



Characterize older adults and design nursing strategies according to their needs

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Abstract:

Aging is characterized by an insufficiency to maintain homeostasis under stress conditions and this insufficiency is associated with a decrease in vitality and an increase in the vulnerability of the individual being a priority care group, therefore, 150 elderly people, each with a significant family member and/or caregiver, have been included in the study, representing a census sample, since it represents 100% of the adults registered in the Ambato Canton care centers. , people of the age groups corresponding to the elderly according to the WHO criteria, between the ages of 60 and 70, without distinction of race or gender, with cognitive capacity, being a priority attention group. The objectives are based on characterizing and designing nursing strategies according to the needs for holistic well-being. Descriptive statistics of the characteristics of the participating individuals were performed and the scores of the questionnaires were compared before and after the application of the strategies using descriptive statistics and inferential statistics by means of the parametric Student's T test, as appropriate, the analysis of association of variables. The significance level will be $p < 0.05$.

Keywords: older adults, nursing strategies, priority care, holistic well-being, vulnerability.

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1. Introduction

Today, for the first time in history, most people can expect to live into their 60s and beyond World economic and social survey (2007). Between 2000 and 2050, the proportion of adults over 60 years of age globally will double, from 11% to 22%. In absolute numbers, this age group will grow from 605 million to 2 billion in the course of half a century. In recent decades, the world has suffered from the phenomenon called "Graying". The increase in life expectancy generates an improvement in the quality of life, coupled with health services with the implementation of priority programs, a decrease in birth rates and mortality, conditioning a modification of the population pyramid (Medina, 2015; Beard et al., 2012).

Increased life expectancy, coupled with significant declines in fertility rates, is the cause of rapidly aging populations around the world. These changes are imposing and the implications are enormous. A child born in Brazil or Myanmar in 2015 can expect to live 20 years longer than one born just 50 years ago. In the Islamic Republic of Iran, in 2015, only one in ten inhabitant is older than 60 years. In just 35 years, this figure will have increased to one in three. And the rate of population aging is much faster than in the past, Beard et al. (2012). Longer life is an extremely valuable resource. However, the scope of the opportunities for greater longevity will depend, to a large extent, on one key factor: health according to the World Health Organization (2019).



If people live those extra years in good health, their ability to do what they value will be slightly different from that of a younger person WHO (2019). Although it is often assumed that increased longevity is accompanied by a prolonged period of health, unfortunately, there is little evidence that older people today are healthier than their parents at the same age INEC (2010) and Bohorquez et al. (2011).

The older adult must face not only physical and intellectual changes typical of age, but also social changes that lead to a decrease in interpersonal relationships and loneliness, since they are people who must be managed in a place of care and away of his family environment Lloyd-Sherlock (2012). These situations lead older adults to be constantly exposed to stressors that are demands from the social environment or internal demands that require the individual to readjust their habitual behavior patterns. Smith (2010) and Pan American Health Organization (2012).

Universal, continuous, irreversible, dynamic, progressive, declining and heterogeneous process, and, until now, inevitable, in which biopsychosocial changes occur resulting from the interaction of genetic, social, cultural, lifestyle factors and the presence of diseases Orem (2000). A definition that encompasses all these aspects is extremely difficult to state, American Association of Schools of Nursing (2019). Biological gerontology defines it as follows: "Aging is characterized by a failure to maintain homeostasis under stress conditions and this failure is associated with a decrease in vitality and an increase in the vulnerability of the individual (United Nations Organization, 2017; Orem, 2000).

In this context, Self-Care has the purpose of: Contributing to health promotion,

preventing diseases in older adults, in addition to maintaining their worth, encouraging behaviors and healthy (Rodríguez, 2011). Older adults learn better when are generally in good health, their vision and hearing are in the best possible condition (Bulechek, 2013). He is in an environment that provides trusting relationships, with the facilitator and other learners, that favor new behaviors.

They are stimulated or motivated to an optimal level through internal and external sources that in old age there is a reduction in functional capacity, a decline in intellectual functions such as analysis, synthesis, arithmetical reasoning, ingenuity and imagination can be found, perception and immediate visual memory Chisag (2018) and Kamei et al. (2017). It is important to note that while the older adult remains active and productive, the deterioration of their intellectual faculties will be less, (Flores et al., 2015).

2. Methodology

150 elderly people were included in the study, each with a significant family member and caregiver, representing a census sample, since it represents 100% of the adults registered in the Ambato Canton care centers.

