



International Journal Nursing and Medical Investigation

International Peer Reviewed Journal

Research article

A study to assess the health status among the geriatric age group in selected area of Loni Bk

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Abstract

A descriptive survey research approach used with study aimed to assess the various health problems among the geriatric age group. The sample consists of 30 geriatric persons with Simple random sampling; Lottery method was used to select sample. The finding of the study revealed that, the highest 23.33 % of the respondents were complaining joint pain, and the least 3.33 % respondents were complaining of headache. It was determined that more 26.66% respondents were complaining cardiovascular problem, and least 6.66% respondents were complaining central nervous, integumentary and psychosocial health problems. Finally study concludes that, the problems among the geriatric people were related to musculoskeletal system, cardiovascular system and central nervous system. So the health care professionals are the key members to assess the health of geriatric and identify the problems among them..

Keywords: Geriatric, social problems, nursing students

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1. Introduction

Aging is the irreversible biological changes that occur in all living things. The proportion of elderly population is expected to increase from 9.5% in 1995 to 14.6% in 2025. Currently there would be around 671 million elderly in the world.

According to 2001 census, the elderly population in India was 75.93 million, i.e 7.43% of the total population. Absolute number of the aged over 60 in India is expected to increased from 76 million in 2001 to 137 million in 2021 (Sinha, 2004).

In India the few hospital based studies conducted on the health status of aged persons and the main causes of illness are arthritis, cataract , bronchitis avitaminosis, ear diseases, hypertension, diabetes, rheumatism, helminthic infestations, accidents, etc. [VAHI (2007)]. In the year 2002 there were an estimated 605 million old persons in the world of which 400 million are living are living in low income countries. (Verzar. F.)

In Italy and Japan proportion of older person is about 16.7% and 16% respectively in the year 2003. By 2025, the number of elderly people is expected to rise more than 1.2 billion with about 840 million of the in low income countries.

Need for study

As old age advances certain changes takes place i.e. wrinkled skin, impaired memory, cessation of menstruation in women. Sexual activities get diminished, emotional irritability, jealousy and dependency. The aged people need great care as needed to children. Sickness is the major problem mostly faced by the aged in India.

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According to study carried out in Pravara Rural Hospital (PRH), Loni in the year 2006-2007(Morbidity Profile of Geriatric age group) the patient visited in PRH are maximum from 60-65 years age group, 85 percent of patient from medicine department, mostly affected organ is eye and followed by cardiovascular system disorders. The common geriatrics problems found are Anemia, Hypertension, Cataract, Myocardial Infarction, Diabetes, Hernias, Arthritis, and Carcinoma of Cervix and other problem includes Dementias, Anxiety, Stroke, Cancer of Breast, and Urinary Incontinence etc.

The health expert all over the world is emphasizing the fact that in developing and developed countries the aged people required adequate care as much as the younger group required.

In many community health centers and in hospitals the facilities for patient seeing counseling and information regarding Geriatric problem are not adequate. These peoples are neglected by the society so in is important to study this topic and help them remain as physically, mentally, and socially active for as long as they can by providing preventive measures.

Materials and methods

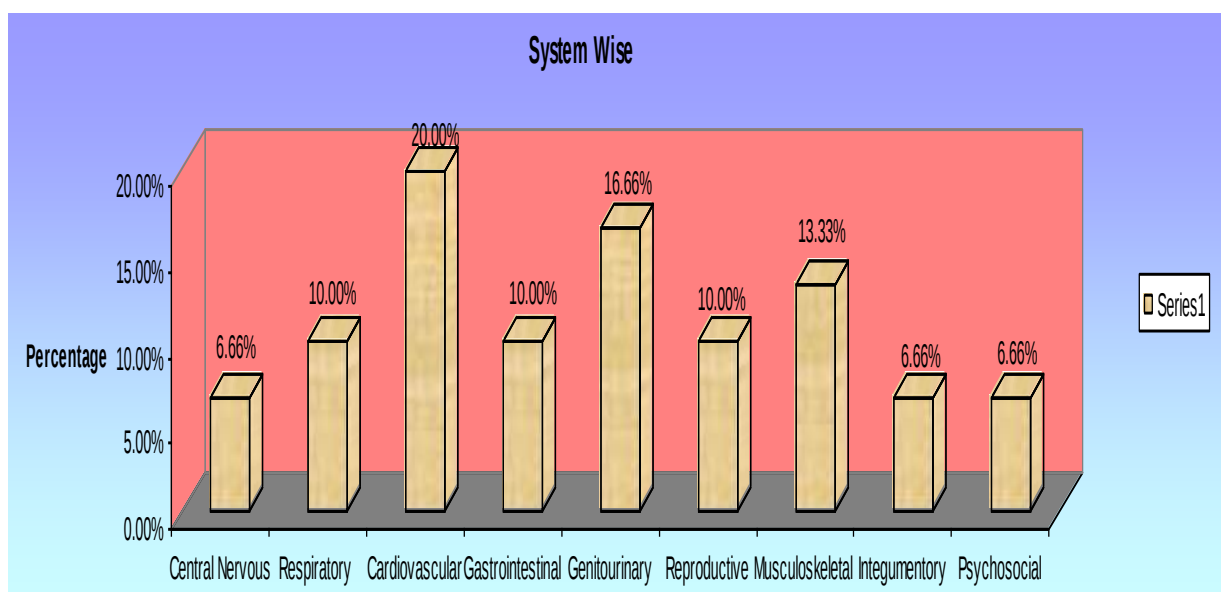
A Descriptive survey research study approach was conducted at vithalnagar, Loni Bk. A total of 30 subjects were interviewed using this pre-tested questionnaire by the

investigators in this study. The interview was carried out in the local language. The purpose of the study was explained to them and oral informed consent was obtained. Care was also taken to ensure privacy and confidentiality of the interview as part of the study. In order to avoid the interference and influence of other family members and neighbors, each respondent was called and interviewed privately where he/she could feel comfortable. The data collected was tabulated and analysed using the statistical package SPSS, Version 11.5 for Windows. Findings were described using proportions and percentages.

