

Oral presentations

Theme 4: Chronic illness/Misc.

OP31

### **Level of risk of pressure ulcers and influencing factors among elderly residents of the State Elders' Home, Kaithady**

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**Background and objective:** Pressure ulcers are a common problem among patients who are bedridden and hospitalized for a long period. Elders are more prone to this problem. The development of pressure ulcers is influenced by many factors. This study aims to assess the influence of sociodemographic and health factors on the level of risk of pressure ulcers among elderly residents of the State Elders' Home, Kaithady.

**Methods:** This was a descriptive cross-sectional study among elderly residents of the State Elders' Home, Kaithady. Data were collected using an interviewer-administered questionnaire. Braden scale was used to assess the level of risk of pressure ulcers. The relationship between the level of risk of pressure ulcers and sociodemographic and health factors was analyzed using the chi-square test.

**Results:** In total, 204 elders, including 105 males and 99 females participated (response rate, 100%). In the sample, 9.8% had moderate to severe risk and 90.2% had mild to no risk of pressure ulcers. Elders over 75 years, had a higher risk of pressure ulcers (12.5%) compared to the 61 to 75 years age group (8.7%) but the association between age group and risk was not significant ( $p=0.678$ ). There was a significant association between the risk of pressure ulcers and education level where elders who had not passed the Ordinary Level were at higher risk ( $p=0.007$ ). Most participants with moderate to severe risk had impaired sensory perception and nutrition. Having hypertension ( $p=0.03$ ), rheumatoid arthritis ( $p=0.049$ ) and limb paralysis ( $p=0.001$ ) showed a significant association with the level of risk of pressure ulcers.

**Conclusion:** Older age, low educational level, impaired sensory perception, and nutrition are associated with higher risk of pressure ulcers. Comorbidities such as hypertension, rheumatoid arthritis, and limb paralysis also have an influence on the risk of pressure ulcers.

**Keywords:** Pressure Ulcers, Elders, Sociodemographic Factors, Health Factors