مجموعه مقالات پذیرفته شده کنگره کشوری سالمندی و سلامت
پوستر
Comparative self efficacy and loneliness in elderly and non-elderly residents of nursing home in Shahrekords

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Background and Objective: Today, aging has become a global phenomenon and attention to matters at this stage is a social necessity. In this age, self-efficacy is associated with psychological dimensions like loneliness. Accordingly, this study aimed to examine compared the efficacy and loneliness in Elderly residents of family and nursing home of Shahrekords.

Material & Methods: This cross-sectional study was a descriptive, comparison. The samples included 100 women and men over 60 years. Data collection tool was Questionnaire of Scherer efficacy and Questionnaire of loneliness. For data analysis, SPSS v.16 software and descriptive and analytic methods were used.

Results: According to the results, the mean and standard deviation of efficacy in elderly resident family was more of the elderly resident nursing home (48.11±76.51). The results showed that the rate of loneliness in elderly people of nursing home compared to Elderly residents of family is higher (121.360±11.01). Also, Relevance of efficacy with All dimensions of loneliness in family were significantly reverse, While this is relevance of efficacy with Loneliness the result of contact with family and loneliness due to emotional symptoms was significant inverse.

Conclusion: According to the results of the relationship between self-efficacy and loneliness, self- efficacy assessment as a way to support of Elder Self Care because strengthening of self-efficacy causes stress management and improving the mental health.

Keywords: Self Efficacy, Loneliness, Elderly, Nursing Homes
The prevalence of cognitive impairment in elderly nursing home residents

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Background: Cognitive impairment has attracted the attention of many specialists and is a common problem in the elderly. The purpose of this study was to assess psychological disorders in the elderly living in nursing homes in Khorramabad.

Methods: In this descriptive-analytical study (2014), 70 cases of Sedigh Nursing Home residents in Khorramabad were studied using census method. Data collection was performed through MMSE standardized questionnaire to assess cognitive status. Data were analyzed using SPSS₁₆ software and descriptive and inferential tests (Chi-square).

Results: 48 patients (68/6%) were female. The mean age was 5/6 ± 4/69, minimum 60 and maximum 91 years old. Generally, 74/3% of the older people had different level of cognitive impairment, (27/1%) mild, (34/3%) moderate and (22/9%) had severe cognitive impairment.

Conclusion: Considering the high prevalence of cognitive impairment, we recommend measures such as reducing stress, doing proper exercise and behavior therapy, cognitive disorders to manage or postpone cognitive impairment. Also, early detection of older people with cognitive impairment is recommended. Future well designed studies among community-dwelling older adults are suggested.

Key words: Cognitive impairment, elderly, Khorramabad, Nursing homes
A comparison of cross education effect in young and elderly females from unilateral training of elbow flexors

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Background: Many studies have reported the increase in the strength of untrained contralateral limb after unilateral training. The aim of this study was to compare the cross education effect in young and older adults.

Methods: 12 young (28.25 ± 3.11 years) and 12 older females (73.08 ± 5.3 years) participated in this study. The subjects had no history of strength training and upper limb movement impairments. Maximal voluntary isometric contraction flexion strength in the dominant limb and the contralateral side were measured by tension meter before and after training. Subjects performed elbow flexion exercises in the dominant side, using 3 sets of 10 repetition of the 60-70% maximal force for two weeks. Independent and paired t test were used to analyze differences.

Result: The results showed that short-term isometric resistive exercise led to significant increase of strength in trained and untrained limbs in both groups (P<0.05). There was no significant difference in the rate of strength increase during two weeks of resistive exercises in trained and untrained limbs between two groups (P > 0.05).

Conclusion: The increased muscle strength observed during training indicates positive effect of cross education in older adult. The increased muscle strength in untrained limb suggests the capacity of neuromuscular adaptation in older adult that it can be used in cases of unilateral limb impairment.

Keywords: older adult, maximal voluntary isometric contraction, cross education
An assessment of stages of change for physical activity behavior among the elderly in Rasht Retirement Center

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Background: The most important component of lifestyle, especially in the elderly, is regular physical activity. The aim of this study was to determine the association between physical activity and behavior changes in elderly in Rasht in 2013.

Methods: In this cross sectional study, 262 elderly people were interviewed in active retirement centers located in Rasht. The stages of change questionnaire and physical activity scale for elderly questionnaire (PASE) were used. Data were analyzed using SPSS V.16 Software and descriptive and ANOVA, correlation coefficients statistical procedures were employed.

