

CHAPTER V

PRESENTATION

This study deals with the issue of QOL of the elderly people and was presented for the final examination committee on the 2nd of May 2002.

The general outline of the presentation highlight following sections: (a) the rational for the study, (b) the data collection exercise and (c) the research proposal. The presentation handout is given below.

**Assessing Quality of Life of the
Elderly People
in Khon Kaen, Thailand**

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**“The gray population” is the
majority population in the world.**

≈ **Between 1970 and 2025, a growth
in older population of some 870
million or 380% is expected.**

≈ **In 2025, there will be a total of
about 1.2 billion people over the
age of 60 (WHO, 2001).**

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The meaning of older age

- **Process of progressive change in the biological, psychological and social structure of an individual.**
- **Life long process, which begins before we are born and continuous throughout life (Claudia, 1999).**
- **Definition of elder used in this study is the chronological of sixty and over, which are men or women and equivalent to older people or aging**

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Quality of life (QOL)

- **WHO defined for QOL as individuals' perception on their position in life in the context of the culture and value systems in which they live and in relation to their goals, expectation, standard and concerns**
- **Assessing the quality of life**
 - Various indexes of QOL
 - CDC's Health Related Quality of life,
 - WHOQOL
 - Consumer Confidence Index (CCI)

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WHOQOL-100 development

- **QOL definition and approach to international QOL assessment**
- **Exploration of the quality of life construct within 15 culturally diverse field centers**
- **100 items were selected for inclusion in the WHOQOL-100 Field Trial Version.**

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Domains of QOL.

- **Physical**
- **Psychological**
- **Level of dependence**
- **Social relationship**
- **Environment**
- **Spiritual.**
- **WHOQOL 100—Too lengthy for practical use.**
- **WHOQOL-BREF Field Trial Version**

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Advantaae of the OOL assessment

- Medical practice
- Doctor-patient relationship
- Assessing effectiveness of treatment
- Health care services evaluation
- Research
- Policy making

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Assessing OOL limitations

- Change over time
- QOL: In different conditions

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Data Exercise

Assessing QOL of the Elderly People in Thapra village and Health Services Providers' Perspectives on Activities that Affect the QOL of the Elderly People in Khon Kaen Province.

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Purpose of the Data Exercise

- Get acquainted with the WHOQOL-BREF
- Gain experience in the interview technique before actual collect data
- Gain experience in the in-depth interview technique

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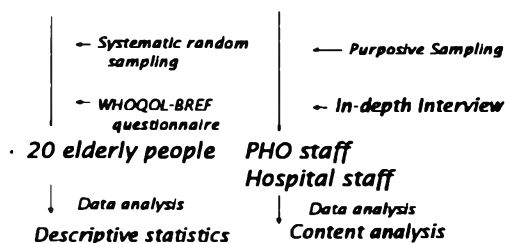
Obiectives

- Describe the QOL of the elderly people in Tha Pra Village
- Describe factors that influence the QOL of the elderly people
- Explore health services providers' perspectives on activities that address quality of life of the elderly people

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Methodoloav

- Cross sectional descriptive study
- Study area: Khon Kaen Province
- Thapra Village Health Services Provider



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- **Elderly people**
- **Inclusion Criteria**
- *Live in Tha Pra Village, more than 1 year*
- *Able to communicate with the interviewers*
- *Willing to give the information.*

- **Exclusion Criteria**
- *communication problems*
- *not willing to be interviewed*

Part I : Base line Characteristic of the study population

Characteristics	Number - 20	%
Gender		
Male	9	45.0
Female	11	55.0
Age Mean 69.25 SD 5.33 Min 60 Max 79		
Martial status		
Single	2	10.0
Married	14	70.0
Widowed	4	20.0
Education		
None at all	3	15.0
Primary school	5	25.0
Secondary school	5	25.0
Tertiary	7	35.0
Current ill		
Yes	14	70.0
No	6	30.0
Perceive there is something wrong with their health		
Yes	16	80.0
No	4	20.0

Part II Quality of Life of the Elderly People in Thaera Village

The QOL transformed score(Comparable with the WHOQOL-100).

