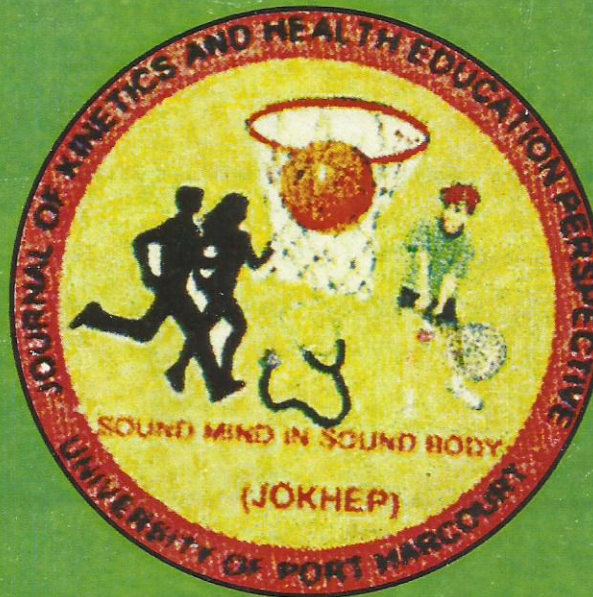


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HEALTH EDUCATORS PERCEPTION ON CAUSES AND PREVENTION OF ACCIDENTS AMONG OLD PEOPLE IN MORO LOCAL GOVERNMENT, KWARA STATE

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Abstract

This study examined health educators perception on causes and prevention of accidents among old people in Moro local government area of Kwara State.

The study adopted descriptive design of survey. The population for the study comprised of all aged people in Moro local government, Kwara state. Two hundred aged people were selected for the study through multi-stage sampling technique. The instrument used was the questionnaire instrument was established through split-half method in a reliability coefficient of 0.88 was obtained. Three research hypotheses were formulated and tested. The data collected were analysed with chi-square (χ^2) statistical method at 0.05 alpha level of significance.

The finding from the study revealed that:

- Age-related disability, home related factors, and periodic medical screening constitute significant preventive measure against accidents among aged people.

Based on the findings of this study, the following recommendations were made:

- family and friends of older people should endeavour to give their full supports and care to them so as to avert potential dangers to their well being,
- there should be adequate provision for safe keeping of equipment and objects within home or where the aged live,
- there should be periodic medical screening of all aged people to prevent accident common to them and
- Governments, philanthropists and donor agencies should endeavour to fund geriatric services to ensure early detection and treatment of health problems that can predispose aged to accidents.

Introduction

Accidents are inevitable happenings resulting from natural and human factors which often lead to destruction of properties, debilitating physical body function and loss of life (Baba, 2009). Accidents affect people from different works of life in many ways. Some of the accidents are usually resulted from natural disasters flood disaster, heavy blow of wind and so on, while mechanical factors such as;



faulty machine, use of sub standard building materials, careless handling of sharp objects are responsible for others (Baba, 2009).

The rate and pattern of accidents vary with varied human population, mechanical factors and types of activities people carry out. In other words, accidents are classified based on place and time of happening. Accidents affect both young and old people. For instance, home accidents and public accidents are common to the aged people, while young people are prone to road and public accidents.

Globally, domestic accident has become a serious threat among the old people equally called aged. Its attendant consequences pose great challenges to the health security of the victims. Aged are sometimes called senior citizens or old people. Accident has been defined as an unplanned, unintended or unanticipated act(s) or event(s) resulting in injury, death or property damage (Bolarinwa, 2004). As affirmed by Bhandari and Choudhary (2008), domestic accident is an accident that takes place at home or in its immediate surroundings and more generally, all accidents not connected with traffic, vehicles or sports. According to Flesch (1986), old age begins at the age of sixty-five (65). Chronologically, a person is deemed to be aged when he/she is 65 years old or more (National Institute on Aging (1981).

