

## Causes of Physical Limitation and its Impact on Activities of Daily Living of Elderly



### Nursing

**KEYWORDS :** Activities of daily living, causes of physical limitation, Elderly, physical limitation

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### ABSTRACT

*Introduction: Ageing involves all aspects of organism and is largely characterized by a decline in functional efficiency and decreased capability to compensate and recover from physical and psychosocial stresses. Objective: To assess the causes of physical limitations and level of activities of daily living of elderly. Methods: Non experimental descriptive research Design was employed. 60samples were selected by using convenient sampling technique at a selected old age home. Data were collected by an interview technique. Causes of physical limitation were assessed by check list and the level of activities of daily living was assessed by structured questionnaire and data were analyzed by descriptive and inferential statistics. Results: The findings of the study revealed that there was deficit in activities of daily living due to physical limitation among elderly. Conclusion: It is to be concluded that the study participants may get benefited by self instructional module regarding self care management and health promotion activities. This study has been a rewarding experience and contributed to nursing practice and research.*

### INTRODUCTION

Ageing is a natural process, recently Sir James Sterling Ross commented that "You do not heal old age but You protect it, You promote it and You extent it". Old age should be regarded as a normal inevitable biological phenomenon. Ageing involves all aspects of organism and is largely characterized by a decline in functional efficiency and decreased capability to compensate and recover from physical and psychosocial stresses. The process of ageing begins at the moment of conception, involves the differentiation and maturation of the organism and its cell and at some variable point of time, leads to progressive loss of functional capacity and ends in death.

In India by 2025 the number of elderly people is expected to raise more than 1.2 billion and is still poised to become the second largest number of elderly in the world. Studies indicate that the number of 60 years and above in India will increase to 100 million in 2013 and to 198 million in 2030. According to 2001 census 7.7% of the total population of India was above the age of 60 years. In the year 2002, there were an estimated 605 million old persons in the world, of which 400 million are living in the low income countries. By 2025, the number of elderly people is expected to rise more than 1-2 billion. Persons older than 65 years of age represent more than 12% of population in the United States. American will be 65 years of age or older.

Ageing merely stands for growing old, while senescence is an expression used for the deterioration in vitality or the lowering of biological efficiency that accompanies ageing. Elderly people are vulnerable to physical, mental and social problems and to physical presentation of illness common to the aged.

WHO stated that the care of elderly people needs special emphasis because of their frailty and vulnerability, keeping this in mind the WHO theme in 1981 was "Add Years to Life". According to this WHO slogan "It is not sufficient to add years to life", the most important objective is to add life to years. WHO has restructured its programme on health of the elderly and given its new name "Ageing and Health", reflecting a rapid population of ageing worldwide. The term healthy ageing is often used to emphasize that ageing is not a disease, but to protect and promote ageing.

The education among women and their employment outside the home in offices and factories leaves no time to take care of people at home. Regarding the development of old age homes by the voluntary agencies where the elderly is living with minimal comfort with the physical and psychological disability. This depresses the body's process which affects their health.

### NEED FOR THE STUDY

The elderly population is the most rapidly growing segment of our population. Advancement in medical technology, improved sanitation and better living conditions have increased the life span and the expectancy. The two other factors contribute to the projected increase in the number of elderly are the aging of the baby boom generation and growth of the population segment over age 85. More people are surviving to their senior years than ever before.

Nursing Journal of India (2005), the special features of elderly population in India are majority (80%) of them are in rural areas thus making challenge in health care delivery, feminization of the elderly population (51%) would be women by the year 2016, increasing the number of older -old (person >80 years) and a large percentage (30%) of elderly are below poverty line.

The interest and concern for the health and wellbeing of all persons seems to be growing, but the social enlightenment with regard to health status of persons over 60 years of age has not gained as much momentum, as that of the other age groups. Even those in the health care professions of medicine, nursing and social worker tend to focus on the acute illness of the young and middle aged rather than on the health problems of the older individuals.

In India rarely we see the specialized geriatric clinics or geriatric nurses, thus the inadequacy of health care relates to the elderly is a matter to be taken seriously. Geriatric nursing also should be considered as a specialty, like child health nursing or adult health nursing.

The investigator during her clinical, community and personal experience found that many old age people experienced several health problems which may limit the functional status to do their activities of daily living. Therefore, there was felt need to investigate the related factors to assess the causes of physical limitation and activities of daily living of the elderly people.

