



NEED FOR HOME HEALTH CARE SERVICES AMONG ELDERLY PATIENTS.

Mr. Adithya. S

Assistant Professor, Sumandeep Nursing College, Sumandeep Vidyapeeth University Vadodara, Gujarat, India

Mr. Ranganath. C*

Lecturer, Ramaiah Institute of Nursing, Education and Research, Bangalore, Karnataka, India. *Corresponding Author

ABSTRACT

Introduction: Human population is ageing and hence the concerns about the aged need adequate attention. Old age constitutes one of the major challenges confronted by the societies in the present century.

Objective: To assess the need for home health care services, among elderly patients.

Method: The non- experimental descriptive research design. Using non probability convenient sampling technique 100 elderly patients were selected.

Section A: Socio-demographic variables of elderly patients.

Section B: Need for home health care service among elderly patients.

Findings: Majority of the subjects (94%) have expressed the need for home health care services. Most of the subjects (45%) have expressed that their family requires home health care service once in a month & Most of them would prefer to avail services such as blood pressure monitoring (18%) Temperature pulse respiration (TPR) monitoring (11%) and wound dressing (9%). Only 24 out of 100 subjects have utilized home health care services and most of them (14) have availed the services of injection for which they have paid between 30 Rs – 500Rs.

Conclusion: The study concludes that majority of elderly patients had felt a need to avail home health care services in future and majority of them have expressed that their family required home health care services once in a month.

Recommendations: Since the study has identified that there is a strong need of home health care services by elderly patients, it is recommended to develop a training module and prepare nurses to provide effective home health care service.

KEYWORDS : Home health care services, Health care services, Elderly patients.

INTRODUCTION:

Human population is ageing and hence the concerns about the aged need adequate attention. Old age constitutes one of the major challenges confronted by the societies in the present century. Demographic transition coupled with increasing life expectancy is leading to ageing of the population across the World¹. A large percentage of today's aging population continues to live independently despite a variety of chronic health problems. Both age and disease related changes that affect the elderly's image of themselves; societal values and life experiences also play a role². Health maintenance is an on-going challenge for these people, their families and health care providers. Health care for a growing elderly population is also of concern throughout the world. Individuals may have different views regarding ageing and elderly, which reflect in the attitudes of people including aging person and of health care providers^{2,3}.

Need for the study:

One of the most difficult decisions an adult can face is to determine when to get involved in an elderly loved one's care. This is especially true when that person is one of the people who once took care of your mom or dad⁴. The life expectancy in India has gone up from 20 years in the beginning of the 20th Century to 62 years today. Better medical care and low fertility have made the elderly the fastest growing section of the society. In 1901 we had only 12 million old people and by 2025 we are expecting about 177 million of them^{1,4}. The ageing population is growing at an alarming rate. The estimated rapid increase of the elderly population in India (projected to reach 95 million by 2011 and 120 million by 2014), means the issues of the elderly can no longer be solely a family concern. 75% of these elderly reside in rural areas, one third of them are below the poverty line and 90% of them are from the informal employment sector - implying no pension or other social security support. It is worth mentioning that in India, 33% of these elderly live in areas vulnerable to natural disaster. In simple terms the greatest challenge ahead is formulating appropriate and customized^{5,6}.

Objective

- To assess the need for home health care services, among elderly patients.

Operational definition

- Assess:** refers to the systematic method of identifying need for home health care services, among elderly patients
- Need for home health care services:** refers to home health care services [monitoring temperature, pulse and respiration, blood

pressure, wound dressing, injection, nebulisation/steam inhalation, tube feeding, assistance in maintaining personal hygiene (brushing, bathing, toileting), assistance for mobility, physiotherapy exercises, giving medicines on time, care of urinary catheters, taking blood/urine samples for lab investigations, periodic health check-up] perceived to be required by elderly patients at their home which was assessed using predesigned survey form.

- Elderly patients:** refers to the patients who are aged 50 years and above.

Assumption:

- Elderly patients have varying need for home health care services.

Delimitation

The study is delimited to:

- Elderly patients seeking treatment at selected Hospitals, Bangalore.

Methodology

A descriptive survey approach was considered appropriate for the present study. Non- experimental descriptive research design was selected.

Variables:

- Study variables:** - Need for home health care services
- Attribute variables:** -

Characteristics which includes age, age of spouse, gender, primary care taker, religion, marital status, type of family, educational status, monthly family income, distance between residence and hospital, source of health care expenses and awareness about home health care services

Setting of the study:

The study was conducted among elderly patients seeking treatment at selected Hospitals, Bangalore.

Sample & Sampling Technique:

Using Non Probability Convenient Sampling technique 100 elderly patients seeking treatment at selected Hospitals, Bangalore were selected for the study.

Tool/Instrument used:

- Section A :** socio demographic profile related to age, age of your

spouse, gender, primary care taker, religion, marital status, type of family, educational status, monthly family income, distance between residence and hospital, source of health care expenses and awareness about home health care services.

- **Section B:** Predesigned survey form to assess need for home health care services

- **Findings:**

Majority of the subjects (94%) have expressed the need for home health care services. Most of the subjects (45%) have expressed that their family requires home health care service once in a month & most of them would prefer to avail services such as blood pressure monitoring (18%) temperature, pulse & respiration (TPR) monitoring (11%) and wound dressing (9%). Only 24 out of 100 subjects have utilized home health care services and most of them (14) have availed the services of injection for which they have paid between 30 Rs – 500Rs.

- **CONCLUSION:**

The study concludes that majority of elderly patients had felt a need to avail home health care services in future and majority of them have expressed that their family required home health care services once in a month.

- **RECOMMENDATIONS:**

Since the study has identified that there is a strong need of home health care services by elderly patients, it is recommended to develop a training module and prepare nurses to provide effective home health care service.

- **Conflicts of interest disclosure**

- The authors declare that there is no conflict of interest statement

- **Source of funding**

- Self-funding of the researchers.

REFERENCES

1. Report prepared by TNS India for help age India. Needs assessment study among urban elderly May- 2008 <http://www.helpageindia.org/pdf/surveynreports/Need%20Assessment%20of%20Urban%20Elderly%20in%20India.pdf>.
2. Ayranci U Ozdag N .Health of Elderly: Importance of Nursing and Family Medicine Care. The Internet Journal of Geriatrics and Gerontology.3 (1). <http://ispub.com/IJGG/3/1/13172>.
3. Hoffman GW. Basic Geriatric Nursing. 2nd edition. Mosby; A Times Mirror Company; 1999. pp. 4-150.
4. AYADA Home Health Care. <http://www.indiahomehealthcare.com/aboutihc/bayada-home-health-care>.
5. Bhat Nadeem, Newstrack. Old age and the Cold Shoulders. 2007. <http://www.globalaging.org/elderrights/world/2007/coldshoulders.html>.
6. Help age international. A global movement for the rights of older people. UN report. <http://www.helpage.org/newsroom/press-room/press-releases/population-of-over-60yearolds-to-reach-one-billion-within-the-decade-finds-new-un-report/>.