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Evaluation of the relationship between health perception and daily living activities among elderlies living in residential home

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Background & Aim: The objective of this study is to evaluate the relationship between poor self-rated health and activities of daily living among individuals living in residential home.

Method: This cross-sectional study was conducted at Narlidere Residential and Nursing Home during 15 July-2 August 2013. Study population consisted of 484 individuals who are staying in Residential Home. Dependent variable of the study was poor self-rated health. Data were collected using a questionnaire. Activities of daily living were assessed using Basic Activities of Daily Living scale and Lawton and Brody's Instrumental Activities of Daily Living scale. Data were analysed using the SPSS 22.0 pocket programme; a p value lower than 0.05 was considered as statistically significant.

Results: Poor self-rated health prevalence was 10.7%. Disabilities among basic ADLs ranged between (7.2%-12.4%); disabilities among instrumental ADLs (IADLs) ranged between 9.0%-31.3%. Multiple logistic regression analysis revealed that transferring (odds ratio, 8.2; 95% confidence interval, 3.8-17.9) and continence (odds ratio, 7.1; 95% confidence interval, 3.2-15.8) were the leading items correlated with poor self-rated health.

Conclusions: Each items of activities of daily living were negatively associated with self-rated health. Therefore, interventions improving activities of daily living could help reducing perception of poor self-rated health.