



Personal Hygiene Towards Old Age

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Abstract:

Background: Older adults often experience multiple skin disorders along with hair and nail problems , many of which can be prevented, most are treatable without hospitalization ; however , others , such as pressure sores or skin ulcerations , may require extended hospitalization. The aim of the study is to assess Personal hygiene among old age in Mosul City.

Material and method: Descriptive type are used in this study . The study is applied on three hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital), some primary health care centers, and public clinics in Mosul City.

Results: The finding shows that there is a significant statistical interrelationship in health related Personal hygiene.

Conclusions: The study concluded that the Elderly's Personal hygiene were affected by their demographic characteristic (age, sex, marital status, level of education, and type of disease).

Keywords: Personal hygiene, old age.

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Introduction:

Skin, hair and nail disorders are common in the older age group . Older adults often experience multiple skin disorders along with hair and nail problems, many of which can be prevented, most are treatable without hospitalization; however , others , such as pressure sores or skin ulcerations , may require extended hospitalization. Some skin conditions, such as pruritus (itchy skin) and herpes zoster, may indicate systemic disease⁽¹⁾ . Nurses play a key role in preventing and detecting many skin , hair and nail disorders . By regularly assessing the skin and appendages, referring the patient to a physician, and through effective

nursing intervention ⁽²⁾. The aim of the study is to assess Personal hygiene among old age in Mosul City/IRAQ.

Methods and Materials:

non-experimental approach and descriptive type are used in this study. The study is applied on three hospitals (Ibn-Sena Teaching Hospital, Al-Zahrawee Teaching Hospital and Al Salm Teaching Hospital), some primary health care centers, and public clinics in Mosul City. Purposive sample consists of (833) clients, (490) Male and (343) Femal who visited or admitted to the teaching hospitals, some primary health care

centers, and public clinics in Mosul City. In order to collect the data of the study, a questionnaire was constructed depending on the previous studies and related literature review. The questionnaire consists of two Parts: Part one includes (7) items which focus on the elderly demographic characteristics such as (age, sex, marital status, occupation, level of education, duration and type of disease). Part two includes (4) main items that contain: (independency, daily physical activities, psycho-social aspects and life of adaptation). In this study, the total questions include (73) items, in

which three-scale options are used in the rating scale were: (2) for (Always), (1) for (Sometimes), and (0) for (Never). Content validity was determined by presenting the questionnaire to a panel of (12) experts. Internal consistency of the questionnaire is assessed by calculating Cronbach's Coefficient alpha. Analyzed data using SPSS, Version 23 using both descriptive statistics, inferential statistics (Means, and SD, Number and percentage) and chi-square⁽³⁻⁷⁴⁾.

Results:

Table (1) Demographic characteristics of the study subjects (N=833)

Variables	No.	%
(A) Sex		
Male	490	58.82
Female	343	41.18
Total	833	100%
(B) Age		
65- 74 years	657	78.87
75-84 years	137	16.45
85 years or more	39	4.68
Total	833	100%
(C) Marital status		
Single	20	2.4
Married	593	71.19
Widowed	213	25.57
Divorced	7	0.84
Total	833	100%

The table shows that the majority of study participants were males and constituted of (58.82%), and most of them aged (65-74) years. In

relation to their marital status, most of the whole sample were married and constituted (71.19%).

Table (2) client's responses on daily physical activities domains(Personal hygiene) with in 3- level scale by total frequencies, percentages and Chi-Square

Personal hygiene	F	%	F	%	F	%
Do you feel satisfied by health services provided	109	13.09	411	49.34	313	37.57
Do you satisfied about your health	543	65.18	156	18.73	134	16.09
Do you always caring well with your health	162	19.45	190	22.81	481	57.74
Do you feel any advantage when you visit health centers	129	15.49	505	60.62	199	23.89
Do you follow the healthy guidance	133	15.97	259	31.09	441	52.94
Do you like bathing daily	76	9.12	531	63.75	226	27.13
Obs.X ² = 1497.235 DF = 10 , P Value = 0.05 Crit. X ² = 18.31 $\bar{X}$ = 1.08						

Total $\bar{X}$ = 1.05

The table show significant difference at (p = 0.05) of daily physical activities domains.

Discussion:

Analysis of the results of health problem of elderly clients demographic characteristics had indicated that the majority of them were males and constituted (58.82%) of the total sample, this result could be connected with the tendency of women to stay at home more than men .Data analysis shows that there is a significant statistical difference between elderly clients quality of life domains and their sex .The present study is in disagreement with the study of ⁽⁷⁵⁻⁷⁸⁾ who found that (53.24 %) of elderly clients are females and (46.76 %) of them are males .The study finding revealed there is a significant statistical association of health related quality of life item which concern with daily physical activities assessment .

Conclusion:

The study concluded that the Elderly's personal hygiene were affected by their demographic characteristic (age, sex, marital status, level of education, and type of disease).

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