

**QUALITY OF LIFE AMONG ELDERLY PERSONS
AND EFFECTIVENESS OF SELF-CARE
PACKAGE IN DIABETIC ELDERLY PERSONS
YANGON REGION**

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ABSTRACT

Quality of life is a most important issue among elderly persons as it reflects active aging and life satisfaction. It is imperative to determine the quality of life among this vulnerable people so that effective actions to improve the quality of life can be implemented. In 2014, prevalence of diabetes among those aged 25 to 65 years in Myanmar was 10.5%. Diabetic elderly persons are prone to complications and targeted control blood glucose level is needed. Self-care is benefit for long-term management; therefore, self-care package was introduced to diabetic elderly persons.

A community-based cross-sectional descriptive study followed by community trial was conducted in Thanlyin Township, Yangon Region during 2016-2017. A total of 411 elderly persons were interviewed to determine the levels of quality of life by using WHOQOLBREF questionnaire. Self-care package was introduced to already diagnose 50 diabetic elderly persons and determined the effectiveness of this package by using summary of diabetes self-care activities (SDSCA) questionnaire and checking HbA1c level before and after 6-month intervention.

Majority of the elderly were 60-69 years with female predominance. Most of them had spouse, living with family members and were not working. Two-third of the respondents had own income. Half of them perceived average health status and very few persons reported poor vision and hearing. All elderly persons could perform activities of daily living independently and more than half of them felt happy. Assessing quality of life, high mean score was found in social relationship (63.85 ± 18.47), the lowest mean score was observed in physical health domain (56.69 ± 10.68). In this study, significant correlation were seen in four domains namely physical, psychological, social and environmental domains and happiness scores. High mean scores of quality of life were significantly associated with own income, good vision, good hearing. After introducing self-care package, diabetes self-care activities were significantly improved in followings diet plan, physical activities, and foot care except self-monitoring of blood glucose, but mean HbA1c values was not significantly different. These findings will be beneficial for strengthening an existing effective plan and aid to help and take care of elderly persons for improving quality of

life. Diabetes self-care activities, together with glycaemic control can enhance good treatment in future diabetes management.