

SELF-PERCEPTION OF HEALTH OF ELDERLY RESIDENTS IN A LONG-TERM CARE FACILITY IN THE MUNICIPALITY OF RIO VERDE - GO

Ana Paula Felix Arantes ¹

Fabiana Machado Pires ²

Moreno Coelho Cyríaco ³

Jamilly Morately Fontes Costa ⁴

Renato Canevari Dutra da Silva ⁵

Deise Aparecida de Almeida Pires Oliveira ⁶

ABSTRACT

The early assessment of self-perceived health of the population in a long-term care institution for the elderly (ILPI) can be important in the overall observation of elderly health as well as in predicting the decline in functionality and even mortality. This study aims to verify the self-perception of health in institutionalized elderly individuals in the municipality of Rio Verde - Goiás. This is a cross-sectional analysis with a quantitative approach, in which institutionalized elderly individuals were investigated regarding their sociodemographic and economic aspects, general health, institutionalization, and self-perception of health. The study population consisted of all elderly residents in the ILPI during the data collection period, including those over 60 years old and excluding those who did not agree to participate in the study. Self-perception of health was assessed by the response to the question: "In general, how would you describe your health?" The response options were: "excellent," "good," "fair," "poor," or "very poor." It was found that the majority of the analyzed elderly have a self-perception classified as very good regarding their health (n=32; 42.7%).

Keywords: Self-perception of health; Long-Term Care Facility for the Elderly; Health of institutionalized elderly.

INTRODUCTION

Long-Term Care Institutions for the Elderly (ILPI) enable the provision of long-term care to the aforementioned population (CAMARANO et al. 2010). Although it is an old method of caring for the elderly, it is not the first choice for a large portion of elderly people and their families, considering the stereotypes of ILPIs that often associate them with family distancing and abandonment (MATTOS et al., 2021).

¹ PhD student in the Graduate Program in Human Movement and Rehabilitation, UniEvangélica, Email: ana_paula_arantes@hotmail.com

² Master's student in the Graduate Program in Human Movement and Rehabilitation, UniEvangélica, Email: fabianamachado@unirv.edu.br

³ Undergraduate Student in the Medicine Program, University of Rio Verde, Rio Verde Campus, Email: morenocoelhocyriaco@gmail.com

⁴ Undergraduate Student in the Physiotherapy Program, UniEvangélica, Email: fisiojamillymorately@gmail.com.

⁵ Assistant Professor at the Faculty of Medicine, University of Rio Verde, Rio Verde Campus, Email: renatocanevari@unirv.edu.br

⁶ Advisor. Professor Doctor of the Graduate Program in Human Movement and Rehabilitation, UniEvangélica, Email: deiseypyres@gmail.com

However, the lack of structural preparedness and qualified human resources can increase the level of dependency, social isolation, and the lack of prospects for an active and quality life, and consequently the evaluation that the elderly themselves have about their own health conditions (MACENA et al., 2018).

The prevalence of negative self-perception of health in the general population of adults and the elderly, in national and international studies, has been around 20%. Generally, this negative self-assessment of health is higher in women, in older individuals, with lower income and education, with greater morbidity, and with an inadequate lifestyle (LINDEMANN et al., 2017).

The early assessment of self-perceived health in the population of a long-term care institution for the elderly can be important in the overall observation of elderly health as well as in predicting the decline in functionality and even mortality (MANSON et al., 2020).

Thus, a study was conducted with the aim of verifying the self-perception of health in institutionalized elderly people in the municipality of Rio Verde - Goiás.

METHODOLOGY

This is a cross-sectional analysis with a quantitative approach, in which institutionalized elderly individuals were investigated regarding their sociodemographic and economic aspects, general health, institutionalization, and self-perception of health.

The study was conducted at the only Long-Term Care Facility for the Elderly (ILPI) in the municipality of Rio Verde - GO, which has the capacity to accommodate 110 elderly individuals, has a multidisciplinary team to monitor its residents, and is classified as Modality III, meaning it caters to elderly individuals with more significant functional limitations, including a multidisciplinary health team, doctors, nursing services, and support and assistance in daily activities. (ANVISA, 2005).

The study population was composed of all the elderly residents in the ILPI during the data collection period, that is, 100 resident elderly individuals, of whom those over 60 years of age and residing in the ILPI at the time of data collection were

included. Those residents with more than six months of institutionalization were included, and those who did not agree to participate in the study were excluded. Data collection was conducted from April to September 2014, and the data were collected in three stages through record analysis, clinical evaluation and observation, and interviews with the participants.

For data collection, a structured form was used, consisting of three sections: identification data, sociodemographic and economic profile, and general health, in addition to the assessment of self-perceived health. All these scales were answered by the researcher themselves based on the clinical evaluation and observation of the elderly person.

Self-perception of health was assessed by the response to the question: "In general, how would you describe your health?" The response options were: "excellent," "good," "fair," "poor," or "very poor."

This study was conducted in accordance with Resolution 466/2012 (BRAZIL, 2012) and was approved by the Ethics and Research Committee of the Pontifical Catholic University of Goiás on February 26, 2014, through opinion 537.642 and CAAE number 26946014.3.0000.0037.

