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Functional Disability and Social Support in Older Patients attending Chief Tony Anenih Geriatrics Center (CTAGC) University College Hospital, Ibadan Southwestern, Nigeria

Handicap Fonctionnel et Soutien Social chez les Patients Âgés fréquentant le Centre Gériatrique Chief Tony Anenih (CTAGC) de l'Hôpital Universitaire, Ibadan, Sud-Ouest du Nigeria

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ABSTRACT

BACKGROUND: Beyond clinical evaluation, additional significant areas of well-being for older people include the emotional, social, material, and functional domains.

OBJECTIVES: The study assessed the functional status and its relationship with social support of older patients attending the Geriatric Centre, UCH.

METHODOLOGY: A cross-sectional study of 396 randomly selected patients aged 65 years and above was undertaken to assess their functional status (by scoring their basic activities of daily living using the Barthel index) and social support (using the Multidimensional scale of perceived social support). An interviewer-administered questionnaire was used to obtain the socio-demographic data, anthropometric measurements, and morbidities of each patient. Data collected was analysed using the Statistical Package for Social Sciences (SPSS) version 20. The level of significance of analysis was set at $p \leq 0.05$.

RESULTS: Participants in the study had a male-to-female ratio of 1:1.6, and their mean age (SD) was 73.2 ± 6.3 years. Functional dependency was seen in 87.4% of cases. Majority of older patients (81.1%) expressed a moderate perception of social support. The Most common morbidities among the responders were osteoarthritis, cataracts, and hypertension. Functional dependency was found to increase with an increase in family and romantic partner social support, high educational levels, and increased age. {adjusted odds ratio (AOR):1.05;95%confidence interval [CI]:1.00-1.11. (P=0.049) The odds of being functionally dependent were higher for respondents who received at least 30,000 naira (\$100) in financial support from their children (AOR:2.24; 95% CI:1.06-4.77)(P=0.022)

CONCLUSION: This study showed that functional dependency worsened with increased social support in older patients. The results indicated the need for a multi-factorial evaluation of functional dependence in older patients.

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KEYWORDS: Functional disability, Social support, Older Patients, Geriatrics, Morbidity.

RÉSUMÉ

CONTEXTUALISATION: Au-delà de l'évaluation clinique, d'autres domaines importants du bien-être des personnes âgées comprennent les aspects émotionnels, sociaux, matériels et fonctionnels.

OBJECTIFS: L'étude a évalué l'état fonctionnel et le soutien social des patients âgés fréquentant le Centre Gériatrique de l'UCH.

MÉTHODOLOGIE: Une étude transversale portant sur 396 patients sélectionnés de manière aléatoire, âgés de 65 ans et plus, a été réalisée pour évaluer leur état fonctionnel (en évaluant leurs activités de base de la vie quotidienne à l'aide de l'indice de Barthel) et leur soutien social (à l'aide de l'échelle multidimensionnelle du soutien social perçu). Un questionnaire administré par un enquêteur a été utilisé pour obtenir les données sociodémographiques, les mesures anthropométriques et les morbidités de chaque patient. Les données recueillies ont été analysées à l'aide du logiciel Statistical Package for Social Sciences (SPSS) version 20. Le niveau de signification de l'analyse a été fixé à $p \leq 0,05$.

RÉSULTATS: Les participants à l'étude présentaient un ratio hommes-femmes de 1 pour 1,6, et leur âge moyen (écart type) était de $73,2 (6,3)$ ans. Une dépendance fonctionnelle a été observée chez 87,4 % des cas. La majorité des patients âgés (81,1 %) ont exprimé une perception modérée du soutien social. Les morbidités les plus courantes parmi les répondants étaient l'arthrose, la cataracte et l'hypertension. Une dépendance fonctionnelle a été constatée pour augmenter avec l'augmentation du soutien social de la famille et du partenaire romantique, les niveaux d'éducation élevés et l'âge accru {rapport de cotes ajusté (AOR) : 1,05 ; intervalle de confiance à 95 % [IC] : 1,00-1,11}(P=0.049). Les chances de dépendance fonctionnelle étaient plus élevées pour les personnes qui recevaient au moins 30 000 nairas (100 \$) de soutien financier de leurs enfants (AOR : 2,24 ; IC à 95 % : 1,06-4,77)(P=0.022).

CONCLUSION: Cette étude a montré une prévalence élevée de la dépendance fonctionnelle et du soutien social chez les patients âgés. Les résultats ont indiqué la nécessité d'une évaluation multifactorielle de la dépendance fonctionnelle chez les patients âgés.

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MOTS-CLÉS: Incapacité fonctionnelle, Soutien social, Patients âgés, Gériatrie

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