Results: The mean PASE was 50/51 ± 35/119. In terms of physical activity behavior change, individuals were in the maintenance stage (34.4%), action (5%), preparation (22.5%), contemplation (16.4%), pre-contemplation (21.8%). Average score of PASE during Stages of Change uptrend was statistically significant (P<0.0001). Among the demographic variables, only age was significantly associated with physical activity. People get on the stages of change for behavior in terms of age, marital status, type and status of education were different (P<0.05).

Conclusions: Most of the individuals were in the maintenance stage, but the level of elderly physical activity was light exercise such as walking. Therefore, to maintain physical activity behavior among elderly it can be programmed to maintain and promote their health.

Keywords: Motor activity, Stage of change, Aged
Quality of life and its predictive factors in elderly hemodialysis patients referred to Guilan University of Medical Sciences in 2012

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Background: Demand for hemodialysis (HD) among elderly patients is increasing worldwide. HD with the wide complications affects the quality of life (QoL) of these patients, hence assessing QoL as an important predictor of outcomes can help to improve their life.

Objectives: to evaluate the QoL and its predictive factors in elderly patients who referred to hemodialysis centers of Guilan University of Medical Sciences.

Methods: this cross – sectional study was conducted on 100 patients (41 females, 59 males) selected using randomized- stratified method from the elderly (>60y) with more than 3 months history of hemodialysis, literate, fistula venous access and healthy level without need to hospitalization, form 12 Guilan dialysis centers. Data were gathered by Persian version of Kidney Disease Quality of Life Short Form (KDQOL-SF, classified in three scales: physical component summary (PCS), mental component summary (MCS) and Kidney Disease Component Summary (KDCS) ), and researcher- made questionnaire on demographic, physical (including Carlson co-morbidity index) and therapy related factors. The relationship between related factors and KDQOL-SF was analyzed using descriptive and analytic statistical procedures.

Results: Findings revealed that the worst dimension of QoL was heath perception (37.80±17.06), and PCS score (41.89±18.35) was lower than MCS (45.85±17.11) and KDCS (56.72±8.55). The total KDQOL score was 51.12±12.01. Furthermore, we found that female sex (p<0.045), low education (p<0.05), low monthly income (p<0.029), dialysis in the morning (p<0.032) and higher Charlson comorbid scale scores (p<0.010), were significantly associated with lower scores of KDQoL-SF. Finally, regression test showed that low monthly income and higher Charlson comorbid scale scores are negative predictors of QoL.

Conclusion: Associations of poorer QOL with preventable or controllable factors, suggests that attention should be given to social support and medical interventions to improve QoL in elderly hemodialysis patients.

Key words: Quality of Life, predictive factors, Hemodialysis, elderly.
Investigating the relationship between quality of life and attitude with recreational exercise participation in older men

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Background: The elderly population is growing rapidly in developing countries is very high, in addition to the quality of life in older age for several reasons, including lack of physical activity and exercise reduced. This study examined the relationship between quality of life and exercise performances were examined.

Methods: In this descriptive – correlation study, 50 different daily exercise activities of the elderly men, living in Iran (mean age: 60.94 years) were selected through simple sampling method. Participants completed a questionnaire regarding exercise attitude and performance and quality elderly health-related life. Pearson correlation test was used for analysis of the data.

Results: The results showed that quality of life with exercise capacity (p =0.037) and sport (p =0.005) had a significant relationship. In general, older people who had a higher level of performance and sporting attitude also had a better quality of life.

Conclusion: The research findings indicate that the quality of life and attitudes to exercise in the elderly is associated with performance. Based on our results and the special needs of the elderly is recommended. In order to increase physical activity in the elderly authorities, adopt a more detailed plan.

Keywords: quality of life, attitude, recreational exercise participation, older men
The effect of health education in two ways: Self directed learning and support group on coping with symptoms of menopause

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Background: the aim of this study was to evaluate the effects of self-directed learning (SDL) and support group on Menopause specific quality of life.

Methods: The present single blind field study was conducted in Saadatmandi Health Center of Robaat Karim (Iran) from August to December 2010. 165 menopausal women were selected using convenience sampling method and then divided into two experimental groups and one control group. Dimension scores of vasomotor, psychosocial, physical, sexual and the overall score for quality of life by Menopausal Specific Quality of Life Questionnaire (MENQOL) was used to determine and compare quality of life scores of these women (before and three months after intervention). The control group did not receive any intervention. No significant changes were found QOL scores of control group.