Quality of life's domain	mean	SD
Domain1 : Physical Healths	63.95*	6.04
Domain2 : Psychological	71.05	12.50
Domain3 : Social relationship	75.60	11.60
Domain4 : Environment	67.45*	11.88
All domains	278.05	33.62

Part III: Factors influence QOL of elderly in Thaera Village

Factors	QOL score under the sample mean	QOL score equal and over the sample mean
Age		
60-69	4(40.0%)	6(60.0%)
70-79	7(70.0%)	3(30.0%)
Education		
None at all and Primary school	4(50.0%)	4(50.0%)
Secondary school or more	7(58.3%)	5(41.7%)
Gender		
Male	5(55.6%)	4(44.4%)
Female	6(54.5%)	5(45.5%)
Current ill		
Yes	10(71.4%)	4(28.6%)
No	1(16.7%)	5(83.31%)
Perceive there is something wrong with their health		
Yes	11(68.8%)	5(31.3%)
No	-	4(100.0%)
Total	11(55.5%)	9(45.0%)

Part IV : Health services activities that address QOL of the elderly people in Khon Kaen Province

Khon Kaen Provincial Health Office	Si Chomni Hospital (30 beds)
-Mental Health program	-Monthly meeting
-Hypertension and Diabetes Mellitus control	-Curative program
-Health Education	-Health education
-Physical exercise program	
-Aging Society program	-Physical exercise project

- Discussion**
- *Ordinal scale*
 - *Factors influencing QOL need larger sample size to test for inferential statistics*
 - *Qualitative technique need Triangulation*

Conclusions

- *Physical health domain and Environment domain seem to be the area of concern.*
- *The factor that seem to be affect the QOL score*
 - *Perceive there is something wrong with their health*
 - *current ill*
 - *the old aged (70-79)*
 - *higher education*
- *Activities that health services provide for the elderly people*
: *Curative and Health Promotion program*

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Lesson Learned

- *Introduction need to be informed*
- *Communication skill improving :*
 - *local language*
 - *loud and pay attention to the respondents.*
- *In-depth interview guideline need to be tested before actual collect data*
- *Listening skills*

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Research proposal

Assessing Quality of Life of the Elderly People in Khon Kaen Province

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Rationale

- *No base line QOL data available*
- *Useful for health promotion planning, health policy research*
- *Auditing of health and social services.*

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Research question

- *What is the elderly people's perception on quality of life in*
- *Khon Kaen Province?*

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General objective

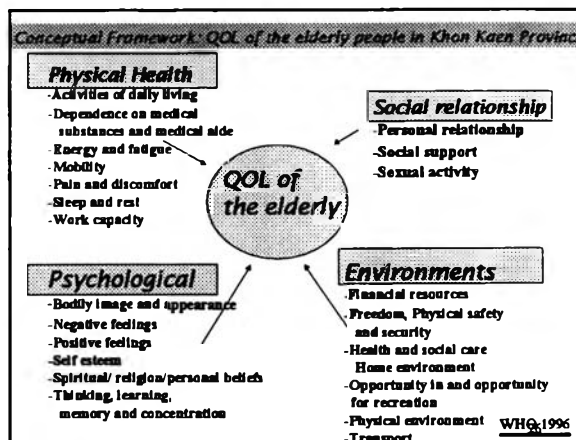
- *To inform decision making in term of policy, health promotion and social services.*

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Specific objectives

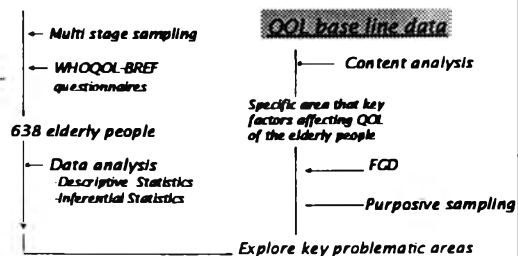
- Describe factors that influence the quality of life of the elderly people in Khon Kaen province
- Explore the perceptions of elderly people on key factors affecting QOL

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Methodology

- Study Design : cross - sectional descriptive study
- Study area : Khon Kaen Province Elderly people in KK



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Expected outcome

- Base line data on QOL of the elderly in Khon Kaen
- Recommendations for the Health service system improve their health service and promotion

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Ethical Consideration

- Approved by the ethical committee before beginning.
- Informed consent will used for all respondents.

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Activity plan and Budget

- Tentatively planned activity will start in October 2002 and finish at the end of September 2003
- Estimated Expenditure for Program Activities : Grand total 70.000 Baht

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Acknowledgement

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- *Ms Sunanta Wongchalee, Ms Polaya Pantura*
- *My classmate*
- *Daddy and Mom*

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• *Thank you*

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