

NEED AND SIGNIFICANCE OF GERIATRIC CARE RECREATIONAL CLUB – STUDY

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ABSTRACT

Ageing is a universal process and inevitable. With the increase in life expectancy the percentage of old people in the population has increased dramatically. Industrialization, urbanization, education and exposure to western culture have brought about changes in our values and lifestyles. There are more than 76 million elderly people in the country who constitute 77% of India's population. By the year 2020, the estimated population of the elderly will be 142 million or about 11% of the country's population.¹

There are certain general points that emerge out of the demographic trend: (1) The rate at which the size of the elderly population is increasing is higher than that of the general population. (2) The increase in the number of elderly women is much more than in case of men. (3) The percentage of elderly persons working is declining, particularly in the case of women. (4) Nearly two-thirds of elderly women will be widows, while only 22% of elderly men will be widowers. (5) A large population of the elderly population will continue to live in poverty, or at the subsistence level, and will also remain illiterate.

Key words:

Introduction:

Ageing is a natural process. **“Old age is an incurable disease.”** Sir James Sterling Ross commented **“You do not heal old age. You protect it you promote it, You extend it.”**² **This** study was conducted to improve the **“Geriatric Care”** in Ezhupunna and Aroor Panchayath. Though this study will help and assist the government and higher authorities to improve the senior citizen's health problems last but not the least significance of this study will help to a good health model.

Well-being of older person has been mandated in the Article 41 of the constitution of India that the state shall within the limits of its economic capacity and development make effective provision for securing the right to public assistance in case of old age³.

Place of the Study: The study was conducted the places in Ezhupunna and Aroor Panchayath period of the study. The study started from 16.01.15 to 16.02.15 at the two Panchayaths.

Purpose of the study: The purpose of the study to evaluate the geriatric health care of the defined population.

Profile of the place: The place is in Alappuzha district. The place with coastline and many water sources. The natural facilities for fish forming and there are many small scale and rural industries. Fish processing units are the main income resources. The coconut and tapioca are the important crops.

The total population	29,865
Ezhupunna Male	13,617
Female	16,248
Aroor Total	40,897
Male	16,535
Female	24,362

Methodology:

Definition

Geriatrics: Geriatrics is that branch of medicine which deals with clinical, preventive medical social and psychological aspects of illness in the elderly.

In the elderly the illness itself does not present in treating the disease. Geriatrician is an internal physician specialising in care of the elderly. In fulfilling his role the geriatrician is committed to have a sound knowledge of the ageing process in order to interpret the different presentation and patterns of disease in elderly.

Understand the interaction between pathological physiological social and psychological factors causing or complicating break down in the elderly.

Objectives:

- To find out the old age related problems
- To analyse the health status of the geriatric persons
- To find the psychological issues of the old age people
- To find the utilization of the existing geriatric services

Data collection and interpretations

Table -1: Age and sex wise distribution.

Age (yrs)	Sex				Total	
	Male		Female			
	No.	%	No.	%	No.	%
65-70	5	6.6	70	93.33	75	60
70-75	3	9.09	30	90.91	33	26.4
75-80	2	13.34	13	86.66	15	12
80-Above	0		2	100	2	1.6
Total	10	8	115	92	125	100

The above table shows the percentage of the population out of 125 (100%) 115 female 92% and 10 (8%) males. The total population 75 (60%) are the productive geriatric persons. The table also shows life spectancy is higher in females.

Table - 2: Marital Status

Age (yrs)	Marital Status				Total	
	Married		Widows\ Widower			
	No.	%	No.	%	No.	%
65-70	28	22.4	30	24	58	46.4
70-75	8	6.4	35	28	43	34.4
75-80	14	11.2	14	11.2	22	17.6
80 above	0	0.0	2	1.6	2	1.6
Total	50	40	75	60	125	100

This table contains the marital status of the persons. Out of 125(100%) 75(60%) are widows/widower 50(40%) are couples. The widows and widowers are having psychological problems.

Table No. 3: Income Wise Distribution		
Variables	No.	%
BPL	88	70.4
APL	37	29.6
Total	125	100.0

The above table shows income wise distribution out of 125, 88(70.4%) are BPL and 37(29.6%) are APL.

Table No. 4: Sex and Physical Activity

Sex	Physical activity					
	Yes		No		Total	
	No.	%	No.	%	No.	%
Male	08	6.4	02	1.6	10	08
Female	88	70.4	27	21.6	115	92
Total	96	76.8	29	23.2	125	100

This table shows the physical activities of the persons. Out of 125,96 (76.8%) persons are more active and they are doing some kind of works. Only 29 (23.2%) are not doing any work because of their health problems.

Table-5: Reasons for Avoiding Physical Activity

Problems	Person	%
Ortho-problems	102	81.6
Diabetic	88	70.4
Hypertension	71	56.8
Thyroid	92	73.6
Dental	82	65.6
Eye	81	64.8

The table shows out of 125, 102, 81.6% are saying they are having ortho problems 88(70.4%) diabetic, 71(56.8%) hypertensive and 92(73.6%) thyroid problems. One person having two or more other problems. 82 (65.6%), 81 (64.8%) are having dental and eye problems they need remedial measures.

Table- 6: Psychological problems

Psychological Problems	No.	%
Physical difficulty	63	50.4
Laziness	42	33.6
Depression	20	16.0
Total	125	100.0

This table shows persons with psychological problems. Out of 125 63 (50.4%) having physical difficulty and 42 (33.6%) having Laziness, 20 (16%) are depressive they are also need psychological counseling and medication.

Table- 7: Medicinal intake

Medication	No.	%
Yes	80	64.0
No	45	36.0
Total	125	100.0

Above table shows the incorrect medicinal pattern. 80 (64%) having proper medicine. 45 (36%) persons not taking proper medicine they need medicinal management awareness and counselling.

References:

1. Manju Nandi. Need for specialty nursing care for senior citizens. Geriatric update by O.P. Sharma. 1999: 122-3.
2. Weir JH. Roy. Soc. Hlth. Jr. 1967:87, 144.
3. National Policy on Older Persons. 1996: 4-6.

Findings

- The total population 115 (92%) females and 10(8%) males. The table shows 75 (60%) are the productive geriatric persons.
- Out of 125, 75 (60%) are widow/ widower 50 (40%) are couples.
- The income wise distribution 88 (70.4%) are BPL and 37 (29.6%) are APL.
- Out of 125, 96 (76.8%) persons are more active and they are doing some kind of works 29 (23.2%) are not doing any work.
- Out of 125, 102 (81.6%) are ortho problems. 88 (70.4%) diabetic, 71 (56.8%) hypertensive and 92 (73.6%) thyroid problems. 82 (65.6%) dental, 81 (64.8%) eye problems.
- Out of 125, 63 (50.4%) having physical difficulty. 42 (33.6%) having laziness, 20 (16%) are depressive.
- The 80 (64%) having proper medication where 45 (36%) not taking medicine.

Conclusion:

In this study shows the geriatric persons having main problem is arthritis and diabetic. The thyroid problems are more in females. They need more medicinal care and dietary care. They need the support of the family and management of regular exercise, social gathering and acceptance.

