and 18% belongs to the period between 7-10 yrs; 64% had visitors and 36% don't have visitors.

Level of physiological problems among the 50 old age people, 78% have mild physiological problems, 20% have

moderate physiological problems and 2% have severe physiological problems.

Level of psychological problems among the 50 old age people, 22% have mild psychological problems, 54% have moderate psychological problems and 24% have severe psychological problems.

Level of psycho-social problems among the 50 old age people, 26% have mild psycho-social problems, 66% have moderate psycho-social problems and 08% have severe psycho-social problems.

Level of overall geriatric problems among the 50 old age people, 68% have mild geriatric problems and 32% have moderate geriatric problems and no severe cases has been noticed.

The study findings show that only the duration of stay had a significant association with physiological problems. Obtained chi square value is 13.51 and p value is 5.991 for duration of stay,

here chi square value is more than the p-value so chi-square value is significant. Thus null hypothesis is rejected, so there is a association with chi-square and demographic variables. The study findings revealed that the age, sex, education status, marital status, income source, type of family, religion and visitors had no significant association with physiological problems among inmates of old age home.

The study findings depict that only the age had a significant association with psychological problems. Obtained chi square value is 11.55 and p value is 5.991, here chi square value is more than the p-value so chi-square value is significant. Thus null hypothesis is rejected, so there is a association with chi-square and demographic variables. The study findings revealed that the sex, education status, marital status, income source, type of family, religion, duration of stay and visitors had no significant association with psychological problems among inmates of old age home.

The study findings revealed that only the age had a significant association with psychosocial problems. The obtained chi square value is 11.55 and p value is 5.991 for age, here chi square value is more than the p-value so chi-square value is significant. Thus null hypothesis is rejected, so there is a association with chi-square and demographic variables. The study findings revealed that the sex, education status, marital status, income source, type of family, religion, duration of stay and visitors had no significant association with

III. CONCLUSION

From the study the investigators found that the old age people in the selected old age home suffer from mild to moderate geriatric problems.

The duration of stay has great influence in their level of physiological problems. The age also plays a major role in their level of psychological problem and psychosocial problems. We come to know that people in their old age home suffer from physiological, psychological and psychosocial problems and it has influence over demographic variables such as age and duration of stay.

NURSING IMPLICATIONS

Nursing Practice:

The nurses working in the geriatric sections in the hospital have primary responsibility of integrating mental health care along with general health care. This will serve not only to the individual but also to the family.

Nursing Administration:

- Necessary administrative support to be provided for the nurse administrator to organize and implement geriatric health care services.
- The nurse administrator should organize the workshop, conferences, and seminars for the nursing students.

Nursing Education:

The present study has implication on nursing education in focusing attention on nurses in involvement in giving rehabilitative care in the hospitals and to give more importance to prevention of geriatric problems.

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