

## **HOME-BASED HEALTH CARE SERVICES FOR OLD AGE PATIENTS**

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### **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. Demographic transition coupled with increasing life expectancy is leading to ageing of the population across the World. In India, by 2050, more than one in five people will be aged over 60.

By 2050, an estimated 27 million people will need some type of long-term care. Of those 27 million, the majority will receive long-term care in the community. Home-based health and hospice care agencies are major providers of formal, community-based long-term care. Currently, about 7.6 million people receive community-based care to help with post-acute and chronic conditions, disabilities, or terminal illnesses. This number is expected to increase as the population ages and the desire to “age in place” continues. Older Americans will increasingly constitute a larger percentage of the population in the future from about 12% in 2006 to almost 20% in 2030. The majority of people using home-based health and hospice care services are over age 65 years. Most of them have multiple chronic conditions, and home-based health and hospice care services enable many of them to receive services in their

home-based and communities. Home-based health care includes a range of medical and therapeutic services as well as other services delivered at a patient's home-based or in a residential setting for promoting, maintaining, or restoring health, or maximizing the level of independence, while minimizing the effects of disability and illness.

**Aim:** To assess the need for home-based health care services.

**Material and methods:** A cross-sectional, descriptive research design was adapted. Non-probability convenient sampling technique was used to obtain 100 subjects. The data was collected by using structured predesigned survey form. The collected data was optimized and analyzed by using descriptive statistics and inferential statistics.

**Findings:** The study revealed that majority of the subjects 76 (76%) have not availed home-based health care services and it was found that 94 (94%) of subjects preferred to avail home-based health care services in future.

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

**Keywords:** *Assess, home-based health care services, old age patients, survey*

## **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 World. In India, by 2050, more than one in five people will be aged over 60<sup>1</sup>.

A large percentage of today's aging population continues to live independently despite a variety of chronic health problems<sup>2</sup>. Both age and disease related changes that affect the elderly's image of themselves; societal values and life experiences also play a role<sup>3</sup>.

By 2050, an estimated 27 million people will need some type of long-term care. Of those 27 million, the majority will receive long-term care in the community<sup>4</sup>. Home-based health and hospice care agencies are major providers of formal, community-based long-term care. Currently, about 7.6 million people receive community-based care to help with post-acute and chronic conditions, disabilities, or terminal illnesses. This number is expected to increase as the population ages and the desire to "age in place" continues. Older Americans will increasingly constitute a larger percentage of the population in the future from about 12% in 2006 to almost 20% in 2030<sup>5</sup>. The majority of people using home-based health and hospice

care services are over age 65 years. Most of them have multiple chronic conditions, and home-based health and hospice care services enable many of them to receive services in their home-baseds and communities. Home-based health care includes a range of medical and therapeutic services as well as other services delivered at a patient's home-based or in a residential setting for promoting, maintaining, or restoring health, or maximizing the level of independence, while minimizing the effects of disability and illness<sup>1</sup>.

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 dad<sup>6</sup>. 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<sup>1,7</sup>.

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<sup>8</sup>. 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<sup>9</sup>.

According to UNDESA, by 2050 nearly 80% of world's elderly population will live in developing countries. Help Age India is the leading advocate for older people's rights. They are continuously Intervening for India's 81 million elderly populations to help them live with dignity, Independence and self-fulfillment<sup>9</sup>. The issues generally taken up by them include:

- Advocacy for policy level changes
- Awareness generation regarding concerns of the aged
- Promote better understanding about ageing issues
- Help elderly about their rights<sup>9</sup>

Strengthening home-based health and related community services for the care of the elderly at home-based has received high priority in policy statements on the National Health Service.

Keeping the above facts in view the investigator felt the need to assess need for home-based health care services among old age patients.

