# Impact of Self Educational Intervention on the Health Practice of Elderly in Selected Areas of Kathmandu District

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**Background**

An interventional research project on elderly people in relation to their self health care practice was conducted in three selected areas of Kathmandu district.

**Methods**

The study consisted of two phases. The first phase was to conduct health camp. Following the health camp the second phase of the study started with the preparation of research tools and their pretest among 10% of elderly in Maharajgunj area. Using purposive sampling techniques elderly people who were of the age above 60 years and who agreed to volunteer for the pre, post and interventional study were selected. Major health problems and self health care practices were identified following health care package was developed and intervened. There were 38 elderly in Thapathali area, 40 and 41 in Pashupati and Chabel respectively selected for the study.

**Results**

The majority of the respondents (84%) had problems related to joints and bones. Although the post test result was not significant (p=0.56), the use of backrest while sitting or standing and stretching legs while sitting during post test changed significantly. The highest significant result in the post test were seen in the problems related to gastric and insomnia (p=0.0001). The most significant changes were seen in dietary habit of taking vegetarian diet instead of non vegetarian and in restricting the habit of bending down unnecessarily (p<0.0001). Similarly in recreational habits, significant results were seen in the daily and weekly visits of temples and relatives and in doing social work. The daily exercise habits during post test were significantly increased after the implementation of the educational package (P<=0.001). Regarding personal hygiene habits, increase number of elderly started brushing their teeth at night and after each meal during post test (p<=0.001). There was significant increase in the number of elderly bathing by cleaning the skin folds with soap and water after the educational intervention.

**Conclusions**

Majority of the respondents lack nutritious diet. There was slight change after the intervention but not up to the satisfactory level. The respondents lack motivation towards change and needed consistent reinforcement.

**Keywords:** change; elderly people; health practice; health problems; impact; intervention; self educational.