

- **A Bitter Truth: Loneliness among Elderly attending OPD at AIIMS**

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Introduction: Human life expectancy at birth has almost doubled in developed countries with the increased life expectancy and so the percentage of elderly people is also increasing world wide. Loneliness and isolation are increasingly part of the experience of growing old. Mainly, loneliness is thought as being estranged from others. Loneliness can affect both, mental and physical health.

Background: Studies have reported rates of severe loneliness among adults aged 65 and over of between 2% and 16%. It is one of the 3 main factors leading to depression and an important cause of suicide and suicide attempts. They are superficially respected, cared for and heard. Due to these problems, the aged feel lonely and this has detrimental influence on health of the aged.

Aim: to assess the prevalence of loneliness among elderly population attending AIIMS Geriatric OPD.

Method: 40 elderly participant (>60) were selected consecutively from AIIMS Geriatric OPD. Data was collected using UCLA Loneliness Scale Version 3. The reliability of the tool was 0.89 respectively.

Result: Data was analyzed using descriptive and inferential statistics. Results showed that mean age of the participants was 69.48 years. 70% were male and 30% were female participants. The scale showed that 32.5% of the participants were experiencing an average level of loneliness, 47.5% were struggling with little social interaction and experiencing frequent loneliness and 20% of them were experiencing severe loneliness. There was no significant association found between loneliness and the selected demographic variables.

Conclusion: Loneliness is considered as a major problem. Loneliness must be perceived and reported as it has a significant effect on the health of the elderly.

- **The walk through the woods: Concerns and challenges of the caregivers of Dementia patients**

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Introduction: Ageing leads to several physical and mental changes resulting in progressive loss of functional capacity such as dementia, which require constant attention. There are deficits in the knowledge regarding the care giving aspects of dementia patients in the caregivers. The study aimed to assess the knowledge and concerns among primary care givers about dementia and home care management of elderly with dementia.

Material & Methodology: In this study, 35 primary caregivers of dementia patients were enrolled conveniently from Geriatric medicine OPD AIIMS, New Delhi. A focus group discussion (FGD) was conducted to assess the knowledge and problems faced by primary caregivers. The knowledge level was assessed with self-prepared 25 dichotomous questions.

Results: The major concerns of the primary care givers identified in FGD was related to activities of daily living, wandering, incontinence care and behavioral and psychological symptoms of the dementia. Majority (74.3%) of the caregivers were actively involved in the care of the patients. About 77.1% of the caregivers did not hear about dementia previously. Those who knew about dementia, their source of information was doctor followed by print and electronic media. The mean knowledge score was 10.71 ± 3.26 .

Conclusion: The (FGD) was effective in assessing the concern and challenges of the primary care givers. The results highlight the need of educating primary caregivers regarding home care management of elderly dementia patients.

- **A comparative study to determine the perceived mental health status and its relation to the perceived physical health problems of elderly living with families in selected urban and rural areas of district Moradabad, Uttar Pradesh.**

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Introduction: Good physical health, mental health and wellbeing are important factors in the lives of the aged. With this thought, this study was aimed to assess and compare perceived mental health status and perceived physical health problems of elderly living with families in urban and rural areas, and to determine the relationship of perceived mental health status with perceived physical health problems.

Methodology: This descriptive comparative study included 100 elderly from Moradabad, Uttar Pradesh. A structured tool to assess perceived mental health status and physical health problems of elderly was developed. Reliability and validity of the tool as established. Data were interpreted by descriptive and inferential statistics.

Results: Results revealed that in urban area the common physical health problems perceived by elderly were general health problems followed by health problems in sensory (eyes, ears and nose), musculoskeletal system and urinary system of the elderly. Whereas in rural area, the most common perceived physical health problems among elderly were related to general health, cardiovascular system, and sensory system. In both urban and rural area mental health status and physical health problems of elderly were positively correlated but found not significant at 0.05 level of significance.

Conclusion Physical health influences the mental health status of an elderly. Therefore, it becomes necessary to identify the strategies that ensure better quality of life among the elderly.

- **A survey study to assess the elderly patients' knowledge about anticoagulation therapy**

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Background: Warfarin is the most commonly used oral anticoagulants for the patients with DVT, atrial fibrillation, valvular heart diseases, pulmonary embolism and artificial heart valve. The main purpose is to minimize the risk of hemorrhagic complications and to sustain a certain level of effect of anticoagulation. The aim of the study was to assess the knowledge among elderly patients about warfarin therapy.

