

ABSTRACT

Aging is an important issue for both developed and developing country including Myanmar. The problems of elderly including their social factors and the psychological factors are also influencing on their health problems of elderly and the great attention, care and understanding from their family and the providers and the whole community is important issue for the promotion of elderly health care. This study was carried out in Hninn Si Gone Home, Bahan Township in Yangon City. This is a cross-sectional descriptive study including quantitative and qualitative methods. The objective of this study is to find out the health problems of elderly and to describe the perspectives of health care providers for the elderly care. Moreover, the records of health problem and the background social history of elderly were pointing out the life of aging in this Home for the aged. In this study, data were collected from 218 social and medical record cards of live elderly and records of 61 expired cases of elderly within the period of January 1, 2009 to July 30, 2012. Other data were collected from hospital admission book, records from the physiotherapy unit, the records from psychiatrist and records from medical officer among the records of the live elderly within the period (January 1, 2009 to July 30, 2012). Key Informant Interviews (KIIs) were conducted with eleven health care providers from the Home. The majority of elderly had problems of osteoporosis, osteoarthritis, hypertension, ischemic heart disease and general debility. According to the Key Informant Interviews, they had great dealing with difficulties in care of hypertension and prevention of fall and injuries among elderly persons at the Home. Among complaints of elderly, blurred vision was common and most causes of blurred vision among elderly were cataract and the percentage of intra ocular lens implantation (IOL) done among elderly who had cataract was good.

They had many difficulties in manpower and some other difficulties in care of the elderly especially in prevention of fall and accident, mental problem and the prevention of hypertension and health education to stop smoking and betel chewing although the Home was strictly prohibited. Most of difficulties in care of elderly were linked with insufficient manpower in the hospital of Home. Moreover, most of their suggestion was concerned with manpower and other suggestions about recreation for elderly, prevention of injury and accidents and designing of construction to prevent fall and injury concerning with health care of elderly.