

## Nursing Care in the Aging Process of the Elderly at the “Amawta Wuasi Samay” Residential Gerontological Center, Guaranda (Ecuador)

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## Abstract

## Original Research Article

A gerontological center is a place where older adults are welcomed, and those citizens who are 65 years of age or older are considered as such. Ecuador this population group represented 7% of the total population and is increasing. **Aims:** The purpose of the research seeks to cooperate to improve the reality of the elderly and help their caregivers to be prepared to properly carry out their work, strengthening the physical and psychological well-being of the adult population of the Residential Gerontological Center "Amawta Wasi Samay". **Subjects and Methods:** A descriptive - applicative research, documentary and field through observation and surveys was applied. **Results:** It was obtained as results that 82.8% of older adults are totally independent, in fact, 72% can contain their basic needs. However, 51.72% of patients present with severe cognitive impairment (memory loss). It should also be noted that most of them are dependent drugs in 75.86%. In relation to the level of knowledge of the caregivers, they have an acceptable level of 74%. Likewise, is acceptable the proposal to incorporate a basic nursing care guide into the center, in which nutritional food diets stand out.

**Keywords:** Nursing care, elderly, Gerontological Center.**Copyright © 2021 The Author(s):** This is an open-access article distributed under the terms of the Creative Commons Attribution 4.0 International License (CC BY-NC 4.0) which permits unrestricted use, distribution, and reproduction in any medium for non-commercial use provided the original author and source are credited.

### INTRODUCTION

The human being must go through various conditions, one of them being adulthood, according to the Ministry of Economic and Social Inclusion (Ecuador), the older adult population is constantly increasing; where every second approximately 2 people turn 60 years resulting in the world having about 810 million older people at that age (Martínez-López, 2019).

Según datos del Instituto Nacional de Estadísticas y Censos (NISC), la población de adultos mayores en Ecuador actualmente es alrededor del 7%, se estima que llegará hasta finales del 2020 a 1,3 millones. (NISC, 2019). The unfortunate thing about all this is that, according to data presented by IESS, the elderly live in the following conditions: 45% in conditions of poverty and extreme poverty by NBI, 42% live in the rural sector, 14.6% of households The poor are made up of an older adult living alone, 14.9% are victims of neglect and abandonment, 74.3% do not access contributory-level social security (IESS, 2019).

In this regard, public institutions have considered aging as an active care option that must be promoted and with the participation of families, society in general and the state, so that it is essential to know that older people require effective care, interdisciplinary that contribute and promote being healthy, so professions such as nursing must contribute their knowledge to improve the living conditions of the elderly (Abdi *et al.*, 2019).

#### Nursing care process

The Nursing Care Process (NCP) is a term that is applied in a system of nursing interventions for the health care of the individual, family and community, implies the use of the scientific method for the identification of needs. (Gayosso y Sánchez, 2013). The Nursing Care Process is a systematic and organized method to provide care efficiently, hence the importance and responsibility of the Nursing professional, applying the care process according to the identified needs and thus determining timely care, all this focused on the priority diagnosis (Chisag, 2018).

### Nursing intervention

These are all the procedures and protocols that the nurse must have to attend to a patient who needs assistance to complete the medical prescription. (Mena *et al.*, 2016). Among the types of intervention, these are classified according to the nature and purposes of the discipline, being these: Independent interventions (the actions of the nursing staff based on their own diagnosis) and Collaborative interventions (other professionals who provide their diagnosis participate) (Veiga, 2015).

### Classification of nursing interventions

Within this classification stand out: Individual needs, Organization of discharge and education, Basic care and Care with continuous evaluations (Hernández *et al.*, 2017).

### Intervention within nursing care

We can define this stage as the moment in which the nurse carries out the activities programmed in the planning stage; is to put into action the strategies listed in the care plan; It is the nursing action that allows reaching the desired result, based on clinical criteria and the knowledge that the nursing staff carries out to improve the patient's response (Jiménez, 2016).

### Care assessment

It consists of judging the effectiveness of nursing care in achieving the patient's objectives and results based on how the patient responds to the interventions. The purpose of the evaluation is to establish criteria on the evolution of the patient, analyze the effectiveness of nursing care, review possible areas of collaboration with other health professionals and referral to said professional, and control the quality of care of nursing and its effect on the patient (Mena *et al.*, 2016). However, it is important to highlight how important it is to consider the continuous working hours of a nurse in relation to the efficiency of patient care, for ergonomic reasons, the more hours of work, the lower the efficiency (Olalla *et al.*, 2020).

### Gerontological nursing

Try to maximize the functions and resources of the elderly, to maintain their level of independence as much as possible. The patient must be an active participant regarding the care plan designed for him, according to his potential, limitations, opinion and preferences (Strejilevich, 2012).

For the aforementioned, the purpose of the research seeks to cooperate to improve the reality of the elderly and to help their caregivers be prepared to adequately carry out their work and to strengthen the physical and psychological well-being of the adult population of the Residential Gerontological Center "Amawta Wasi Samay".

## METHODOLOGY

### Population

In order to carry out this investigation, the total number of people inside the "Amawta Wuasi Samay" Residential Gerontological Center was considered, consisting of the following: 8 caregivers and 29 older adults.

### Research (type)

The present investigation was of a Descriptive - Applicative nature; documentary (bibliographic review) and field (within the home, through observation and surveys at two points: characterize the adult population and identify the level of knowledge of caregivers).

### Statistical analysis

For the processing of the information, the software Statistical Package for the Social Sciences (SPSS) was used.

