



ASSESSMENT OF PHYSICAL HEALTH STATUS OF INSTITUTIONALIZED ELDERLY IN GALLE DIVISIONAL SECRETARY AREA

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ABSTRACT

By 2030 Sri Lanka is expected to have 22 per cent of its population aged over 60 and significant proportion of elderly in Sri Lanka are being institutionalized due to various reasons. Hence assessing health status of institutionalized elderly become important issue. A descriptive study was done involving all the institutionalized elderly in Galle Divisional Secretary area. An institutionalized elderly is defined as, a person who is above 60 years of age and permanently residing in a registered elderly home. There are three registered Elderly homes in Galle DS area and all the residents were invited. A pre tested interviewer administered questionnaire was used. Questionnaire was administered following informed written consent and confirming the physical and mental capability of the subject to answer. There were 142 in the eligible individuals and only 112 were participated in the study. Mean age of the sample was 72.2 years (SD 10.2) and majority were females (75.9%). Among all 31.2% had hypertention while 28.6% were suffering from osteoarthritis. Out of participants 27.7% had complained difficulty in sleeping while 16.1% had loss of appetite. According to data 85% were having visual defects while 70% had hearing problems. Only 11.6% were doing exercise and 32.1% were eating fruits regularly. But 51.7% and 58.1% had assessed their blood sugar and blood pressure respectively over last year. Similarly 55.3% had checked their vision. Females were more likely to complain osteoarthritis ($p = 0.02$) and difficulty in sleeping ($p = < 0.01$). Among study population hypertention was the commonest medical problem while 27.7% had complained difficulty in sleeping, 16.1% had loss of appetite. A larger population were having visual defects and hearing problems. Healthy habits were not satisfactory but majority were checked their blood sugar, pressure and vision. Females were having more health issues.

Keywords: Institutionalized elderly, physical health