

Comparative Study on Effectiveness of Nurse Led Intervention on Psychosocial problems among Institutionalized Elderly

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Abstract

Introduction: Ageing is a global phenomenon. India is no exception to this demographic transition. The problems and issues of its greying population occupy the back seat. It is projected that the proportion of Indians aged 60 and older will rise from 7.5% in 2010 to 11.1% in 2025. Ignoring their needs and rights and leaving them unaddressed can pose a great threat to our social development. (Mane Abhay B, 2016). *Methodology:* A quantitative approach with experimental pretest, posttest design was used. Hundred samples were collected by convenience sampling technique as per inclusion criteria and divided them into experimental and control groups. Validity and reliability of tools were obtained. Nurse Led Intervention was administered to the experimental group and post test was done. After posttest Nurse led interventions were administered to control group to avoid ethical issues. Both descriptive and inferential statistics were used for data analysis. *Result:* Post test result indicated that the mean post test scores were significantly reduced than the mean pre- test score ($p < 0.001$). The findings of the present study highlight the fact that the Nurse Led Intervention was highly significant to reduce psychosocial problems among institutionalized elderly. *Conclusion:* Study findings provide initial evidence for the feasibility, acceptability, and sustained effects of the nurse-led intervention in improving outcomes, reducing use of expensive health services, and improving psychosocial health of elderly.

Keywords: Psychosocial problems; Elderly.

Introduction

Today there is an urgent need to include elderly friendly provisions in all governmental schemes and programs because their life span and their share in national population has increased remarkably. Ignoring their needs and rights and leaving them unaddressed can pose a great threat to our social development agenda. Forty-three out of 100 elderly

people in India are victims of psychological problems due to loneliness, and other relationship issues, a new study has said. Based on the feedback from 50,000 older persons across the country during the months of June and July this year, the study by Age well Foundation revealed almost half of the elderly population was not taken care of by their families

Need for the Study

Forty-three per cent older persons are facing psychological problems due to loneliness, relationship issues. It was also observed that more than 45 per cent elderly claimed that their family members do not care for their needs and interests. The reduction in fertility level, reinforced by steady increase in the life expectancy has produced fundamental changes in the age structure of the population, which in turn leads to the aging population. The needs and

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problems of the elderly vary significantly according to their age, socio-economic status, health, living status and other such background characteristics. Various studies have been conducted to analyze the health and related issues associated with old age, which needs further exploration. So the researcher took up this present study to assess the effect of Nurse Led Intervention on psychosocial problems for the institutionalized elderly.

Methodology

The study has been approved by the ethical committee of Malankara Orthodox Syrian Christian Medical College Hospital, Kolanchery, Ernakulam, Kerala, India. Permission was obtained from the concerned authorities of selected old age homes. Hundred samples were selected from the old age homes based on the inclusion criteria like elderly Residing in old age homes, In the age group of 60-80years, able to verbalize their feelings and follow the commands and instructions, with physical problems, Period of stay less than 5 years. Exclusion criteria's were Who is completely paralyzed, Bed bound for more than 6 months, Having severe psychosocial problems, With visual and auditory impairment, Who are terminally ill. After fulfilling the criteria divided them into experimental and control group with 50 samples in each group. The researcher visited the old age homes and met the care takers and explained about the study and their willingness to participate in the study was sought. Informed consent was obtained from the care takers and samples and confidentiality of the results were assured.

Assessed the demographic characteristics of the institutionalized elderly population like age, gender, educational status, monthly income, marital status, physical health status, duration of stay in old age homes, reason for institutionalization by using 10 structured questions. By using structured questionnaire assessed the psychosocial problems of the institutionalized elderly by using 3 point rating scale. The elderly in the experimental group received

nurse led intervention program consisting of forty minutes and two sessions per week for 8 weeks. Weekly follow up was carried out. The program included laughter therapy, and Structured teaching programme for the management of psychosocial problems. The post test was carried out by the elderly after the intervention. The data analysis plan included both descriptive and inferential statistics in the form of frequency percentage, mean, standard deviation and Paired 't' test.

Results

Study findings are organized and presented under following sections:

Section A: Demographic characteristics of institutionalized elderly.

Section B: Comparison of Nurse Led Intervention on psychosocial problems among institutionalized elderly in experimental and control group.

Section - A: Demographic Characteristics of Institutionalized Elderly

With regard to age majority (44%) of the institutionalized elderly persons were between 60 and 70 years. Majority (56%) of the institutionalized elderly persons were male. Majority (50%) only could read and write. Very few (10 to 14%) had completed 8 to 10 years of schooling. Regarding income 48% of the institutionalized elderly had no income (26%) had Rs. 2000/- as income. Regarding marital status, (46%) were unmarried, 50% were widow and widowers and only 4% were divorced. Regarding physical health status, 62% had complaints of one or the other physical health problem. Majority of institutionalized elderly (52%) were staying for less than a year and 1-3 years. Majority (72%) of them came to old age home due to lack of care by family members. And 28% came to old age home due to conflicting relationship with family.

Section - B

Table 1: Psychosocial problems among the institutionalized elderly before & after nurse led intervention in control and experimental group (n = 100)

Psycho social problems	Control Group				Experimental Group				Independent t test
	Pre Test		Post Test		Pre Test		Post Test		
	Mean	SD	Mean	SD	Mean	SD	Mean	SD	
Depression	8.32	1.634	8.34	1.624	8.34	1.624	6.34	1.573	
Loneliness	5.96	1.399	5.98	1.378	5.98	1.378	4.06	1.038	
Isolation	4.48	1.165	4.52	1.129	4.52	1.129	2.74	.922	
Anxiety	4.96	1.384	4.98	1.392	4.98	1.392	3.12	1.1000	
Neglect	7.74	1.175	7.76	1.188	7.76	1.188	5.86	1.030	
Lack of confidence	3.86	1.125	3.84	1.131	3.84	1.131	2.28	.927	
Loss of memory	2.86	0.351	2.88	0.328	2.88	.328	1.64	.631	

Table 1 shows the mean difference of psychosocial problems in pretest and posttest among those who received intervention and the mean difference was statistically significant at p value 0.001.

Nurse led intervention was effective in reducing psychosocial problems among elderly.

Discussion

Researcher examined the effect of a Nurse led intervention program on the psychosocial health of the Institutionalized elderly. The results showed that the mean score of psychosocial problems significantly decreased in the experimental group after the intervention, indicating the positive effect of intervention on the participants of this group ($p=0.001$). Study findings were supported by a study conducted by Maureen Markle-Reid et al. in 2014, states that of the 142 participants, 56% had clinically significant depressive symptoms, with 38% having moderate to severe symptoms. The interprofessional nurse-led intervention was feasible and acceptable to older home care clients with depressive symptoms. It was effective in reducing depressive symptoms and improving HRQoL. The intervention also reduced anxiety.

Significant reductions were observed in the use of hospitalization, ambulance services, and emergency room visits over the study period.

Conclusion

To conclude Elderly are experiencing physical problems. Nurse led intervention is significantly effective in reducing physical problems among the institutionalized elderly.

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