## RESULTS ACHIEVED AND DISCUSSION

The older adults of the Residential Gerontological Center "AMAWTA WUASI SAMAY" in the city of Guaranda were assessed, being able to identify levels of dependence on them in various activities that they perform daily, establishing that 24 people out of 29 (82.8%) are totally independent for carry out activities such as feeding themselves, while the rest need help and even 2 of these are totally independent of a caregiver, it can be considered that the activities where the caregivers mostly require assistance is during the bath, at the time to dress and even when moving from one place to another.

Although the level of dependency in relation to the age of the patient is not evident in this study, there is a study developed by Mendonça and Martins (2017), where adults older than an average of 79.9 years have greater dependency compared to those aged 65- 74 years. Values lower than that of our study were obtained by Pereira *et al.* (2016), where only 56% of older adults are independent to fend for themselves.

It was established that 21 (72%) of institutionalized adults, even when carrying out their basic needs, can contain them, that is, they manage to reach the bathroom without any problem, while the remaining 8 suffer from incontinence.

It was possible to determine the state or mental health through the PFEIFFER test, they are a bit shockingly painful since of the 29 older adults 15 (51.72%) present severe cognitive impairment, that is, a great memory loss, being this the cause of inappropriate behaviors, mobility problems, when communicating they do not recognize the people around them or the place where they are. Cognitive problems cause the person to reduce their social and emotional networks, thus making depression possible and making chronic

diseases more harmful (Aponte, 2015). According to the study developed by Pereira *et al.* (2016), after a Likert scale analysis, determined a cognitive development of 36.9% in relation to responsible self-care.

The health status of the elderly is not so good since many of them have visual impairment problems, Parkinson's, varicose veins, prostatitis, senile dementia, gastritis, anemia, high blood pressure, osteoarthritis and diabetes, so because of all this type of diseases, 22 (75.86%) of older adults always need to be dependent on medicines, 4 of these almost always and the other 3 rarely require them since their discomfort is mild and they do not need medicine to cope with them.

Regarding Identifying the level of knowledge of caregivers on: assessment of older adults, nursing care, detection of diseases. Analyzing the processed information, we can identify that the level of knowledge they have is 74% acceptable. It should be noted that the training of caregivers allows the empowerment of caregivers and less dependency on the part of the elderly Landínez-Parra *et al.* (2015).

Similarly, the proposal to incorporate a basic nursing care guide to meet the needs of the elderly is acceptable. The mentioned guide will seek to cover all the spheres of the elderly at the physical, psychological and social levels: Physical (Help and performance of personal hygiene, Administration and control of medication, Control of food and nutrition, Surveillance and care for alterations of skin, nails, eyes or other parts of the elderly, Provide help in activities of feeding, clothing, mobility, deposition and urination); Psychic (Follow-up and vigilance in the face of changes or disturbances in the consciousness of the elderly, priority will be given to maintaining a stable anonymous state, vigilance to detect possible sleep disturbances) and Social (the elderly will be motivated to carry out their daily activities, they will seek maintain an adequate mental state of the elderly).

The key points to avoid problems in older adults are: shower, bed bath, hair grooming, shaving and waxing, foot care, hands, mouth, eyes, ears, nose and skin care, this last point is quite important given that if there is not the proper care it can be a reason for ulcers to appear (it is a skin lesion in which tissue loss can appear).

### Prevention of pressure ulcers

Constant pressure on these areas must be avoided, making postural changes in the elderly every 2 or 3 hours (supine, lateral and prone). We can also use elements that reduce the pressure of susceptible areas and, above all, we must have an adequate diet and correct hygiene and hydration of the skin. Among the elements that reduce pressure are: bed arches, alternating mattresses, protections such as heel

cushions, etc., pillows and no wrinkles in bedding. These recommendations are consistent with what was previously established by Carbonell-Fornés and Murillo-Llorente. (2015).

### Feeding

At this stage of life, it is very important to have an adequate and balanced diet that allows the elderly to carry out their daily activities conveniently and maintain a satisfactory state of health. The most recommended diet is: 20 to 25% fat, reduce bad fats; 20% protein in the diet, 55% carbohydrates, vitamins C, E, D, B and A; minerals such as Ca, Mg and Zn, these data coincide with those recommended by Granic *et al.* (2018).

Within the nutritional advice, the meals should be attractive in terms of color, flavor and texture, Drink an orange juice in the morning, these juices should be protected from light, avoid fried foods, reduce the consumption of red meat and substitute them for chicken or fish, cook with little salt, if there are gas problems, do not consume cabbage, cauliflower and carbonated drinks, drink 2 liters of water daily. With a good diet you avoid diarrhea, constipation, urinary incontinence. In the elderly, the basal metabolism is reduced by 20%, while their physical activity decreases substantially.

### Prevention of risks in adults

What appears most frequently in the elderly are falls and these are responsible, in many cases, for the loss of their autonomy. The prevention mechanisms are: Adapt the bathroom, placing non-slip mats in and out of the shower or bath, placing handles to enter and exit the bath and to sit and get up from the toilet, Keep floors dry when the toilet is moved elderly at home to avoid slipping, especially in the kitchen and bathroom; That the elderly use suitable footwear, that is closed to hold the foot and with a rubber or non-slip sole; apart from this there should be no obstacles in the house.

### Constant taking

Assessment of the functioning of organs as important as the brain, heart or lungs is included within the functions of nursing personnel. Through this assessment, any alteration that occurs in the patient can be detected and, consequently, appropriate care can be taken. Therefore, it is necessary to describe each of the parameters that must be included in this assessment, such as body temperature, respiration, pulse, and blood pressure.

## CONCLUSION

It was possible to determine that there is a slight lack of knowledge about the nursing care that must be carried out by the caregivers within the home. Likewise, the mental state and level of dependency of older adults was determined, where it was possible to

determine that there are a large number of older adults with problems of severe cognitive deterioration and their dependence to carry out their daily activities.

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