Results

The study included 30 Geriatric people . The finding shows demographic data for the participants that, The highest 56.66% of the respondents were in the age group of, 60-70 years, The highest 57% of the respondents were Male and 43% respondents were female, The highest 50% of the respondents were married, and the least 16.66% respondents were widower, The highest 40% of the respondents were fully dependent, and the least 23.33% respondents were non dependent, The highest 73.33% of the respondents were from joint family, and the least 10% respondents were from extended family, The highest 23.33 % of the respondents were complaining joint pain, and the least 3.33 %respondents were complaining of headache, The highest 23.33 % of the respondents were having history of DM and the least 6.66% respondents were having other problems and The highest 36.66% of the respondents were uneducated.

Analysis revealed that, **(Fig.01)** 26.66% respondents were complaining cardiovascular problem, 16.66% respondents were complaining genitourinary problem, 13.33% respondents were complaining musculoskeletal problem, 10% of the respondents were complaining respiratory, gastrointestinal and reproductive problems, and 6.66% respondents were complaining central nervous, integumentary and psychosocial health problems.



Discussion

This survey provides baseline information for planning a geriatric health assessment in Loni Village. It is well known that the problems in geriatric were very common. The results showed a cardiovascular system problem were more common, which was surprisingly common that the joint pain and headache. Such findings have been reported by a number of previous studies in rural communities. For example in Loni village, study carried out in Pravara Rural Hospital (PRH), Loni in the year 2006-2007 (Morbidity Profile of Geriatric age group) the patient visited in PRH are maximum from 60-65 years age group, 85 percent of patient from medicine department, mostly affected organ is eye and followed by cardiovascular system disorders. The common geriatrics problems found are anemia, hypertension, cataract, M.I, D.M, hernias, arthritis, and carcinoma of cervix and other problem includes dementias, anxiety, stroke, CA breast, and Urinary incontinence. With similar study by A Lena et al. (5) and shows that, a major fraction of the population was in the age group of 60-69 years old, while a small fraction (2.8%) were 80 years old or older. Males and females formed an almost equal proportion of the study sample. A majority (89%) of the respondents were Hindus. This reflects the true picture of the population based on religion at the local and national level. A joint family system was seen to be the most

common (56.8%) among the population interviewed followed by the nuclear family. Only 12.1% of the elderly men were widowed while 67.7% of the women were widows. The unmarried group of 2.3% was comprised of only men. Literacy was found to be low in the study population. All the respondents had health problems, the most common being hypertension, osteoarthritis, diabetes, or bronchial asthma. Others included cataract, anemia, and skin problems. It is seen that most of the respondents had more than one health problem. Osteoarthritis was found to be more common among females while other health problems were almost similar among both the genders.

Almost more than half of the respondents who were interviewed were from joint families (highest (73.33%)), while 16.66% were from a nuclear family. Various studies by Padda, *et al.*, (6) Singh, *et al.*, (7) and Sivamurthy, *et al.* (8) have brought out similar findings. The higher prevalence of joint families could be because of the rural study area and social migration of the youngsters being less when compared with cities.

It is indeed true that it is the marital status that determines ones position within the family as well as the status in society. The proportion of elderly married, widowed, and none of the respondent were unmarried found to be similar to the study conducted by Singh, *et al.* (7) Shah (9) reports that 64.3% of elderly women were widows and most of them were dependent.

According to the NSS 52nd round,(10) 63% of the elderly were illiterate in India. Our study showed that almost 36.66% of our respondents were uneducated and 16.66% respondents were primary education, 13.33% respondents were secondary education and 6.66% respondents were higher secondary education level. Padda,et al.(6) reported 38.6% illiteracy at Amritsar, while it was 78% in a study conducted in Tamil Nadu by Elango,(11) and Singh, et al.(7) reported 80.2%.

Half of the interviewed subjects felt neglected by their family members unlike in the study conducted by Singh, et al.,(7) which reported that 26.1% felt neglected by family members, while Prakash, et al.(12) reported 17.3% having feelings of neglect.

Conclusion

The finding of the study concludes that, the existing health problem among the geriatric people was more common; because of biological and age related changes. The old age people are prone to develop illness and injury; so there is a need to assess frequently the health status of the geriatric person and prepare the guideline to prevent or reduce the health problem among them.

Acknowledgements

The Author thanks the Directorate of Research Cell of Pravara Institute of Medical Sciences for giving ethical approval to conduct the study. I also thanks to the Geriatric people whose collaboration made this work possible. The author Sincere goes to all the helped directly or indirectly to complete this study.

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