Advancement in age among the aged has its own advantages and disadvantages. Among the risk associated with age is accident most especially domestic type. World Health Organization (2003) expressed disability as the restriction in the ability to function independently in terms of basic activities of daily living. According to World Health Organization (2003); World Health Organization (2006), advancement in age sometimes increases disability. It was estimated that 10 percent of the world's population has some forms of a disabilities. Twenty percent of those aged 70 years and above; and 50 percent of those aged 85 years and above were at risk of disability (World Health Organization, 2006).

Among the aged, certain chronic conditions were observed to be particularly related to disability. These include, arthritis, visual impairment, diabetes, cognitive impairment and stroke (Jagger, Mathews, Mathews, Robinson, Robine & Brayne, 2007a; McGuire, Ford & Umed, 2006). Grimley-Evans (1992), opined that age-related disabilities like osteoporosis, rheumatism, impaired vision, hearing problem and reduced resistance to poisons make older people more prone to accidents.

Most often among the aged, poor home environment predispose them to all forms of domestic accidents. O'shea (1993), affirmed that aged are more likely to live in older accommodation which may induce accident or unfit for those affected by disabilities. Poor home arrangement also constitute to high rate of domestic accident among the aged. According to Lucia and Carmel (2006), loose rugs, inadequate lighting, lack of grab bars in the bathroom, cords in walkways, obstruction in walkways have been identified as potential hazards promoting domestic accident among aged.

A poor home arrangement attracts accident. Elmbridge Borough Council (2015), asserted that among the elderly, falls can occur due to poorly lit rooms, tattered rugs and floor mats. Fall has been identified as the leading cause of both



fatal and non-fatal injuries. Each year, millions of adults aged 65 and older fall (Tromp, Pluijim & Smit 2001). Fall can cause moderate to severe injuries, such as; hip fractures and head trauma and can increase the risk of early death. The researchers observed that in some homes, cracked old carpets and wrong positioning of sharp objects crack on the floors, slippery floors, over polished tiles, poor lighting, uncovered life wires, wrong placement of objects on the floors and uncovered pits among others were among the risk factors predisposing aged to series of injuries. The study of Bhandari and Choudhary (2008), revealed that most common accident reported in homes among aged was fall which accounted for 71.0 percent. This category includes slipping in bathroom, fall from height and fall from damaged stairs.

It has been observed that many aged are at risks of several health challenges due to advancement in age yet without medical intervention. Poverty, neglect and little or no employment at hands prevent some from attending hospital for care. Only few states have clinic for the aged and this is meant to care for minor ailments. In fact, some of these clinics are without functional laboratories or experts in different related health fields that can manage health challenges facing the aged. Health services performed in some of these clinics are far below expectations in terms of care and support services for the aged. Therefore, periodic medical screening is far below the reach.

Krogsboqll, Jorgensen, Larsen and Gqtzsche (2012) asserted that health screening involved a contact between a person and a healthcare professional to identify signs, symptoms or risk factors for disease that were previously unrecognized. The periodic health screening provides an avenue to review a patient's ongoing medical issues, to counsel on preventive health and to improve the physician-patient relationship.

Periodic health screening provides a structured way of identifying health issues and conditions that are potentially preventable or amenable to interventions in order to improve health and or quality of life (The Department of Health, 2015). National Centre for Injury Prevention and Control (2013), opined that older adults should have their eyes checked every year and wear glasses or contact lenses with the prescription strength to ensure they are seeing clearly. There are other health screenings in which aged can do that are capable of preventing their health from being deteriorated and this will prevent them from domestic accidents. These periodic health screening may include checking of the blood pressure, fasting blood sugar, vision acuity, and checking for prostate enlargement to mention a few. Once the health status is improved and other associated factors are favourable, the rate of domestic accident occurrence will be greatly reduced.