Results: In Support group significant difference was observed in scores of vasomotor(19.92±3.47 to 14.26±5.31), psychosocial(38.37±10.91 to 28.63±10.21), physical(79.04±18.89 to 57.19±14.55), sexual(16.44±5.07) and the overall score for quality of life(153.77±38.61 to 113.30±34.47) (P<0.001). The implementation of SDL model leads to a significant statistical difference in scores of vasomotor (16.32±5.91 to 14.94±4.24), psychosocial (34.8±11 to 27.18±10.83), physical (75.02±18.07 to 61.42±15.49), sexual (15.36±6.10 to 12.00±4.97) and the overall score for quality of life (141.5±41.09 to 113.86±36.6) (P<0.001). No significant changes were found in Dimensions and the overall score for quality of life in control group.

Conclusion: Implementation of support group and self-directed learning provide useful strategies should be included in health interventions and national surveillance programs in order to improve health and compliance in postmenopausal women.

Keywords: Health education , Support group, Self-directed learning, Quality of life, menopause
Comparative Effects of Quality of life with Mental Health among Older Adults

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**Background:** Aging is associated with numerous beauties. The aim of this study was to determine the relationship between quality of life and depression in the elderly is a retired oil industry in Iran.

**Methods:** This study is cross-sectional and correlational. The population of elderly retired Ahvaz industry was 200 elderly were selected using simple random sampling. To assess quality of life, quality of life questionnaire (SF12) for Depression Depression Scale (GDS) was used. The results of multivariate analysis and multiple regressions using spss software version 18 was analyzed.

**Results:** The results showed that the average age in this study was 4 ± 65 years. In terms of education, the highest rate was seen in 44 percent less than high school diploma. Records of internal diseases, hypertension was the most frequent, with 37 percent. Seniors' quality of life score was 4.2 ± 4.35 in the range 6.4 ± 27.9 depression. Quality of life and depression among the elderly, there is a significant negative correlation (p=0.0001).

**Conclusion:** This study showed that in old age there is a significant relationship between depression and quality of life for its elderly so powerful, efficient, independent unsurprisingly, considering the quality of life is important.

**Key words:** quality of life, depression, Elderly
Comparing the effects of 12 weeks of Aerobic and Pilates exercise on Memory in older women

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Background: The purpose of this study was to compare the effects of 12 weeks of Pilates and aerobic exercise on memory in older disabled women. To this end, 75 elderly women were randomly assigned into three groups: aerobic training (age 62/48 ± 2/87), pilates training (age 62/60 ± 1/68) and control (age 63/80 ± 3/35) were divided. Wechsler Memory Scale (WMS) was administered to assess of the memory. All subjects were asked to complete WMS. Sampling was random. Exercise trials consisted of 60 min of aerobics or Pilates exercise, 3 sessions per week, for 16 weeks. All subjects were asked to complete WMS again after completion of training.

Methods: The probability levels of significance were based on ANOVA with repeated sizes with the 2 × 3 design (3 groups of 2 measured at pretest and posttest). Significant was assigned at P<0.05 for analyses. The results showed that both pilates and aerobics group showed a significant improvement in post-test (05/0 P≤), but this difference was not significant in the control group.

Results: In the dimensions of memory (auditory immediate, visual immediate, immediate memory, auditory delayed, visual delayed, auditory recognition delayed, general memory and working memory), despite a significant improvement in both groups pilates and aerobics in all aspects, the results showed the effectiveness of the pilates exercise on visual immediate was more; but other aspects of memory were not significantly different between the two groups. According to the results, both aerobic and pilates exercises may be recommended to improve memory in older women.

Keywords: Pilates, Aerobics, Memory, Aging, Women.
The effects of 8-week chair exercise training on physical fitness in older adults

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Background: Exercise of moderate intensity may benefit many elderly persons in numerous and complementary ways. Therefore, this research has conducted with the aim of studying the effect of 8-week chair exercise training on physical fitness in older adults.