Methods: A survey based study was done on 100 elderly patients. Post operative cardiac surgery patients with prosthetic valve replacement, patients with atrial fibrillation and age more than 60 years (elderly) were enrolled for this study. Demographic related data was collected and Standardized Anticoagulant knowledge assessment (AKA) questionnaire was used for the survey. Variables like compliance to warfarin therapy, knowledge about drug interactions, adverse effects of warfarin therapy and complications were assessed.

Results: A total of 100 elderly patients, 65% men and 35% women participated in this survey-based study. The mean age of the patients was 69 years. About 58% of elderly patients reported forgetfulness, 14% reported non availability of medicine 18% reported financial problems as a reason for non compliance. In this study, only 42% of the patients were aware of any adverse effects of medicine and 66% of elderly patients were not knew of any drug interactions. 75% of patients reported that they are monitoring their PT / INR regularly. Decreased knowledge of drug interactions was significantly correlated with increasing age ($p = 0.007$). In case of bleeding, patients' knowledge about the appropriate action to be taken was significantly ($p = 0.031$) greater in younger patients compared with older patients (> 70 years).

Conclusion: It was found that patients' knowledge of warfarin therapy was low. It is of high importance that medical and nursing professionals must educate elderly patients about warfarin

therapy to avoid life threatening drug complications.

- **Effect of a community based nurse led program on management of Hypertension among geriatric population in an urban community of Delhi**

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Introduction : Hypertension exerts a substantial public health burden on cardiovascular health status and health care system in India. It has been estimated that among adults >50 years of age, the lifetime risk of developing hypertension approaches 90%. BP is frequently under diagnosed and under treated among elderly therefore a community based screening followed by a nurse led BP control program was taken up.

Methods : A cross sectional survey to assess the prevalence of hypertension among 1386 elderly. Quasi experimental design to assess the effectiveness of nurse led program on management of hypertension. Purposive sampling adopted to enrol 378 HT patients. Study group and control group were divided on the basis of blocks.

Community based nurse led program is a holistic program covering life style modification, stress management, dietary modification, physical activity and medication adherence.

Results : Overall prevalence of HT was 34.6% with 31% among males and 36% among females. Mean age was 64.5. Both groups were homogenous in respect to all risk factors at baseline. There was a significant difference in SBP at 6 months $p=0.04$ (95%CI: 0.04-4.01) and 1 year $p<0.001$ (95% CI: 2.4-5.9) among study group subjects. Mean BP reduced by 6 mmHg at the end of one year among study group. Significant difference in total cholesterol, TGL and VLDL levels was also found. Mean reduction of 13.1 in total cholesterol among study group $p=0.003$ (95%CI: 2.3-11.6).

Conclusion: Community based nurse led program is effective in managing BP.

- **Association of Physical Problems and Depression with Elderly Abuse in an Urban Community of North India**

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Background: Elder abuse is a serious problem that has adverse consequence on health. Still research on elder abuse is sparse in India.

Aims: This study aimed to find the nature, prevalence and factors like depression physical problems associated with elder abuse in an Urban North Indian Community.

Materials and Methods: Cross sectional study was conducted with 222 elders with 97 males, aged 60 years or older residing in an urban community of Delhi. Elders were assessed for abuse by modified Vulnerability to Abuse Screening Scale (VASS) questionnaire, by Geriatric depression scale (GDS) and by self-reported questions on health problems.

Results: Mean age of the study population was 66.3 ± 4.2 years. The overall prevalence of any type of elder abuse was (24.3%). Psychological abuse was the most common type (22.9%) followed by financial abuse (5.8%) then by physical abuse (1.4%) and anti-constitutional abuse (nil). Among the abused nearly 20% experienced more than one type of abuse. Thirty seven women (30%) and 17 men (18%) reported elder abuse. Low income (<Rs 10000/month), female gender and visual and hearing impairments were risk factors for elder abuse while social activity and good health was protective against abuse. Depression and alcohol consumption were associated with abuse of elders.

Conclusion: Elder abuse is common in urban north India and is under reported. Appropriate interventions are required to ameliorate the problem.