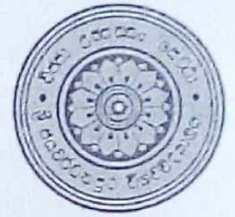


# **International Conference on Health Sciences 2018**



**Faculty of Medical Sciences  
University of Sri Jayewardenepura**  
in  
collaboration with  
**Colombo South Teaching Hospital  
Sri Jayewardenepura General Hospital  
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**“Beyond Borders Towards Excellence”**

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and HemoCue capillary methods ( $p=0.997$ ). However a significant difference between means of haemoglobin measured by gold standard cyanmethaemoglobin automated and HemoCue venous methods was observed ( $p<0.001$ ).

**Conclusions:** HemoCue capillary method is comparable to the gold standard cyanmethaemoglobin automated method in screening anaemia in a clinical setting.

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### Factors associated with cognition among physically independent institutionalized elderly people in Southern Province, Sri Lanka

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**Background:** Cognition plays a vital role in the quality of life and physical activity level. Although individual factors such as age and educational status are well known associated factors for cognition among elderly people, other associated factors needs to be identified for therapeutic and preventive measures.

**Objectives:** To identify the associated factors of cognition when controlled for age and educational status among physically independent institutionalized elderly people in Southern Province.

**Methods:** Elderly people (421) in elderly care institutions in Southern province were recruited after obtaining informed consent. Cognition was assessed using Mini Mental State Examination (MMSE). Independent sample t test, ANOVA and ANCOVA were used to determine the associations.

**Results:** Mean age of the study sample was  $71.59 \pm 6.36$  years and 65.8% were females. Mean MMSE score was  $22.91 \pm 4.91$  with 56.3%, 14.3% and 29.5% having normal cognition, mild and moderate cognitive impairment respectively. The factors affecting the higher level of cognition, other than  $\leq 70$  years of age and having higher educational status were; being married ( $p<0.001$ ), arrived to facility as their wish ( $p=0.002$ ), visited by family members ( $p<0.001$ ), had not fallen ( $p<0.001$ ), performance of exercises ( $p<0.001$ ), associating friends ( $p<0.001$ ), had not wake-ups at night ( $p=0.029$ ), hold current positions ( $p=0.003$ ), engaged in social activities ( $p<0.001$ ) and both indoor and outdoor group ( $p<0.001$ ) and leisure ( $p<0.001$ ) activities. When controlled for age and educational status as separate factors as well as combining together all the above factors except wake-ups at night remained significant ( $p<0.05$ ).

**Conclusions:** Apart from age and educational status