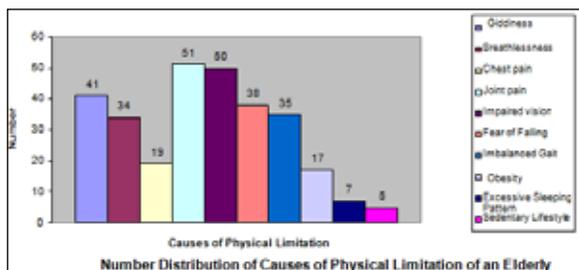
### OBJECTIVES

- To assess the causes of physical limitations of elderly.
- To assess the level of activities of daily living of elderly.
- To correlate the causes of physical limitation with the level of activities of daily living of elderly.
- To associate selected demographic variable with physical limitation of elderly
- To associate selected demographic variables with activities of daily living of elderly.
- To provide self instruction module regarding the self care management and health promotion activities

**RESEARCH METHODOLOGY**

The research design chosen for the study was Non experimental descriptive correlation design. The study was conducted at "Vishranthi" Home for aged, Palawakkam, Chennai with 60 samples. The samples were selected by convenient sampling technique. The instrument used for collection of data was an interview schedule by using structured questionnaire and checklist. A check list was used to assess the causes of physical limitation and structure questionnaire use to assess the level of activities of daily living of an elderly. Data were analyzed by using descriptive and inferential statistics

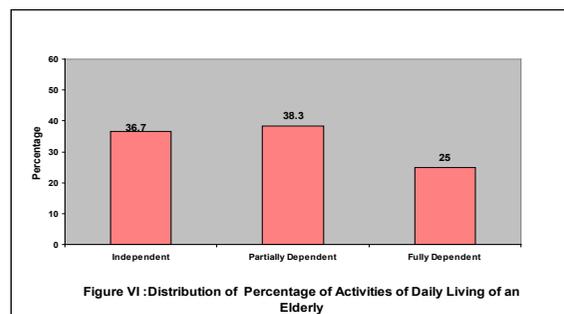
**RESULTS**



Regarding the causes of physical limitation out 60 samples majority of them 51(85.0%) had joint pain and 50(83.3%) had impaired vision. 41(68.3%) elderly people were suffered from Giddiness and 34(56.7%) were suffered from Breathlessness. 19(31.7%) of them had the complaints of Chest pain. Regarding Fear of Fracture or falling and Imbalanced Gait, 38(63.3%) of them had fear of Fracture or Falling and 35(58.3%) of them had Imbalanced Gait. Only 17(28.35%) elderly people were Obese. Out of 60 samples only seven (11.7%) had excessive sleeping pattern and five (8.3%) had the sedentary life style.

Regarding the level of physical limitation 24(40%) of them had mild physical limitation and 33(55%) of them had moderate physical limitation. Only 3(5%) of them had severe physical limitation.

Regarding the level of activities of daily living out 60 elderly 22(32%) were independent, 23(38%) were partially independent and 15(25%) were fully dependent



Chi-square test revealed that there was a statistically significant association between the causes of physical limitation with the type of family at the level of  $P < 0.05$ . Also statistically significant association between the activities of daily living with the age  $P < 0.05$ .

Correlation value 'r' was 0.92 and statistically significant at the level of  $P < 0.001$ , which revealed that There was a positive correlation between the causes of physical limitation and activities of daily living.

**DISCUSSION**

The purpose of the study was to assess the causes of physical limitation and activities of daily living. The results of the study was consistent with previous research, Luca Busani, et al., conducted a descriptive study to identify the health status to do the ADL among senior citizens. In this study, they used Katz ADL and IADL scales to assess the functional status. The study findings revealed that 49(26%) were considered to be in need of daily assistance. Aberg, A.C., et al., who assessed the motor function using the general motor function assessment scale for descriptive purpose. They concluded that those with declined motor function had limited physical activity performance. The overall findings of the present study correlate with that of previous study done on and it is evident that the elder with physical limitation had limited activities of daily living. Proper education, physical training, and physical activity programmes are necessary for successful ageing. Therefore the nurses should utilize every opportunity to give education regarding the management of self care activities of an elderly

**CONCLUSION**

On the basis of the findings of the present study there was deficit in activities of daily living due to physical limitation among elderly. Therefore it is to be concluded that the study participants may get benefited by self instructional module regarding self care management and health promotion activities. This study has been a rewarding experience and contributed to nursing practice and research.

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