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I, Shila Mainali declare that the thesis entitled “Effectiveness of Comprehensive Nursing Interventions on Well-being and Quality of life among Senior Citizens in rural community, Nepal” is my own work conducted under the supervision of Dr. Jayanti Semwal at Himalayan College of Nursing, Swami Rama Himalayan University, Dehradun, approved by Departmental Research Committee (DRC) on 8th March 2019.

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This is to certify that Shila Mainali in the department of Nursing of this University has fulfilled the requirements prescribed for the Ph. D. degree of the Swami Rama Himalayan University, Dehradun.

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Clearance was obtained from the University Ethics Committee and Nepal Health Research Council for carrying out the study, vide SRHU (SRHU/HIMS/F-1/2019/91) on 21st September 2019 and NHRC (Ref. No. 1705) on 27th January 2020. The letters are attached in the thesis as Annexure no. 1a and 1b.



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Effectiveness of Comprehensive Nursing Interventions on Wellbeing and Quality of Life Among Senior Citizens in Rural Community, Nepal

by Shila Mainali

Submission date: 12-Feb-2024 03:45PM (UTC+0530)
Submission ID: 2292735726
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Character count: 286150


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**EFFECTIVENESS OF COMPREHENSIVE
NURSING INTERVENTIONS ON WELL-
BEING AND QUALITY OF LIFE AMONG
SENIOR CITIZENS IN RURAL
COMMUNITY, NEPAL**



**Thesis Submitted in Partial Fulfillment of the Award of
Degree of Doctor of Philosophy
in Nursing Sciences**

**SUBMITTED BY
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**“EFFECTIVENESS OF COMPREHENSIVE
NURSING INTERVENTIONS ON WELL-BEING
AND QUALITY OF LIFE AMONG SENIOR
CITIZENS IN RURAL COMMUNITY, NEPAL”**

**Submitted by
SHILA MAINALI**

**For the degree of Doctor of Philosophy in the Nursing
Sciences
is evaluated and approved by**

SUPERVISOR

Dr. Jayanti Semwal

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I solemnly declare that research work presented in the thesis titled “Effectiveness of comprehensive nursing interventions on well-being and quality of life among senior citizens in rural community, Nepal” is solely my research work with no significant contribution from any other person. Small contribution/help wherever taken has been duly acknowledged and that complete thesis has been written by me.

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ACKNOWLEDGEMENT

First of all, I am grateful to Himalayan College of Nursing, Swami Rama Himalayan University, for providing me the opportunity to conduct this study as a requirement of Doctor of Philosophy in Nursing Sciences. Moreover, I am very much indebted to the Vice-chancellor Dr. Rajendra Dobhal, and the Director Research, SRHU, Research and Development Cell, Dr. Bindu Dey for their assistance and support for the completion of the study.

I would like to extend deepest gratitude to the Supervisor Dr. Jayanti Semwal, Professor, Department of Community Medicine, Himalayan Institute of Medical Sciences, SRHU, for her valuable guidance, support and constant encouragement throughout the study. I would also like to thank Dr. Abhay Shrivastav for his significant contribution for the writing of the thesis.

A sincere gratitude is expressed to the Ethics Committee, Swami Rama Himalayan University, Dehradun, India and Ethical Review Board of the Nepal Health Research Council, Nepal for providing ethical permission to conduct the study with the ethical clearance certificates.

I am obliged to Dr. Sanchita Pugazhendi, Dean and Principal, Himalayan College of Nursing for her guidance, timely valuable suggestions. I would like to further express sincere gratitude to Prof. Dr. Kamli Prakash, Vice Principal and Dr. Kathleen McKeehan, Nursing Advisor, Dr. Achla Gaikwad, Dr. Lekha Viswanath, Himalayan College of Nursing, for their valuable suggestions and regular constructive feedback during tool development and validation process and research presentations.

I would like to extend sincere gratitude to Prof. Naveen Shrestha, Dr. Ravi Shakya, Prof. Chandrakala Sharma, Prof. Takma K.C., Shakuntala Shakya, Prof. Sami Lama, Prof. Dr. Tara Shah, Dr. Ramsharan Mehta, Dr. Kalpana Sharma, Ramesh Subba and Kalpana Shrestha for their valuable inputs for validating the research instruments and comprehensive nursing interventions. Further, I would like to gratefully acknowledge to Dr. Bhagwan Chandra Gnyawali and Dr. Rup Narayan Shrestha, Associate

Professor, Tribhuvan University, for translating tools and CNIs into Nepali and English.

I would also like to extend sincere gratitude to Dr. Bibhav Adhikari, Associate Professor, Little Angel's College of Management, and Akanksha Uniyal, Assistant Professor, SRHU, for their constant guidance in statistical analysis and its presentation.

