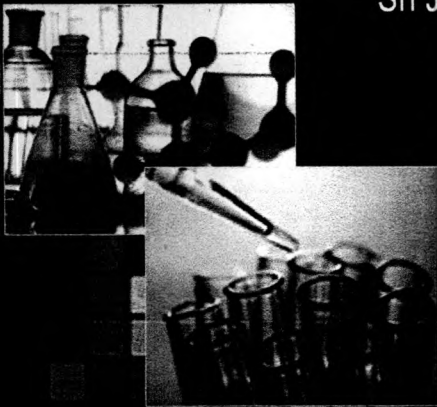


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OP 7

Assess and compare health related quality of life among elders who live in their own home and elderly care homes

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Objectives: Health Related Quality of Life (HRQOL) of elderly population is emphasized with the medical and public health advances. This study was conducted to assess the HRQOL of elders who live in their own home and elderly care homes.

Methods: Descriptive cross sectional study was carried out in Elderly Care Homes (ECH) and Own Homes (OH) of elderly people in Minuwangoda Pradeshiya Sabha. Data were collected from elderly (> 60 years of age) people using interviewer administered Short Form health survey questionnaire (SF 36) and a form designed for recording demographic data. Informed consent was obtained. Ethical approval was obtained from the ethical review committee of the Faculty of Medical Sciences, University of Sri Jayewardenepura. Data were analyzed using Statistical Package for Social Sciences (SPSS) version 21.

Results: Out of eight domains of SF 36, mean score of physical health of elders who live in their OH was 59.38±16.37, while that of elders who live in ECH was 46.04±16.00. Total mental health of elders who live in their OH and ECH scored 51.64±8.62 and 46.08±8.06 respectively. The elders live in ECH showed lowest mean score (23.10±40.99) for the domain of role limitation due to emotional problems while the mean score of elders who live in their OH were relatively high (48.02±41.79). Mean score of total quality of life of elders who live in their OH and ECH were 57.87±14.54 and 46.85±13.79 respectively.

Conclusions: Health related quality of life of elderly people who live in their OH was higher than that of elderly people who live in ECHs.

OP 8

Impact of an educational intervention on cancer palliative care among nurses

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Objectives: To evaluate the impact of an educational intervention on the knowledge of nurses providing palliative care (PC)

Methods: Nurses were selected from the medical and surgical oncology units of National Institute of Cancer Maharagama (NICM) (n=38) and Teaching Hospital Karapitiya (THK) (n=37) using convenient sampling technique as the intervention and control groups respectively. An educational intervention was prepared including printed material and DVD on cancer PC. The duration of the intervention was eight weeks. Pre and post intervention assessment of knowledge was done on intervention and control group. Ethical approval was obtained from the ethical review committee of the Faculty of Medical Sciences. Independent t-test and ANOVA were applied to determine significant differences (p>0.05).

Results: The age, educational qualifications and the professional experience was similar in the two groups. Pre intervention knowledge was similar in the intervention (28.61±6.66) and the control (28.73± 5.31) groups. However, the knowledge of intervention group improved significantly immediately after the intervention (47.00±3.93). Further when assessing knowledge of nurses 12 weeks after the intervention, there was a significant improvement in knowledge of intervention group (50.36±3.97) when compared to control group (28.23±4.88). When comparing the pre-intervention knowledge of intervention group (28.61±6.66) the post intervention (12th week) knowledge was significantly higher (50.36±3.97).

Conclusions: The educational intervention for nurses on cancer palliative care was effective in improving knowledge.