CHAPTER-VII

SUMMARY

This research study was conducted in phases by using mixed-method approach. In the first qualitative phase problem related to decline cognitive functioning was explored in elderly and their care giver by using techniques of focused group discussion. Following this there was development of intervention and then the second quantitative phase of study was carried out in same setting that was in village Risalu and village Siwah of District Panipat, on 100 elderlies, to assess the effectiveness of Nurse Led Cognitive Stimulation Program on cognitive functions and quality of life among elderly, and this chapter gives a detailed summary of it.

Aims of this study were-

1. To gain understanding about the cognitive functions and quality of life among elderly population.

2. To promote and strengthen the cognitive functioning and quality of life among elderly.

The objectives of the study were -

PRIMARY OBJECTIVES

1. To explore problems related to the decline in cognitive functions among the elderly by them and their caregivers.

2. To develop and implement the Nurse-Led Cognitive Stimulation Program (NLCSP).

3. To assess the effectiveness of the Nurse-Led Cognitive Stimulation Program (NLCSP) on cognitive functions and quality of life among the elderly.

SECONDARY OBJECTIVES

1. To determine a correlation between cognitive functions and quality of life among the elderly in the selected rural community.
2. To find out the association between cognitive functions, quality of life and selected demographic variables among the elderly in the selected rural community.

Variables of the study: The independent variable was the Nurse-Led Cognitive Stimulation Program and the dependent variables were demography, cognitive functions, and quality of life.

Literature reviews in the study were-

The review of literature support, as well as guide the investigator to create and build the framework, instrument, and methodology. In the study it was framed as under the following sections:

❖Studies related to prevalence of decline cognitive functions in elderly

❖Studies related to the problem of decline in cognitive functions in the elderly

❖Studies related to the benefits of the cognitive stimulation program

❖Studies related to the effectiveness of cognitive stimulation program on cognitive functions and quality of life among the elderly

Methodology

Health Promotion Model (HPM) was the conceptual framework used in the study which was a systematic framework for program evaluation. Using a mixed-method

research approach, the research design adapted for this project was a sequential exploratory design. Study was conducted in phases. In the first phase there was the exploration of the problems faced by elderly and their caregivers because of poor cognitive functioning. Then after development of the intervention, in second phase of research its effectiveness was evaluated in both study and non-study group. The independent variable in this research was the planned Nurse-Led Cognitive Stimulation Program (NLCSP) and dependent variables were cognitive functions and quality of life. The tools used in the study were standardized. For focused group discussion a semi-structured interview schedule was adopted, MMSE Hindi version was used to evaluate the cognitive functions and QOL-AD was used to assess the quality of life. Content validity for the instrument and module was done with the help of skilled individuals from the nursing and medical fields. Reliability of the research instruments for study was done by Cronbach alpha test and split-half method, and the instruments were identified to be highly reliable.

The trial out study was carried out in selected villages Chulkana and Manana, of selected sub-division/block Samalkha, of district Panipat, on total 10 percent of the sample size of the main study in December 2019 and the study was declared feasible.

The main study was done in the chosen villages Risalu and Siwah of selected sub-division of District Panipat, Haryana. Total of 100 participants (50 in intervention and 50 in non-intervention group) were recruited for the study, using multi-stage sampling technique. The purpose of the research study was described to participants and privacy was maintained. Written informed consent was taken and the study was conducted phase-wise. Pre-test was done by using standardized tools for both experimental and control groups. Then planned Nurse-Led Cognitive Stimulation Program (NLCSP) was taught only to the experimental group biweekly for 7 weeks. Subsequently, first post-

test was done immediately after intervention and followed by post-test in the third month and after one year of intervention in both the groups. The data gathered was edited, tabulated as well as analyzed, and interpreted statistically. A probability of less than 0.05 was considered to be significant.

Results: In the present study both experimental and control groups were homogenous with regard to their socio-demographic and dependent variables.

Following were the major findings of the study-

Phase I: By doing thematic analysis in phase one various themes has been emerged in both the groups of elderly and their caregivers which were described as follows:

➢ Elderly and their caregivers face a number of problems related to decline cognitive functioning. This decline has an adverse impact on both the elderly and their caregiver's life.

➢ Due to this decline, there is change in personal, family and social life of elderly. They became partially dependent on their family also it disturbed their relationship with caregiver.

➢ Elderlies and their caregivers both has perception of this decline and considered age responsible for this decline.

➢ For coping with this decline elderly used mixed techniques while caregivers give priority to their elderly's care and help.

Phase II: The observed frequency and percentage distributions of sample characteristics were as follows:

➢ Majority of the elderly were in the age group of 65−70 years in the study group whereas in non-study group most of them were in the age group of 60−65 years, and in both groups, male was the dominating gender.

➢ Most of the participants in the study group were primary educated whereas in control group they were non-literate. In both groups majority of elderly were married and belonged to joint family. More than half of elderly in experimental group were not having any kind of disease, but in control group most of them were having some kind of disease. In both the groups most of elderly were having caregivers and none of them were having any previous exposure to such training program.

➢ Both groups were homogeneous in terms of selected socio-demographic variables.

➢ It is inferred that, before intervention majority of the elderly were having a mild level of cognitive impairment in both the groups. But post intervention, majority of the samples in the experimental group boosted, and there was improvement in their cognitive functioning. While in control group, the result remained the same and even decreased in further measurements. The findings reveal the effectiveness of the Nurse-Led Cognitive Stimulation Program for building cognitive functioning.

➢ It is inferred that, before intervention majority of elderly were having average and poor level of quality of life in both the groups, whereas after Nurse Led Cognitive Stimulation Program in the experimental group, the life quality in the elderly boosted, and fell in the category of good level of quality of life score. But in the control group result remains same, and even presented a slight decrement in successive measurements. The findings reveal the significance of Nurse Led Cognitive Stimulation Program for improving quality of life score.

➢ While comparing the post-test level scores of cognitive functions and quality of life between experimental and control groups a real difference existed. The Nurse Led Cognitive Stimulation Program was worthwhile to refine the cognitive functions and strengthen the quality of life of the elderly. Hence it is recommended for boosting the cognitive functions and enhancing the quality of life among gold agers.

➢ Regarding the correlation between score of cognitive functions and quality of life a moderate positive correlation was found.

➢ Regarding the association of cognitive functions score with the selected socio-demographic variable of the elderly, not a single variable was found statistically significant except age, which was found statistically significant at 0.05 level of significance with the pre-test quality of life score.

Summary: In this chapter there was detail summarization of the study along with its objectives, variables, methodology, and results.