

## Morbidity pattern among geriatric population in an old-age home in Mangalore, South India

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### Introduction

Epidemiological data about elderly population is still scarce in developing countries. With a rapidly increasing population of the elderly, data regarding the prevalence of illnesses would aid in better health planning. This study is done to find the frequency and pattern of morbidity among the elderly population in an old age home.

### Methods

A cross-sectional descriptive study was conducted among 64 individuals in Abhaya Ashraya old-age home, Mangalore, Karnataka. After obtaining approval from the authority in-charge, the inmates were interviewed using a self-designed interview schedule. CAGE questionnaire was used to assess alcohol dependence & Katz index to assess independence in activities of daily living. The data collected was entered in EXCEL and analysed using SPSS Version 11.5.

### Results

Of the total, 24(37.5%) were in the age group of 70-79 years. Male:female ratio was 1.06:1. Fifty-five (86%) were found to have one or more diseases. Hypertension was seen in 38(59.4%), arthritis in 30(46.9%), hearing disabilities in 20(31.2%), visual disabilities in 17(26.5%) and 9(14.1%) were suffering from psychiatric disorders. The proportion of morbidity increased with age from 65%(13) in the age group of 60-69 years to 100%(3) among those above 90 years. Hypertension, hearing disabilities and visual disabilities were more among males (88.5% vs. 60%, 53.8% vs. 24%, 38.5% vs. 24% respectively) whereas arthritis was more among females (64% vs. 53.8%). Only 2(3.1%) consumed alcohol and both tested positive in CAGE questionnaire and 7(11%) were smokers. Katz index showed that 55(85.9%) managed to do activities of daily living independently.

### Conclusion

Proportion of morbidity was high (86%). It was more among males and increased with age. Most common disorders were hypertension, arthritis and visual and hearing disabilities. With more studies like the current study, it is hoped that a clear picture of morbidity in the elderly will emerge and aid in better health planning.