Statement of the Problem

The researchers observed that most domestic accidents are preventable and avoidable by eliminating the potential hazards in the home that are capable of threatening the health security of the aged. A times, ignorance, environment and attitude of the elderly people are perceived to be predisposing factors for most domestic accidents they are experiencing. Also, probability of total recovery from injury sustained is not guaranteed and this call for measures that can avert or



ameliorate its occurrences. Upon this premise, the researchers investigated health educators perception on causes and prevention of accidents among aged in Moro local government, Kwara State.

Research Questions

The following questions were answered in this study:

- i. Will age-related disability be perceived by health educators as a cause of domestic accident among aged in Moro local government, Kwara State?
- ii. Will home related factors be perceived by health educators as a cause of domestic accident among aged in Moro local government, Kwara State?
- iii. Will periodic health screening be perceived by health educators as a prevention of domestic accident among aged in Moro local government, Kwara State?

Research Hypotheses

The following hypotheses were tested in this study:

1. Age-related disability will not significantly be perceived by health educators as a cause of domestic accident among aged in Moro local government, Kwara State.
2. Home related factors will not significantly be perceived by health educators as a cause of domestic accident among aged in Moro local government, Kwara State.
3. Periodic health screening will not significantly be perceived by health educators as a prevention of domestic accident among aged in Moro local government, Kwara State.

Methodology

Descriptive research design of survey type was adopted for the study. The population comprised all aged 65 years and above living in Moro local government area, Kwara State. The study excludes aged who are blind, dumb, unable to work and hospitalized at the time of the study. Multi-stage sampling technique consisting of purposive, stratified and accidental sampling techniques was used for sample size selection. In the first stage, purposive sampling technique was used to select five wards out of seventeen wards. In the second stage, stratified random sampling technique was used to put into strata different categories of aged based on inclusion and exclusion criteria for the study. Lastly, in the third stage, simple random sampling was employed to select two hundred (200) aged who attend existing Primary Health Care Centres in the five selected wards. Researcher's designed close ended questionnaire validated by three experts from the relevant fields with the reliability co-efficient of 0.88 through split half method using Spearman Brown Rank Correlation was used for data collection.

Data analysis was done with the use of Statistical Package for the Social Sciences (SPSS) software, version 21.0. The three postulated hypotheses were tested using inferential statistics of chi-square at 0.05 alpha level of significance.



Results

Hypothesis 1: Age-related disability will not significantly be perceived by Health Educators as a cause of domestic accident among aged in Moro local government, Kwara State

Table 1: Shows chi-square (χ^2) analysis of age related disability as a perceived cause of domestic accident among aged people

SN	ITEMS	SA	A	D	SD	ROW TOTAL	CAL. VALUE	DF	CRIT. VALUE	DEC.
1	Less of memory resulting from old age is responsible for accidents among the aged	25	125	35	15	200	62.13	6	12.59	Hypothesis Rejected
2	Physical incapacitations like arthritis, visual impairment, stroke and so on account for most of accidents common to aged people	38	142	10	10	200				
3	Health problems such as reduce sensitivity prevailing environment condition, osteoporosis, hearing problems lead to accidents among aged people	10	180	6	4	200				
Total		73	447	51	29	600				

Table 1 shows calculated chi-square (χ^2) of 62.13 against the critical value of 12.59 with degree of freedom of 6 to 0.05 alpha level of significance. Since the calculated value is greater than the critical value; the null hypothesis stated above is hereby rejected. This means that age-related disability constitute an important cause of domestic accidents among aged people.

Hypothesis 2: Home related factors will not significantly be perceived by health educators as causes of domestic accident among aged in Moro local government, Kwara State.