The data were initially processed and coded in a database using Microsoft Office Excel, version 2010. Descriptive analyses of the variables were conducted using absolute and relative frequencies.

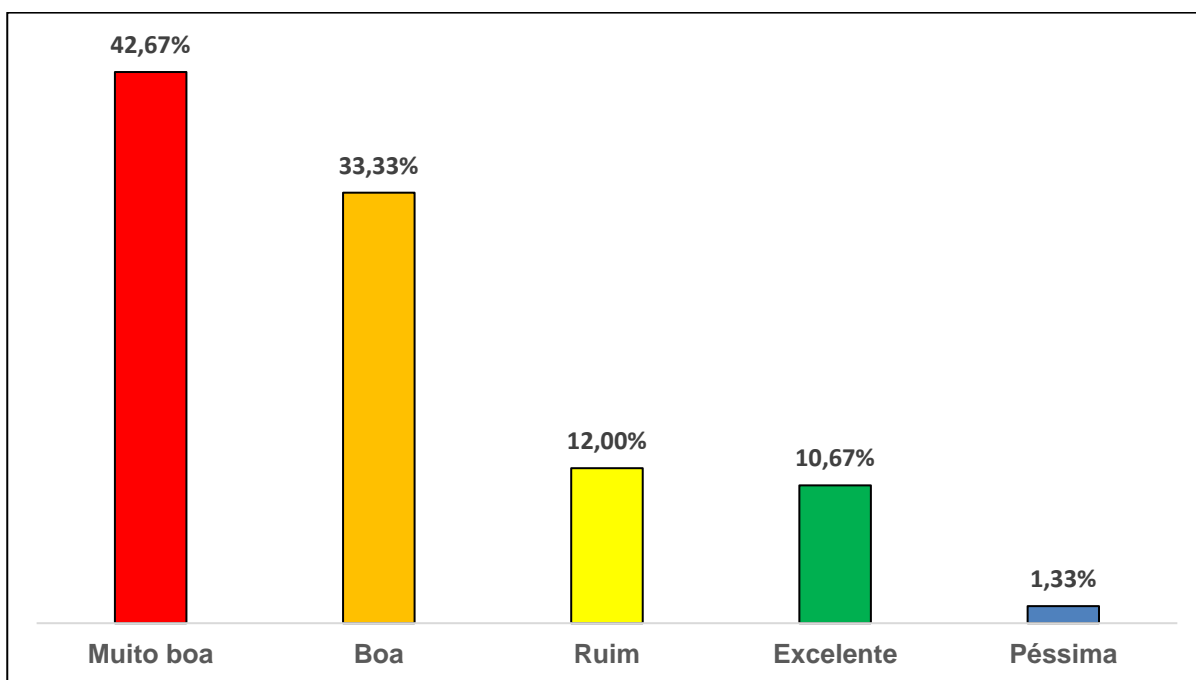
RESULTS

Among the 100 elderly residents in the ILPI, 75 met the inclusion criteria, and most of the sample had the following characteristics: age between 60 and 79 years (n=52; 69.3%), were male (n=54; 72.0%), did not have a partner (n=64; 85.3%), nor educational instruction (n=52; 69.3%) and had retirement as a source of income (n=68; 90.4%). The majority of the elderly have already required hospitalization after institutionalization (n=42; 56.0%), have more than three reported comorbidities (n=63; 84.0%), and use more than five medications (n=41; 54.7%).

The majority of the elderly analyzed have a very good self-perception of their health (n=32; 42.7%) (Graph 1).

Graph 1. Distribution of institutionalized elderly according to self-perceived health (n=75).

Rio Verde, GO, Brazil, 2023.



Source: prepared by the authors

CONCLUSION

The results of this study indicated a good self-perception of health among institutionalized elderly individuals, suggesting a good level of well-being in this population. However, it is essential to emphasize that self-perception of health should not be viewed in isolation, and it is necessary to continue improving care and holistic approaches for healthy aging.

BIBLIOGRAPHIC REFERENCES

ANVISA (National Health Surveillance Agency). **Resolution of the Collegiate Board - RDC/ANVISA No. 283, of September 26, 2005.** Approves the Technical Regulation that defines operational standards for Long-Term Care Institutions for the Elderly, of a residential nature.

BRAZIL. Ministry of Health. **CNS Resolution No. 466 of December 12, 2012.** Approves the guidelines and regulatory standards for research involving human beings.

CAMARANO, A.A. et al. Long-term care institutions for the elderly in Brazil. In: CAMARANO, A.A. (Ed.). **Long-term care for the elderly: a new social risk to be assumed?** Rio de Janeiro: IPEA, 2010 (350 p.)

LINDEMANN, I. et al. **Self-perceived health among adult and elderly users of Primary Health Care.** 2020.

MACENA, W. G. et al. Physiological changes resulting from aging. **Mosaicum Journal**, no. 27, pp. 223–238, 2018.

MANSO, M. E. G. et al. Self-perceived health in a group of older adults covered by a health insurance plan. **Geriatrics, Gerontology and Aging**, vol. 14, no. 2, pp. 91–97, 2020.

MATTOS, S. et al. Development and validation of an instrument to measure Self-perception of Health in adults. **Health in Debate**, vol. 45, no. 129, pp. 366–377, June 2021.