



# IDENTIFYING THE PREVALENCE OF DEMENTIA AMONG THE ELDERLY RESIDING AT SELECTED OLD AGE HOMES.

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**Abstract :** A descriptive study was conducted to identify the prevalence of dementia among elderly people in selected old age homes in Agartala, Tripura. The study aimed to assess the prevalence of dementia and to find out any association between the score of dementia with selected demographic variables. Data was collected from 100 elderly residing in two old age homes using convenient sampling technique using Generalised Practitioners assessment of Cognition (GPCoG) scale. Data was analysed with descriptive and inferential statistics. The collected data revealed that majority 66% elderly have dementia. It also revealed that there was no significant association between dementia score and selected variables like age, type of family and family history of any mental illness. The study concluded that majority of elderly people 66% had presence of dementia. There is no significant association between dementia and age, type of family and history of any mental illness at 0.05 level of significance except with the sex of the elderly. In this study it is found that among 66% dementia elderly, 54% were female and the significant association between prevalence of dementia and sex of elderly has been found at 0.05 level of significance.

**Key words:** Prevalence, dementia, elderly, old age home

## 1.INTRODUCTION

Dementia is a health condition that involves impairments to memory and thinking due to any injury or disease causing damage to brain. Common challenges faced by dementia patients includes memory loss, a sudden shift in behavior or mood changes, confusion, loss of speaking ability and trouble walking in balance. The maximum numbers of older people have agonized from cognitive disability, a long term disease caused by this condition considerably adversely affects the patients regular cycle of living. <sup>1</sup>

Further, it is crucial for healthcare professionals to recognize the different kind of care required. The key objective of this research study is to discover the impact and risk factors of the dementia on quality of life of older patients. This study suggests gathering information on how dementia affects older individuals. It will assist medical practitioners in comprehending and addressing the crucial components of the research issues, namely the influence of a health problem on older people general well-beings. <sup>3</sup>

Tilly Eichler, Jochen Rene Thyrian, et al. (2015) was conducted a prospective study to explore the effect of screening to improve recognition of dementia in primary care. The study was conducted among the 4064 community dwelling patients (more than 70 years of age) were screening results 406 (59%) provided informed consent. <sup>7</sup>

Therefore, there is a need to do this particular study and evaluate the impact of the situation, especially on aged people, to provide quality and person-centered in care. Loneliness is a significant problem for most dementia patients, and this may trigger anxiety and depression. Hence, it is critical to attend to the psycho-social needs of the patients to ensure that they're emotionally more stable. <sup>2</sup>

## 2.STATEMENT OF THE PROBLEM

A descriptive study on prevalence of dementia among the elderly residing at selected old age homes, Agartala.

## 3.OBJECTIVES

- To assess the prevalence of dementia among the elderly.
- To find out the association between the score of dementia among elderly and their selected demographic variables.

## 4.OPERATIONAL DEFINITION

1. **PREVALENCE:** - In this study, prevalence refers to the number of people in the selected old age home are having dementia at a specific time.
2. **OLD AGE HOME:** - In this study, old age home refers to the layout on NGO organization where the elderly people residing fulfill their basic needs and geriatric cares were met.
3. **ELDERLY:** - In this study elderly refers to the people who are in the age group of 60 years old and above living in a selected old age home at Agartala.
4. **DEMENTIA:** - In this study dementia defined as a progressive impairment of cognitive functions occurring in clear consciousness measured by (GPCOG).

## 5.MATERIALS AND METHOD

Research Design: Quantitative non experimental descriptive study design

Population: Elderly residing in old age homes, Agartala

Sampling: Convenient sampling

Sample size: 100

Sampling criteria

### Inclusion criteria

This study included the elderly:-

- with age group- 60years and above
- who are willing to participate in this study.

### Exclusion criteria

- This study excluded the elderly with acute physical and mental illness.