Methods: Thirty old women (mean age: 65.83 ± 0.33 years, height 160 ± 1.43 cm) were randomly divided to control (n=15) and experimentional group (n=15). Subjects in experimentional group participated in 12-chair exercise program which was held three times a week for eight weeks with each training session last for 45 minutes. Many of the chair exercises in this manual are adapted from the National Institute of Aging and the Centers for Disease Control and Prevention. Many of the exercises incorporate a ball to add fun and interest, as well as to help improve coordination. Handgrip dynamometer for upper body muscular strength, Sit and Reach test for flexibility, Heel-to-toe test for dynamic balance and Single Limb Stance for static balance. Data were statistically analyzed via ANCOVA using SPSS software version 16.

Results: In comparison with the control group, flexibility, upper body muscular strength and balance increased significantly(P≤0.05), but no significant improvement was observed in static balance between two groups(P≥0.05).

Conclusion: According to these results it can conclude that many of the chair exercises training as main and essential part of daily schedule in older adult can improve physical fitness in these persons.

Key words: Exercise,Elderly, physical fitness
Emergency Department Management of Falls in the Elderly
A Clinical Audit and Suggestions for Improvement

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Background: Falls are a major source of injury in the elderly and their incomplete management is a cause for concern by health systems. The present study looks at the current state of managing fall victims in Iran and offers suggestions for improvement.

Methods: This was a clinical care audit comparing the state of current care with an institutionally approved optimum. Patients aged 60 years and over presenting with a fall were evaluated and deficiencies in their care were recorded and categorized. These were presented to an expert panel, where the Delphi method was used to come up with a list of suggestion to minimize the deficiencies. Furthermore an educational program was implemented based on these suggestions. Chi-squared and t-test were used to evaluate the efficacy of this program in improving treatment. Linear regression analysis was used to find factors affecting care.

Results: The most common errors during clinical examination were: not performing Romberg test and physiotherapy consultation. The educational program had a modest effect on improving the clinical audit processes ($\beta=3.79; P<0.001$) and medical interventions ($\beta=2.004; P=0.002$); however, it had a reverse effect on the adoption of diagnostic tests ($\beta=-1.21; P=0.008$).

Conclusion: There is a wide gap between the care services delivered in the management of falls and international standards. Therefore, measures should be adopted to close this gap. Education may have a modest positive effect in this regard.
The effect of nutrition care program for patients with colorectal cancer admitted to Shafa Hospital Hematology and Oncology, Ahvaz University of Medical Sciences

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Introduction: One of the most common cancers, colorectal cancer Attack that causes many problems both physically and mentally for In order to enhance the quality of care their patients need to be educated. There are many consequences to life in these patients.

Methods: This cross-sectional study on 38 patients and Colorectal cancer admitted to hospital through interviews and review of HealingTheir medical records reviewed .care program and feeding patientsUsing the software under analysis were spss16. FinallyTest at a significance level a: 0.05 was considered

RESULTS: Of the 38 patients had a mean age 34- + 53.28 years. At leastAge 18 years and maximum 82 years, 52.6% male and 47.4% were female, they 10.5% were single and 89.5% married. analysis / sex-of-life symptoms.The quality of care for patients with diseases and nutritional predictorslife quality of patients with colorectal cancer were associated with feeding.

Conclusion: prediction and correction program, nutrition and high in patients Health-related quality of life in colorectal cancer patients included Clinical Symptoms Ananv quality of life for sex-employment-care program And feeding of patients, respectively. Due to its importance and implications of this Further study in war zones . affordable food and observing the Province of Venicechange care and education programs is suggested.

Keywords: colorectal cancer- nutrition Cancer Patients. Care program
The Effect of Aerobic Exercise on lipid Profiles in Elderly People Referring to Health Centers of Lar, Southern Iran in 2013: A Randomized Double-Blind Controlled Clinical Trial

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Background: Lack of physical activity is a major risk factor for cardiovascular diseases, diabetes mellitus and other metabolic disorders in older adults. Controlling lipid profiles is an essential element which contributes to the modifications of cardiovascular disease risk factors. In this study, we aimed to compare the effects of aerobic exercises on lipid profiles in elderly people with respect to the variable of sex.

Methods: In this randomized double-blind controlled clinical trial, we enrolled 60 elderly people whose age range was 60-75 years. They were randomized into case and control groups (two groups of 30 each). The participants in the case group participated in the exercise trainings consisted of three one-hour sessions per week for 12 consecutive weeks. Lipid profiles were checked using blood sampling before and after the intervention.

Results: Paired t-test results indicated that mean changes of all lipid profiles were significant in the case group after as compared with before the intervention. In the control group, also, the mean changes in TG and HDL cholesterol profiles were statistically significant (p<0.05).

