

THE STUDY OF HEALTH SERVICE NEEDS OF THE ELDERLY IN SAMUT SONGKHRAM PROVINCE.

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ABSTRACT

The objective of this research was to study the health service needs of the elderly in Samut Songkhram Province. The population was the elders, both men and women, aged 60 years and over, in Bang Nang Li Sub-district, Amphawa District, Samut Songkhram Province. The samples of the study were 98 people selected by accidental sampling technique. The research instrument was the questionnaire. The statistics used for data analysis were percentage, mean, and standard deviation.

Results showed as follows: the elderly were 60 females and 38 males; mainly age between 60-69 years old (44 people), followed by age between 70-79 years old (30 people), and age 80 or over (24 people), respectively; and 47 people were married, 16 people were single, 34 people were widowed, and 1 person was separated. In addition, the research also found as follows: the major needs of the elderly were disseminating health news media through community radio stations; the shuttle service from home to the hospital when emergency take place; village health volunteers could coordinate care for the elder on basic needs, including food, clothing and shelter; death support services; and the community should provide a system to coordinate care for the elderly with chronic illnesses and receive constant care without having to travel to the hospital, such as blood collection, blood pressure measurement, receiving conventional medication, with an average of 4.14, 3.86, 3.78, 3.77 and 3.76 respectively. Suggestion from this study would be the community is a social unit that be expected to provide assistance or support to families in the long-term care of the elderly. Therefore, strengthening the community is an important goal.

Keywords: health service needs, elderly

INTRODUCTION

Since the United Nations stated that any country or area has either 10 percent of population, age 60 years old or over, or 7 percent of population, age over 65 years old, which would defined as the aging society. While the situation on the elderly in Samut Songkhram Province was found that she has fully entered the aging society for many years. According to the latest statistics of the elderly on 77 provinces in Thailand, on 31 December 2017, found that Samut Songkhram Province has 40,310 elderly, age 60 years old, out of a total population of 193,902 people, representing 20.79 percent, which is the second most senior in the central region. Hence, the burden of dependency ratio on the working-age population to bear the burden of care for the elderly tends to increase. This is due to changes in the body's deterioration of the whole body which may cause the chronic illnesses and diseases such as diabetes, high blood pressure [1],[2],[3]. In facts, the elderly with chronic illness, who experienced falling, would have a higher risk of disability than the elderly without a chronic illness. Therefore, these elderly people may need continuous health

services. While the situation in Samut Songkhram Province showed that, there are many social problems of the elder, including being abandoned, no one caring for people in difficult conditions, lack of amenities that are conducive to living, lack of opportunities for social participation. This is also the lack of knowledge of families and communities in readiness in caring for the elderly. Additionally, the social information, surveyed by the local government in Samut Songkhram Province, reported that there are 404 elderly with chronic bed ridden patients. Therefore, it is necessary to prepare a project plan which provides the activities for the elderly to live with quality lives. This is also the care for the elderly from families and communities that meet the standards, quality, and to promote the elderly to be healthy. Moreover, this is to create the opportunity for elderly to get a job and create the sufficient income to live by do not to be a burden on the others.

Reports from Samut Songkhram provincial office of Social Development and Human Security, in the fiscal year 2018, illustrated that most of the elders, 88 people, are living with poor families, followed by unstable housing/unqualified living conditions, 82 persons, and living alone/no caretakers/abandoned, 63 people, respectively. In terms of the health problems, it found that there are 404elderly patients with chronic illnesses, bed ridden/ home-bound elderly. Lastly, there are 117 elderly living with spouse.

Care and preparation for coping with the increasing health problems and for a quality long life are needs by providing health services in a variety of programs and suitable to promote the prevention and rehabilitation of the health of the elderly. These programs should cover in the physical, psychosocial, and spiritual services, which also cover the elderly of all ages. As mention above, therefore, the researcher interested in study the health service needs, which illustrate the elderly perception, desire, and needs for health services. Results would help to promote elderly physical, mental, social, and spiritual to help respond to health problems which would benefit of development and to meet the needs of the elderly.

OBJECTIVE

To study the health service needs of the elderly in Bang Nang Li Sub-district, Amphawa District, Samut Songkhram Province.

METHODOLOGY

The population of this survey research was 644 elderly who were both male and female with aged 60 years old and over in Bang Nang Li Sub-district, Amphawa District, Samut Songkhram Province by using the accidental sampling technique. Data collection tool was questionnaire which developed by using literature review. Questionnaire was consisted of 2 parts which are as follows:

Part 1: Personal information such as gender, age, and status.

Part 2: Health service needs of the elderly which developed from a literature review by using the holistic nursing framework, basic needs of the elderly, and the results of various research studies related to health services provided to the elderly from various contexts.Each question was employed the Likert 5 points ratings scale.

This research was analyzed the data by using SPSS program. Statistic to be used for personal data and health service needs were frequency, percentage, mean, and standard deviation.

RESULTS

According to the studies, most of the elderly are 60 females, or 61.2 percent, and 38 males, or 38.8 percent. Age is found that the age range 60-69 years, 44 people, representing 44.9 percent, followed by aged 70-79 Year, 30 people or representing 30.6 percent, and 80 years older or over, 24 people or representing 24.5 percent, respectively. Moreover, most of the elderly have marital status, 47 people, or 48 percent, followed by single status 16 people or 16.3 percent, and widow status 34 people or 34.7 percent, and separately status 1 person or 1 percent, respectively.