I am grateful to office of ward number 9 Roshi rural municipality, Machhapuchhere rural municipality, Kakani and Tadi rural municipality office for providing permission to conduct pilot study and the main study. I would also like to express deep sense of gratitude to all the senior citizens who made this study possible by participating actively and co-operating continuously. The sincere thank also go to Mr. Parashuram Aryal, Health Officer, Mrs. Ganga Panta, staff of the health post and all female health volunteers of that area for introducing communities.

A heartfelt thanks is expressed towards my family members especially my daughter Prajwolika for her encouragement and support throughout the study. And I express the gratitude to all the persons who provided direct and indirect contribution and supports for the completion of this community study.



Shila Mainali
Research Scholar

ABSTRACT

Background: Aging is a physiological and degenerative process causing generalized degradation of body functions, raising the risk of age related disorders, affecting well-being and quality of life. Comprehensive nursing interventions address the needs and problems of the rapidly accelerated ageing population.

Aim: To promote well-being and improve quality of life of senior citizens by providing comprehensive nursing interventions.

Methods: Both qualitative and quantitative approaches were adopted in the study. The development of comprehensive nursing interventions was done based on focused group discussion in phase I and the effectiveness of the interventions was assessed through quasi-experimental study among 120 senior citizens aged 60-75 years. The sample was selected by multi-stage cluster random sampling in Nuwakot district, Nepal. Research tools were- socio-demographic characteristics, clinical proforma, elderly well-being tool and a standardized tool; World Health Organization's quality of life (WHOQOL-BREF) and the validity and reliability of the tools and comprehensive nursing interventions were maintained prior to the study.

The comprehensive nursing interventions comprising both structured physical, mental activities and health education, was provided to the interventional group twice a week for six weeks in 12 sessions in a group of senior citizens in their community. Post interventional assessment was done to both groups after one month of the intervention. And follow-up assessments were done to only in interventional group after three and six months for identifying retention of effectiveness. Both

descriptive and inferential statistics were used for analyzing data including qualitative analysis.

Results:

The socio-demography of the senior citizens were mostly similar in both groups. The Quality of life was also similar between the groups but well-being was slight different at baseline assessment. The thematic analysis showed that senior citizens had health problems, dissatisfaction with relationship and financial status. And their attitude was positive towards aging process.

In the overall well-being and quality of life, mean and median of post-intervention assessments I, II, III in interventional group were significant higher than baseline, showed significant difference at $p < 0.05$. There was also a remarkable difference between the groups on well-being and quality of life. Median of well-being of control group remained same. A moderate positive correlation between well-being and quality of life was found. Marital status was associated with QOL but well-being was not associated with any of socio-demographic variables.

Conclusion: Comprehensive nursing interventions was found to be effective in improving well-being and quality of life of the senior citizens in rural community. The well-being and quality of life were correlated to each other.

Keywords: Comprehensive nursing interventions, Well-being, Quality of life, Senior citizens, Rural community.

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LIST OF ABBREVIATIONS

ABBREVIATION	FULL FORM
CNIs	Comprehensive Nursing Interventions
QOL	Quality of Life
SRHU	Swami Rama Himalayan University
NHRC	Nepal Health Research Council
ERB	Ethical Review Board
WHOQOL-BREF	World Health Organization Quality of Life
COPD	Chronic Obstructive Pulmonary Diseases
CNCD	Chronic Non-communicable Diseases
FGD	Focused Group Discussion
RAM	Roy Adaptation Model
NCDs	Non-communicable Diseases
NGOs	Non-government Organizations
INGOs	International Non-government Organizations
VDCs	Village Development Committees
n	Total Number of Sample
f	Frequency
%	Percentage
DF	Degree of Freedom
SD	Standard Deviation
IQR	Inter Quartile Range
DASS	Depression Anxiety Stress Scale
KMC	Kathmandu Metropolitan City
MNA	Mini Nutritional Assessment
GDS	Geriatric Depression Scale
AIS	Athens Insomnia Scale
OR	Odd Ratio

MPA	Moderate Physical Activity
WHS	World Health Survey
ADL	Activities of Daily Living
IADL	Instrumental Activities of Daily Living
BADL	Basic Activities of Daily Living
SWB	Spiritual Well-Being
OPD	Out Patient Department
PHC	Primary Health Centre
EORTC QLQ	European Organization for Research and Treatment of Cancer Quality of Life
FACIT-Sp12	Functional Assessment of Chronic Illness Therapy-Spiritual Well-being Scale
HPL	Health Promoting Lifestyle
GERD	Gastro-Esophageal Reflux Disease
HADS	Hospital Anxiety and Depression Scale
PEP	Physical Exercise Program
SWLS	Satisfaction with Life Scale
PSQI	Pittsburgh Sleep Quality Index
EWB	Eudemonic Well-Being
*	Significant
et al.	And all others
≤	Less than or equal to
≥	More than or equal to
RCT	Randomized Controlled Trial
DRC	Departmental Research Committee
FCHV	Female Community Health Volunteer
CHN	Community Health Nurse