

## 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.