Inclusion criteria are people in the age groups corresponding to the elderly, according to WHO criteria, between the ages of 60 and 70, without distinction of race or gender, with cognitive capacity and treated in the care centers of the canton Ambato and who agree to participate in the study by signing the informed consent of each of them.

Exclusion criteria. Elderly people who are in isolation, or with neurodegenerative diseases, without knowledge of the daily situation, will be excluded.

Method validation. Descriptive statistics of the characteristics of the participating



individuals are performed. The compared before and after the application of the strategies using descriptive statistics and inferential statistics by means of the parametric Student's T test, as appropriate, the analysis of association of variables. The significance level will be $p < 0.05$.

2.1 Categorization

Of the 100% (90) study units of the Sagrado Corazón de Jesús Care Center, 60% (56) were represented by men, while 40% (34) by women. Likewise, 100% (60) study units of the Municipal Attention Center, 60% (38) were represented by men, while 40% (22) by women.

Of 100% (90) study units of the Sagrado Corazón de Jesús Care Center and 36% were represented between the ages of 60-64, 29% 65-69, 24% 70-74 and 11% 75-79 . Likewise, 100% (60) study units of the Municipal Attention Center and were represented between ages 60-64 38%, 65-69 28%, 70-74 23% and 11% 75-79. According to the World Health Organization (WHO) the aging of the population is much faster than in the past, by the year 2050, the population over 60 years of age will double, going from 12% to 22%, the number of people 60 years or older

In both Care Centers, 100% (150) study units have a degree of dependency of 96% while 4% have a degree of independence models of educational focused on diseases should be changed, for care based on healthy aging, to develop and maintain the functional capacity that allows well-being in older adults Llanes (2015).

Nursing Strategies on care and self-care were developed, which are aimed at improving the functional capacity of people, then helping to carry out the necessary activities to be able to take care of themselves and live as autonomously as possible Rodríguez et al. (2014) and

Fernandez et al. (2013). Basic activities of daily living (eating, dressing, personal hygiene, walking) and other activities such as social and recreational activities were included (World Health Organization, 2019; The Challenge of Aging in Latin America, 2020).

The strategies were applied after the results obtained from three tests, through which two hours and three days per week were worked giving direct attention, after which the post test was applied in which the changes and the impact of these WHO applied strategies were observed. (2019) and Rodríguez (2014).

3. Results and discussion

3.1 General principles on nursing strategies It

is increasingly recognized that the objective of nursing strategies in elderly patients is to return to normal life patterns, prolonged rest produces alterations in the cardiovascular systems , respiratory, musculoskeletal and psychological, immobility is a common pathway through which many diseases and disorders occur in the elderly that produce greater disability, improvements in mobility, manage to reduce the frequency and severity of these complications, thereby improving the well-being of the patient and the people who care for him and United Nations. NY: (2015).

Physical activity in the elderly has been classified based on the benefits of physical exercise as follows: cardiovascular risk reduction, blood pressure reduction, strength improvement, muscle synchronization, fatigue, vital capacity increase McCleery (2014) and Alvarez (2017). (increases aerobic capacity by 20%) equivalent to a functional return of more than 10 years, exercise improves digestion-nutrition, improves brain function and sleep, as well as seems to have a



stimulating action on immune functions and defensive Bellido et al. (2010) and Stanik-Hutt (2013).

Painting this activity can be very varied, from painting mandalas or coloring figures, to making paintings on canvas or on different surfaces such as tiles, it enhances manual agility and again helps maintain attention and concentration. In addition, it promotes self-esteem and satisfaction, tasks for manual motor skills, different tasks such as macramé, crochet, knitting, bobbin lace Barthel Scale (2017). All these activities help improve manual motor skills, visual acuity and the ability to maintain attention.

Reading and commenting on texts, a comprehensive reading of a news story, or a chapter of a Pinto (2014) is carried out. Subsequently, a summary of what was read is made or a series of questions are answered about it, it promotes memory and verbal communication, it also maintains attention and concentration when establishing a physical activity program in the elderly we must take into account the following important considerations Pacheco et al. (2017).

For your safety; it is necessary to monitor the cardiac response of the elderly to effort, they should be warned of the appearance of alarm signs; prevent and avoid complications, for which it is necessary to: Strengthen the muscles of weak joints, mobilize limited joints before practicing more intense exercises, avoid exercises on hard surfaces, walking is better than running, avoid extreme temperatures, take care and monitor exercises that can cause hypotension, stimulation of self-confidence through exercise, seeking the necessary motivations so that physical activity does not become a boring obligation Vivaldi (2012) and Prado (2014).

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