

Assessment of knowledge regarding Geriatric care among Nurses working in Ministry of National Guard Health Affairs(MNGHA), Alahsa, Kingdom of Saudi Arabia.

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Introduction: The percentage of geriatric population is constantly increasing globally due to improvement of health and also the fertility rate success. Worldwide population aged above 60 years is estimated as 605 million. 60 years or above were ten in one people. In the year 2050 this number will be expected to be one in five and old age will be considered as 60 years. In the year 2015, one out of three persons will be 60 years or older.

Aim: To assess the knowledge among the nurses with regard to importance of geriatric care.

Methods: A descriptive cross-sectional study was carried out among 350 nurses working in ministry of National Guard health Affairs Al Ahsa, kingdom of Saudi Arabia. Samples were selected from April to May 2019. Purposive sampling was done. Information related to demographic variables was collected using questionnaire with 25 items inclusive of components such as geriatric nursing, sleep & nutrition pattern, Risk & fall history, Vital signs, Communication (5 questions on each aspect) to find out the knowledge of geriatric care among nurses. SPSS version 20 was used for analysis.

Conclusion; The study report shows that 79.4% of nurses had excellent knowledge regarding geriatric care 11.4% of nurses had adequate knowledge and 2.29% of nurses had good knowledge. 6.57% had average knowledge and only 0.29% had very low knowledge.

I. INTRODUCTION;

The older people have various characters and the people need someone to take care of them. The health of the old age relies upon health care professionals. Nurses are providing holistic care to the elderly to meet their basic needs. So, the current scenario related to demographic and utilization changes indicate strongly the need to increase the rapid demand of nurses to take care of the elderly patients and also the importance of acquiring adequate knowledge about elderly care.

The health of an old age is rectified by health professionals. Nurses are providing holistic care to the elderly to meet their basic needs. So, the current scenario about demographic and utilization changes indicates strongly to increase the rapid demand of nurses to take care of the elderly patients and also they have an

adequate knowledge about elderly care also important. Nurses are the important health care professionals to take care of the overall health of the elderly patients about physical and psychological problems. (Sukhpal, 2014)1.

Saudi is experiencing a steady increase in the number of elderly. The health care providers to take care a comprehensive action plan to take care of their health (Nada Hameed 2018)2. Sheeren hussaine and Mohamed ismail (2017) 3 study on Ageing and Elderly Care in the Arab Region. Policy Challenges and Opportunities revealed there is dramatic increase in the proportion of older people in the populations of the Arab region.

The present study focus on the eastern culture of Saudi arabia, old age is considerable as high respect in the family and also the family members given high importance to caring for the old age according to the cultural norms.(Alshahri, 2002) 4. As a fundamental view to several Eastern cultures, especially in Saudi Arabia, elderly is respected as a blessed state of abundant religious consequence and obtained significant admiration within the family; (Abdulraheem and Abdulrahman 2008)5. It is a tradition for everybody to raise up when elderly person is coming to enter place, they are assigned the finest places and served any beverages first. Moreover, the healthcare for the elderly people provided has been threatened by the negative attitudes and difficulties by the nurses. There were 63% of elders having unmet needs.(King, et al 2013&Alsenany, 2009) 6. Researches stated that training program is essential for the registered nurses and also the other groups of nurses who provide care for elderly people and over the years

II. Objectives of the Study:

1. To assess the knowledge regarding geriatric care among nurses
2. To find out the association between knowledge regarding geriatric care with selected sociodemographic variables

III. Setting of the study; The study was conducted in Ministry of National guard health Affairs Hospital. Alahsa

Inclusion criteria: □ Nurses working in MNGHA, Alahsa and Nurses willing to participate in the study.

Study Design; A Descriptive Research design will be adopted to conduct a study among nurses working in ministry of National guard health Affairs, KSA.

Sample Size:

The calculated sample size is 350. The adult Employees who are working in MNGHA hospital, Alahsa, fulfill the inclusion criteria will be selected for the data collection for a period of two months.

Sampling Technique: The nurses who are working in MNGHA hospital, Alahsa were selected using Purposive sampling technique.

