

“Effectiveness of nursing intervention package on the functional status and quality of life of elderly residing at selected urban and rural community”

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ABSTRACT

Ageing in India is increasing due to increase in life expectancy and decrease in birth rate. Old age is a period of physical decline. As the age increases the health problems also increases. Literature supports that simple community based interventions can solve many of the problems of the elderly and reduce hospitalizations. Hence the present study was undertaken to assess the problems such as constipation, urinary incontinence, mobility disorders and insomnia among elderly at Kottayam district with a view to implement specific nursing interventions to solve their problems which will help them to enhance their functional status and quality of life. A randomized controlled trial was used in this study. By using multistage random sampling technique experimental group I(rural group), experimental group II(urban group) and Control group was selected by lottery method from 73 Panchayats and 6 municipalities of Kottayam District. To reach the sample size of 360 (30 in each subgroup) 525 elderly between the age group of 65-80 years were screened. After pre-test the investigator implemented the nursing intervention package in rural group and urban group for one month. Among participants with more than one problem the intervention was implemented for the problem which disturbs them the most and intervention for the remaining problem was implemented after the post test. Multiple approaches were used in this study to bring about the comprehension of the intervention package. Post test was done after one month in experimental group I(rural group), Experimental group II (urban group) and control group. The result showed that there was a significant improvement in sleep, mobility, and quality of life and relief in constipation and urinary incontinence. The study concluded that majority of the elderly suffer from the problems of constipation (52.3%), mobility disorders (35), urinary incontinence (35%) and insomnia (44.9%). The community-based nursing intervention package used in this study is effective to relieve urinary incontinence and constipation and improve mobility, sleep and thus improve the quality of life of elderly.

Key words: Elderly, urinary incontinence, insomnia, mobility disorders, constipation, quality of life, nursing intervention