### Tools and methods of data collection:

1. Semi structured socio demographic questionnaire

2. Generalised Practitioners assessment of Cognition (GPCoG) for assessing dementia score. The test includes a patient assessment and a caregiver interview. GPCOG was developed by Henry Brodaty, Dimity Pond, Nicola Kemp, Georgina Luscombe, Louise Harding, Karen Berman and Felicia Huppert. <sup>8</sup>Interpretation of dementia score: Mild dementia: - 6-9, Moderate dementia: - 3-5, Severe dementia: - 0-5

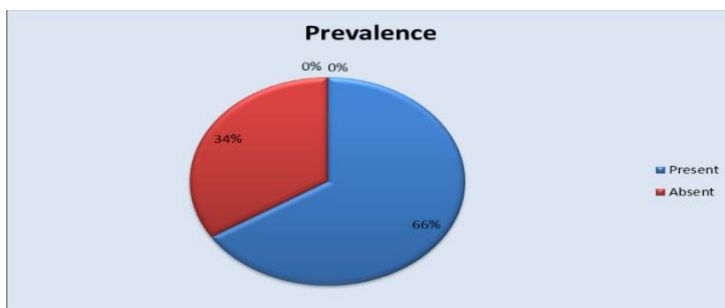
## 6.RESULTS:

Table 1: Frequency and percentage of demographic variables among elderly according to age, type of family and family history. (n= 100 )

Sl. No.	Demographic variables	Frequency (f)	Percentage (%)
1.	<b>Age (in years)</b>		
	a) 60-70	30	30
	b) 71-80	56	56
	c) 81-90	14	14
2.	<b>Sex</b>		
	a) Male	46	46
	b) Female	54	54

<b>3.</b>	<b>Type of family</b>		
	a) Joint family	24	24
	b) Nuclear family	70	70
	c) Extended family	6	6
<b>4.</b>	<b>Family history</b>		
	a) Yes	14	14
	b) No	86	86

Table 1 depicts that majority elderly 56(56%) were in 71-80 years of group, majority 54(54%) elderly were female, majority 70 (70%) were from nuclear family and maximum 43 (43%) elderly were not having any family history of mental illness.



**Fig1 : Pie graph representing the prevalence of dementia among the elderly**

Figure 1 represents that majority 66% elderly are suffering from dementia.

Table 2: Distribution of range, mean, median and standard deviation of the data

	Range	Mean	Median	Standard Deviation
Dementia Score	02-09	5.2	2	1.62

(n=66)

Table 2 depicts that the mean dementia score of 66 dementia elderly persons were 5.2 with standard deviation of 1.62.

Table 3 : association of selected demographic variables with the dementia score ( n = 100)

Sl. No.	Demographic variables	Prevalence of disease		Chi- square test		DF	Remarks
		Present	Absent	Calculated Value	Tabulated Value at P= 0.05		
1.	<b>Age (in years)</b>						
	d) 60-70	20	10	1.93	5.99	2	NS
	e) 71-80	39	17				
f) 81-90	07	07					
2.	<b>Sex</b>			48.02	3.84	1	S
	a) Male	14	32				
	b) Female	52	2				
2.	<b>Type of family</b>			0.61	5.99	2	NS
	d) Joint family	16	08				
	e) Nuclear family	46	24				
	f) Extended family	04	02				

Family history							
3.	c)	Yes	10	04	0.2	3.84	1 NS
	d)	No	56	30			

**Note: S: Significant NS : Not significant (p=0.05)**

Table 3 shows that association of selected demographic variables with the prevalence of dementia. The analysis shows that all the chi square value is less than that of table values at 0.05 level of significance except sex of the elderly. There is no significant association between the age, type of family and family history of mental illness except sex of the elderly.

**CONCLUSION:**

The study concluded that majority of elderly people 66% had presence of dementia. There is no significant association between dementia and age, type of family and history of any mental illness at 0.05 level of significance except with the sex of the elderly. In this study it is found that among 66% dementia elderly, 54% were female and the significant association between prevalence of dementia and sex of elderly has been found at 0.05 level of significance.

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