Description of the tool:

In the present study the tool consist of three parts. Tool consists of two parts:

- 1) Part – 1

2) Part – 2

Part 1: Demographic data

This part consists of structured questionnaire to collect the demographic data., which includes age, sex, marital status, educational level, family type, years of experience, attended conference on geriatric care

Part 2: Structured questionnaire

This part consists of 25 structured questionnaires to assess the knowledge of nurses In the structured questionnaire each question has four options. Each right answer is scored as 1 and 0 for the wrong answer. The scoring interpretation as follows 0-20 Very low 21-40 Average 41- 60 Good 61-80 Excellent

IV. Data Analysis: The data collected from the participants were grouped and analyzed with the help of statistical package for the social sciences (SPSS) version- 20 software with “P”- values less than 0.05 taken as statistically significant. Nurses regarding geriatric care

Percentage Distribution of Nurses Knowledge regarding Geriatric care

No.	STATEMENTS	SD	D	UD	A	SA
1	People aged above 65 years is considered elderly	33	18	87	0	212
2	Aging occurs due to wear and tear mechanism of organs	28	47	6	102	167
3	Memory of elderly people decrease due to structural changes in brain	22	30	15	99	184
4	The anxiety in elderly related to the unfamiliar environment of hospital can be reduced by orienting them to the hospital environment and giving proper	83	12	33	28	194
5	Mental status such as orientation, memory, attention can be assessed using mini mental status examination in elderly	83	33	12	40	182
6	Calorie intake of a moderately active elderly per day is 1800 calories	12	26	27	131	154
7	Involving the elderly to choose food / fluids helps in maintaining the nutritional status	18	24	23	76	209
8	The systolic blood pressure in elderly is high due to loss of elasticity of arteries	29	34	5	130	152
9	Encouraging to deep breathe helps in maintaining the respiratory function of elderly	28	33	12	83	194
10	Dehydration can be prevented in elderly by assessing skin turgor, mucous membrane and urine output	28	31	99	26	166
11	Falls in elderly can be prevented by using Morse Falls scale and placing them under fall precaution	11	38	4	92	205
12	The trauma in elderly can be prevented by keeping the bed in low position and side rail up as well as adequate lighting.	11	47	1	73	218
13	Physical mobility in elderly can be increased by keeping personal things within the reach	28	30	6	97	189
14	Dehydration can be prevented in elderly by assessing skin turgor, mucous membrane and urine output	28	35	7	102	178
15	Perineal exercise and toileting schedule can improve the strength of sphincter muscles to treat incontinence in elderly	10	41	14	102	183

16	The urinary retention in elderly can be prevented by avoiding suppression of urge to urinate, provide privacy, assume normal position, run water and pour water over perineum	13	33	17	100	187
17	Constipation in elderly can be prevented by maintaining proper position, privacy and	26	27	16	135	146
18	The anatomical areas most often affected by the development of pressure sores in elderly are iliac crest, and ischial tuberosity.	11	38	4	92	205
19	Bed sores in elderly is prevented by keeping the skin clean and dry and the bed linens wrinkle free & dry	28	31	99	27	165
20	Sound sleep can be encouraged in elderly by restricting visitors during rest period and provide care in groups	28	47	6	102	167

V. Results:

Data analyzed reveals that majority of the nurses 38.9% were in the age group of 22-32 years. In regard to gender 84.5% of nurses were females. 56% of the nurses were working in the medical department; among them 71.5% of them were undergraduates. 66.8% had mentioned about the geriatric care. 48.2% of nurses were single. 56.6% of nurses belong to extended family. Mostly 47.9% of nurses revealed that they are taking care of their children at home. With regard to work experience 38.3% of nurses had more than 10 years of experience. The study report shows that 79.4% of nurses had excellent knowledge regarding geriatric care 11.4% of nurses had adequate knowledge and 2.29% of nurses had good knowledge. 6.57% had average knowledge and only 0.29% had very low knowledge.

VI. Conclusion:

The current result shows that most of the nurses have adequate knowledge about the geriatric care that indicates the nurse's awareness and updated knowledge regarding geriatric care. These research findings exhibit the felt need of the society and also the need for imparting geriatric care education for the nurses to help them deliver more competent elderly care thereby enhancing the quality of care given. This study may help the nursing educator to plan for increasing interest of nursing students by encouraging discussion related to the elderly, present their problems and emphasize the positive aspects of aging.

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