**Aim:** To assess the need for home-based health care services.

**Assumption:** Old age patients have varying need for home-based health care services.

### **Material and Methods:**

A cross-sectional survey, descriptive research design was adapted. 100 subjects were recruited by non-probability convenience sampling technique. The study was carried out in tertiary care hospital, Bangalore. Oldage patients who can read and write in Kannada and English were included. Old age patients who are not willing to participate in the study were excluded. Formal written permissions was obtained from the concerned authority. The data collection was carried out in the month of May-June 2014. Primarily, the investigator surveyed the selected area to identify the number of old age patients.. Each of them was informed about intention of the study and written consent was obtained with their anonymity and confidentiality of data. Investigators collected data using predesigned survey form to assess need of home-based health care services About 15 to 20 minutes was spent on each subject for completing the survey form. Approximately 4 to 8 subjects were surveyed per day.

The collected data was optimized and analyzed by using descriptive statistics. The obtained data were analyzed using SPSS-20 software. More specifically, descriptive statistics Frequency and percentage distribution (frequency and percentage) were used to describe the subjects' characteristics and describe the need of home-based health care services.

### **Findings**

One hundred (100) old age patients were participated in the study for final analysis. Where majority of the subjects 45(45%) were aged between 61 to 70 years. Majority of their spouses 48 (48%) were aged between 50- 60 years. Male subjects were more in number 75 (75%). Majority of them 51(51%) said that their children took care of them. Maximum number of subjects76 (76%) belong to Hindu religion. Majority of them 91 (91%) were married. Most of them 59 (59%) were joint family. Majority of them 23(23%) had higher secondary education. Maximum number of subjects 44 (44%) had 30,000 Rs & above family monthly income. Majority of the subjects 46 (46%) were residing 1- 10 km away from hospital. Most of them 53 (53 %) were aware about home-based health care services. Maximum number of subjects 76 (76%) had chronic illness. Majority of the subjects 76 (76%) have not availed

home-based health care services and it was found that 94 (94%) of subjects preferred to avail home-based health care services in future.

## **Discussion**

It is important to understand the distinctive needs of older adults in assessing home-based health care as they are the majority of clients of such care. Human factors interventions have the potential to improve quality of care and reduce medical errors.

The findings revealed that, majority of the subjects had (65%) chronic illness whereas according to recent statistics on non-communicable diseases, (2011), it was estimated that the overall prevalence of diabetes mellitus, hypertension and stroke was 159, 62 and 2 respectively per 1000 general population of India<sup>10</sup>.

In the family most of them were having diabetes mellitus (43 %), hypertension (41%), asthma (5%), rheumatic disease (3%), cancer, chronic kidney disease, stroke / paralysis, fracture and Parkinson disease (2%) respectively and joint dislocation (1%).

A study conducted on Geriatric tuberculosis – a clinical radiological profile in Himachal Pradesh. Among 100 elderly people revealed that, 10% of the subjects had impaired physical mobility and more than 50% of the subjects suffer from one or more chronic conditions<sup>11</sup>.

According to the National Association of Home-based Care (2009), there are more than 7 million Americans in need of home-based health care nursing services due to acute illness, long-term health problems, permanent disability or terminal illness. There is an increase in the number of patients requesting and needing home-based care. Elderly individuals need medical or non-medical supportive services and care; new mothers need assistance with their new-borns; adults and children with disabilities; and families of patients need education and emotional support<sup>12</sup>. Where as in this study majority of the subjects (94%) have expressed the need for home-based health care services. Most of the subjects (45%) have expressed that their family requires home-based 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-based health care services and most of them (14) have availed the services of injection for which they have paid between 30– 500.

According to a UN report, by the year 2025, India is expected to have 177 million elderly<sup>13</sup>. China and India already have the largest and second largest number of elderly people in absolute numbers<sup>14</sup>.

### **Conclusion and Recommendation**

The available evidence suggests that the work environment in which home-based health care nurses practice may indirectly influence patient outcomes in many areas. The demographics of an aging society will sustain the trend toward home-based care. Home-based health care practices grounded in careful research will sustain the patients and the health care personnels who serve them. Hence, with the baby boomer generation becoming senior citizens, the demand for home-based-healthcare is on the rise.

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

The investigator felt that in future, research is needed to better recognize the factors that add to health care technology acceptance for older users as well as to investigate in largerfactof other types of human factors interventions that can enablehome-based health care services.

**Conflict of interest:** The authors declare that there is no conflict of interest statement.

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