**Table 2: Shows chi-square (χ^2) analysis of home-related factors as perceived causes of domestic accident among aged people**

SN	ITEMS	SA	A	D	SD	ROW TOTAL	CAL. VALUE	DF	CRIT. VALUE	DEC.
1	Poor home conditions and arrangement of object constitute hazards to aged people.	45	130	25	0	200	60.58	6	12.59	Hypothesis Rejected
2	Lack of adequate care of home and surrounding where the aged live constitute predisposing factor of accidents to them.	25	120	25	30	200				
3	Inadequate security build up for the aged in term of placement of barriers on factors that often lead to accidents common to them such as falls from high attitude, slippery floor over polish tiles, drug misuse and so on.	70	100	12	18	200				
	Total	140	350	62	48	600				

Table 2 shows calculated chi-square (χ^2) of 60.58 against the critical value of 12.59 with degree of freedom of 6 to 0.05 alpha. Since the calculated value is greater than the critical value; the null hypothesis stated above is hereby rejected. This means that home-related factors constitute important causes of domestic accident among the aged people.

Hypothesis 3: Periodic health screening will not significantly be perceived by health educators as a prevention of domestic accidents among aged people in Moro local government, Kwara State.



Table 3: Shows chi-square (χ^2) analysis of age related as a perceived cause of domestic accident among aged people

SN	ITEMS	SA	A	D	SD	ROW TOTAL	CAL. VALUE	DF	CRIT. VALUE	DEC.
1	The aged people need to be properly guided to prevent them from accidents.	20	138	22	20	200	32.12	6	12.59	Hypothesis Rejected
2	Adequate and prompt medical screening of the aged health conditions in areas of visual hearing, blood pressure and so on often help in prevention of accidents to which they are prone.	40	110	40	10	200				
3	Adequate safety education given to the aged during their visit to the clinic usually assist in prevention of accidents to which they are prone.	50	100	25	25	200				
	Total	110	348	87	55	600				

Table 3 shows calculated chi-square (χ^2) of 32.12 against the critical value of 12.59 with degree of freedom of 6 to 0.05 alpha level. Since the calculated value is greater than the critical value; the null hypothesis stated above is hereby rejected. This means that periodic medical screening constitute an important preventive measure against domestic accidents among the aged people.

Discussion of Findings

The finding from analysis of tested hypothesis one (1) in table 1 revealed that age-related disability constituted an important cause of domestic accidents among aged people. This finding is line with Jagger et al (2007a) and McGuire, Food and Umed (2006) that certain conditions were observed among the aged people to be particularly related to disabilities which include arthritis; visual impairment, diabetes, cognitive impairment and stroke. The finding also corroborated Grimley (1992) finding that age related disabilities like osteoporosis, rheumatism, impaired vision, hearing problem and reduced resistance to poisons make older people more prone to accidents.

The finding from tested hypothesis two (2) revealed that home related factors constitute important causes of domestic accidents among aged people. This finding agreed with the finding of O'Shea (1993) that aged people living in older accommodation with poor home arrangement contribute to high rate of domestic accidents. The finding is also supported by Lucia and Carnel (2006), finding that loose rugs, inadequate lighting, lack of grab bars in the bathroom, cards in working, dangerous objects obstruction in walkways are potential hazard responsible for accidents among aged people.



The result of analysis of tested hypothesis three (3) revealed that period medical screening constitute important preventive measure against domestic accidents among aged people. This finding is in line with the finding of national centre for injury prevention and control (2013) that older adults should have their eyes checked every year and wear glasses or contract lenses with prescription strength to ensure they are seeing clearly.

Conclusion

Based on the findings from the analysis of tested hypotheses, the following conclusion were drawn:

- Age-related disability constitute important cause of domestic accidents among aged people;
- Home related factors constitute important cause of domestic accidents among aged people;
- Periodic medical screening constitute an important preventive measure against domestic accidents among aged people.

Recommendations

Based on the conclusion drawn above, the following recommendations were made;

- The family and friends of older people should endeavour to give their full supports and care to them so as to avert potential dangers to their well being;
- There should be adequate provision for safe keeping of objects and equipment and other sophisticated materials to prevent domestic accidents that may result from their hazards;
- There should be periodic medical screening organized by government at the three levels of health care to detect and treat all health problems that may lead to domestic accidents of the aged people.
- There should be adequate funding of geriatric or aged care by government and philanthropists to ensure early detection and treatment of the associated health problems of the aged people.

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