Table 1
Illustrate the average of health service requirements

Health service needs	average	Standard deviation
Physiological		
1.Initial health check-up once a month, such as blood pressure, weighting	3.68	0.619
2.Oral hygiene examination by a dentist at least once a year	3.17	0.874
3.The community provide a system to coordinate care for the elderly with chronic illnesses and receive constant care without having to travel to the hospital, such as blood collection, blood pressure measurement, receiving conventional medication	3.76	0.733
4. The community has the physical therapy for free of charge 2 times per week .	3.46	1.017
5. Organize training for the elderly at risk groups for diabetes prevention High blood pressure	3.34	0.673
6. Organize exercise activities such as Tai Chi, Plum Dance	2.24	0.886
7. Disseminating health news media through community radio stations	4.14	0.942
8.The elderly shuttle service to the hospital when the doctor makes an appointment	3.49	1.177
9. The elderly shuttle service from home to the hospital when emergency take place	3.86	0.837
10. Hotline service, consulting directly to doctors and nurses	3.02	0.849
11. Doctor services for visiting and providing medicine at home	3.57	0.732
12.Educating the caregivers, community, or neighbors about moving the elderly when going to the hospital or carrying support	3.64	0.736
13. Equipment support such as adult diapers, walking sticks, wheelchairs	3.34	1.035
Psychological		
1. Field trip services 2 times a year	3.15	0.804
2. Organize the recreation activities for the elderly	3.34	0.657
3. Organize the activities to promote traditions and cultures in the community for the elderly such as the Elderly Day, New Year's Day	3.57	0.689
Social		
1. Village Health Volunteers could coordinate care for the elderly on basic needs, including food, clothing and shelter	3.78	0.726
2. Arrange the places to meet and talk with the community	3.21	0.561

Health service needs	average	Standard deviation
3. Organize volunteer activity for social contribution	3.15	0.581
4. Home visit for alone elderly	3.35	0.675
Spiritual		
1. Inviting monks to give sermons	3.20	0.517
2. Death Support Services	3.77	0.917

CONCLUSION AND FUTURE WORK

The study of health service needs of the elderly in Samut Songkhram Province found that most of the samples are female, 60 people or 61.2 percent, age between 60-69 years old, 44 people or 44.9 percent, Moreover, there are 47 people, or 48 percent, were marital status. The elderly have the top 5 health service needs which are as follows: 1) disseminating health news media through community radio stations at highest level, with an average of 4.14; 2) the shuttle service from home to the hospital when emergency take place , with an average of 3.86; 3) village health volunteers could coordinate care for the elderly on basic needs, including food, clothing and shelter, with an average of 3.78; 4) death support services, with an average of 3.77; and the community should provide a system to coordinate care for the elderly with chronic illnesses and receive constant care without having to travel to the hospital, such as blood collection, blood pressure measurement, receiving conventional medication, with an average of 3.76. The results from this research consistent with the study of Kanchana Piboon et, al. (2559)[4] which concerns with the perception of the elderly who received services at the outpatient department, Burapha University Hospital. She found that most of the elderly care service center should have health promotion activities or health education activities for the elderly. There is a shuttle service for emergencies and basic health check-up activities for the elderly once a month. Moreover, this research also found that the elderly needs safety in their lives such as the shuttle service from home to the hospital when emergency take place; the Village Health Volunteers could coordinate care for the elderly on basic needs, including food, clothing and shelter; the community provide a system to coordinate care for the elderly with chronic illnesses and receive constant care without having to travel to the hospital, such as blood collection, blood pressure measurement; receiving conventional medication; and Initial health check-up once a month, which consistent with Maslow hierarchy of needs[5]. Due to the economic and social changes, these may cause the elderly to be left alone. When elder people get health problems, even if no need the close supervision from medical staffs but may need some desired dependency and help [6]. Additionally, there is a need for assistance in other areas which are descendants or relatives. Unfortunately, when the elderly do not have help, so they need help from their own community [7] Moreover, the study of Narirat Chitmontri, Wilaiwan Thnongchareoan, and Savitri Thayansilp (2011) [8] Wirapan Wirotrat, Kwanjai Amnaj-satsue, Siripan Sasat, Pornthip Malatham, and Jinsittha Narongsak [9]. found that factors supporting the good care for the elderly were the potential of the community, a good support system, and the elderly role model. The indicators of good care of the elderly are the strong leader and teamwork, support system from many sectors, both health and social services available, and comprehensive database

The minimum health service needs are as follows: 1) organize exercise activities such as Tai Chi, Plum Dance, with an average of 2.24; 2) hotline service, consulting directly to doctors and nurses, with an average of 3.02; 3) field trip services 2 times a year, with an average of 3.15; and 4) organize volunteer activity for social contribution, with an average of

3.15. This may be, naturally, the elderly would be deteriorated their health, for example, blur vision, hearing loss, and decrease mobility.

SUGGESTION

1. In the lights of elderly care, community is the social units that are expected to provide assistance or support to families in overseeing long-term careers. Therefore, strengthening the community is therefore an important goal of long-term care for the elderly.

2. Taking the good care of older people, community should improve the potential on leadership and teamwork. The public and private sectors should cooperate with the community in caring for the elderly.

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