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Socio-economic and Lifestyle Determinants of Functional Capacity of the Senior Attendees of an Outpatient Clinic in Northern Nigeria: A Cross-Sectional Study

Déterminants Socio-économiques et du Mode de Vie de la Capacité Fonctionnelle des Personnes Âgées Fréquentant une Clinique Ambulatoire dans le Nord du Nigeria : Une Étude Transversale

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ABSTRACT

BACKGROUND: Typical ageing changes and the associated health concerns frequently manifest themselves as reduction in their efficiency and functional capacity.

OBJECTIVE: To identify the socioeconomic and lifestyle determinants of the functional capacity of elderly patients.

METHODS: A cross-sectional study involving 329 patients aged ≥ 60 years who presented to the General Outpatient Clinic. Data on socioeconomic, lifestyle, and functional capacity were collected. The functional capacity was assessed by the self-reported questionnaires: the Lawton and Katz indexes for the activity of daily living (ADL) and instrumental activity of daily living (IADL) respectively. The chi-square test and logistic regression analysis were used to determine associations between the variables. The level of significance was set at a p-value ≤ 0.05 .

RESULTS: A total of 312 respondents completed the study, with 59.6% females and a mean age of 67.67 ± 7.69 years. The majority of the respondents (76.3%) belong to the low socioeconomic status (classes V and VI). The prevalence of functional dependence was 21.5% and 44.2% for ADL and IADL respectively. The disability in continence and food preparation had the highest prevalence among the components of ADL and IADL respectively. Advancing age, Hausa/Fulani tribe, polygamy, poor social support, and chronic pain were the determinants of functional dependence in ADL while age, female gender, marital status, and Fulani tribe were the determinants of functional dependence in IADL among the respondents.

CONCLUSION: The identified determinants of functional capacity among the older persons should be considered when assessing their functional capacity in the primary care or similar settings. **WAJM 2023; 40(6): 581–589.**

Keywords: Functional capacity, Socio-economy, Lifestyle, Senior Attendees, and Northern Nigeria.

RÉSUMÉ

CONTEXTE: Les changements typiques liés au vieillissement et les problèmes de santé qui y sont associés se manifestent souvent par une réduction de l'efficacité et de la capacité fonctionnelle.

OBJECTIFS: Identifier les déterminants socio-économiques et le mode de vie de la capacité fonctionnelle des patients âgés.

MÉTHODES: Étude transversale portant sur 329 patients âgés de ≥ 60 ans qui se sont présentés à la consultation externe générale. Des données sur la situation socio-économique, le mode de vie et la capacité fonctionnelle ont été recueillies. La capacité fonctionnelle a été évaluée à l'aide de questionnaires autodéclarés : les indices de Lawton et de Katz pour l'activité de la vie quotidienne (ADL) et l'activité instrumentale de la vie quotidienne (IADL) respectivement. Le test du chi carré et l'analyse de régression logistique ont été utilisés pour déterminer les associations entre les variables. Le niveau de signification a été fixé à une valeur $p \leq 0,05$.

RÉSULTATS: Au total, 312 personnes ont répondu à l'étude, dont 59,6 % de femmes et un âge moyen de $67,67 \pm 7,69$ ans. La majorité des personnes interrogées (76,3 %) appartiennent à un statut socio-économique faible (classes V et VI). La prévalence de la dépendance fonctionnelle était de 21,5 % et 44,2 % pour les AVQ et les AIVQ respectivement. Les incapacités liées à la continence et à la préparation des repas ont la prévalence la plus élevée parmi les composantes des AVQ et des AIVQ respectivement. L'âge avancé, la tribu Hausa/Fulani, la polygamie, le manque de soutien social et la douleur chronique étaient les déterminants de la dépendance fonctionnelle dans les AVQ, tandis que l'âge, le sexe féminin, l'état matrimonial et la tribu Fulani étaient les déterminants de la dépendance fonctionnelle dans les AIVQ parmi les personnes interrogées.

CONCLUSION: Les déterminants identifiés de la capacité fonctionnelle chez les personnes âgées devraient être pris en compte lors de l'évaluation de leur capacité fonctionnelle dans le cadre des soins primaires ou dans des contextes similaires. **WAJM 2023; 40(6): 581–589.**

Mots clés: Capacité fonctionnelle, Socio-économie, Mode de vie, Personnes âgées et nord du Nigeria.

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Abbreviations: ADL, Activity of Daily Living; AKTH, Aminu Kano Teaching Hospital; GOPC, General Outpatient Clinic; IADL, Instrumental Activity of Daily Living; UK, United Kingdom; USA, United State of America; WHO, World Health Organisation.