



A PILOT STUDY ON EFFECTIVENESS OF GERIATRIC WELLNESS KIOSK ON PHYSICAL, PSYCHOSOCIAL WELLBEING AND QUALITY OF LIFE AMONG ELDERLY IN SELECTED SETTINGS

Community Medicine

Prof. J. Sathyapriya

Professor, Dhanlakshmi Srinivasan College Of Nursing, Perambalur

Dr. M. Hemamalini Rnrm, M.sc(n), M.sc(psy), Phd, Principal, Hindumission College Of Nursing, tambaram

ABSTRACT

Physically the aging process consists of intrinsic, subtle changes in all body systems. Similarly emotional and intellectual growth is influenced by physical and environmental factor. The use of geriatric wellness kiosk will increase the individual health characteristics appear to hold tremendous promise for substantially alternatives treatment options according to the principles of precision medicine. Objectives: To evaluate the effectiveness of Geriatric Wellness Kiosk on Physical, Psychosocial wellbeing and Quality of life among elderly in Experimental and Control group. A true experimental pre test post test control group design for 22 (11 for study group & 11 for control group) with 60-70yrs of elderly people residing in Senjeri and Ammapalyam village at Perambalur district. Probability Simple Random techniques was used. Four point Modified Barthel index scale was used to collect the physical wellbeing, Five point Modified HRS Questionnaires tool was used to collect the psychosocial wellbeing and Four point WHOQOL-BREF scale was used to collect the quality of life of elderly. The kiosk member was trained and empowered by the investigator to by checklist to check the BP, Glucose level, BMI, and Hip Waist Circumference. On conclusion: At the end of the pilot study, it is clearly evident that the tool and intervention used in the study is highly feasible, able to carry out without difficulty. It is the most important issue to be highlighted and take into necessary action.

KEYWORDS

Geriatric Wellness Kiosk, Physical, Psychosocial wellbeing, Quality of life, etc.

INTRODUCTION

Successful aging involves an evaluation of one's life as having been fulfilling and satisfying. Human aging is a broad concept that is studied from many perspectives; philosophical, religious, biological, psychological, sociological, historical and economic. Although it is viewed from only one of these perspectives, aging is a process that involves the total person in the broadest sense of that word. Physically the aging process consists of intrinsic, subtle changes in all body systems. Similarly emotional and intellectual growth is influenced by physical and environmental factor.

The United Nations foresees that by 2025, 14.28 % of the world's population will be over 60 years .In developed countries, the senior citizens constitute 17% of the total population in Sweden, 12% in the United States and 11% in Canada. The size of India's elderly population aged 60 and above is expected to increase from 77 million in 2001 to 179 million in 2031 and further to 301 million in 2051. The proportion is likely to reach 12 per cent in 2031 and 17 per cent in 2051. The NCD epidemic is driven by poverty, globalization of marketing and trade of health-harming products, rapid urbanization, and population growth. The use of geriatric wellness kiosk will increase the individual health characteristics appear to hold tremendous promise for substantially alternatives treatment options according to the principles of precision medicine. The investigator sensed forwarded to witnessing continued advances in this area to hopefully reducing the number of older adults with co-morbidities and the overall health burden among those with the condition.

Objectives:

1. To evaluate the effectiveness of Geriatric Wellness Kiosk on Physical, Psychosocial wellbeing and Quality of life among elderly in Experimental and Control group.
2. To correlate the mean differed score with Physical, Psychosocial wellbeing Score and Quality of Life Data collection was done by interview method instead of self-administered questionnaires.
3. among Elderly in Experimental group and Control group.
4. To associate the selected background variables with the mean differed Physical, Psychosocial wellbeing score and Quality of life among Elderly in experimental and Control group.

Hypotheses:

There is no significant effectiveness between the mean differed score with Physical, Psychosocial Wellbeing Score and Quality of Life among Elderly in experimental and Control group at $p < 0.05$ level.

Methodology:

A true experimental pre test post test control group design for 22 (11 for study group & 11 for control group) with 60-70yrs of elderly people

residing in Senjeri and Ammapalyam village at Perambalur district. Probability Simple Random techniques was used. Four point Modified Barthel index scale was used to collect the physical wellbeing, Five point Modified HRS Questionnaires tool was used to collect the psychosocial well being and Four point WHOQOL-BREF scale was used to collect the quality of life of elderly. The kiosk member was trained and empowered by the investigator to by checklist to check the BP, Glucose level, BMI, and Hip Waist Circumference.

Data Analysis:

Table 1,2,3 shows that the comparison of physical wellbeing, psychosocial wellbeing and quality of life between the pretest and post test.

Major findings of the report were,

Comparison of physical, psychosocial wellbeing and quality of life had improved 82.27% in physical wellbeing, 80.45% in psychosocial wellbeing and 57.64% for quality of life was inferred in the experimental group however in control group no evident improvement.

There was a moderate to fair correlation which is significant between physical, psychosocial wellbeing and quality of life in experimental group where as in the control group, there was an insignificant, poor correlation. The result of the pilot study revealed that, it was feasible, practicable, and effective to conduct the main study in selected setting. Data collection was done by interview method instead of self-administered questionnaires.

Assessment	Pretest (n=11)		Post test (n=11)		Students Independent t test
	Mean	SD	Mean	SD	
Experimental	62.7	9.6	82.3	8.17	$t=7.37$ $p=0.001*(S)$
Control	63.6	9.8	64.9	12	$t=1.00$ $p=0.34(NS)$

CONCLUSION:

- Geriatric Wellness Kiosk was effective in significantly enhancing the quality of life among elderly. Hence the nurses play a pivotal role in conducting geriatric wellness kiosk in all the rural areas to promote the Physical, Psychosocial wellbeing among elderly.
- The investigator has drawn relevant implications from the study that are vital concerns for the community health administrators, Nurse practitioners, Nurse educators, service providers and researchers.

REFERENCES

1. Alzheimer's Association. 2023. "On the Front Lines: Primary Care Physicians and Alzheimer's Care in America." Alzheimer's Association.

2. American Art Therapy Association. 2022. "About Art Therapy." American Art Therapy Association. 2022.
3. Boralingaiah, Prakash, Prashantha Bettappa, and Shraddha Kashyap. 2012. "Prevalence of Psycho-Social Problems among Elderly in Urban Population of Mysore City, Karnataka, India." *Indian Journal of Psychological Medicine* 34 (4): 360–64. <https://doi.org/10.4103/0253-7176.108221>.
4. Chitragar, Deepak D., and Sadik I. Shaikh. 2019. "Variables Associated with knee osteoarthritis in a tertiary care hospital of Tamilnadu, India." *National Journal of Medical Research* 6 (02): 119–23.