Conclusion: Our findings showed that aerobic exercises could be applied as a cost-effective therapeutic method with no side effects to reduce or regulate lipid profiles in older adults.

Keywords: Aerobic exercise; Elderly; lipid Profiles
The Effect of Need-Based Spiritual/Religious Intervention on Spiritual Well-Being and Anxiety of Aged People Admitted to Coronary Care Unit of Imam Reza Hospital in Lar in 2013-14

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Background and objectives: Anxiety and spiritual distress are the most common problems of the patients admitted to intensive care units. The elderly are more vulnerable to this problem due to the impairment of adaptation mechanisms. Hence, helping to reduce anxiety is one of the most effective nursing interventions. Therefore, we aimed to investigate the effect of need-based spiritual/religious interventions on spiritual well-being (SWB) and anxiety of the elderly people admitted to coronary care unit (CCU).

Methods: This study is a quasi-experimental study with a pre-test and post-test control group design. We enrolled 66 patients admitted to CCU of Imam Reza hospital in Lar, southern Iran during 2013-14. After obtaining informed consent, data were collected using Spielberger's State-Trait Anxiety Inventory, SWB Scale and demographic questionnaire. The questionnaires were completed twice by interview and asking the patient; both before and after the intervention. The older adults in the case group underwent spiritual and religious need-based interventions consisting of a 60-90 minute session per day for 3 consecutive days.

Results: The results showed a significant increase in the mean scores of SWB in the case group after the intervention (p=0.001) also a significant decrease was shown in the mean scores of trait and state anxiety after the intervention in the case group compared with the control groups (p<0.001). A significant correlation observed between the mean score of SWB, state anxiety and trait anxiety in the patients.

Conclusion: Spiritual/religious interventions can enhance SWB and reduce anxiety in the elderly admitted to CCU.

Keywords: Holistic Nursing, Spirituality, Religion, Aged, Coronary Care Unit
Caring for elderly patients

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One of the toughest challenges you can face when caring for the elderly is resistance to care. How do you help a loved one who doesn't want or resists help? Understand why resistance to care might develop and strategies for fostering cooperation when caring for the elderly. The most important part of caring for the elderly is to love them and keep them active. Elderly care and attend to their status is the essential points in our society. Elderly is not a disease, but a stage of life, in which the person has knowledge and experience and can share with others in the rest times. This, of course, is depended on conditions for healthy elderly. Have the perception that the concept of aging and old age disability and disabled in the community culture should be removed. We should respect them. If the diseases condition does not prevent aging from middle age, so in days of old because of lower body strength, weakness and fatigue cell metabolism, their health care is not very responsive. Their disease that threatens the health of the individual should be detected at the middle age and cure. What has threatened the useful life of the elderly and even before it is weakness in the need to address cultural and aged care in old age. That address severe bone pain, diet, blood pressure and diabetes is essential in this case. Threatening diseases such as osteoporosis, especially in old age is more prevalent among women. It is necessary to an even younger age of by doing exercise and proper nutrition to prevent that problem. This is very important that mental health should be considered. The context of promoting individual and community level plays a big role. However, in the context of promoting individual and community level plays a big role.

Keywords: Elderly, Nursing, Care
The relationship between mental health and Loneliness feeling in Ahvazian elderly

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Background: This study examined the relationship between loneliness feeling and mental health and its dimensions in Ahvazian elderly. Survey on older people is important because as the evolutions of population and socio-economic changes have occurred, the elderly population has increased, and as a result, government and society have more problems.

Method: The methodology of the present study was based on correlation. The study population included all Ahvazian elderly people and the sample was 210 elderly individuals (129 females and 81 males) were randomly selected and interviewed. General Health Questionnaire (GHQ28) and Loneliness (UCLA20) scales were used for data collection.

Results: Results showed that there was a significant correlation between loneliness feeling and mental health (r = -0.534, p = 0/001) and its dimensions (somatization (r = 0.380, p = 0/001), anxiety (r = 0.316, p = 0/001), social efficient(r = -0.297, p = 0/001) and depression(r = 0.263, p = 0/001)).

Conclusion: Loneliness and lack of emotional and social support feeling in the elderly has affected mental health of Ahvazian elderly.

Suggestions: Health promotion and lifestyle programming in pre-aging period - Cultural activities planning to promote family knowledge in the field of aging- planning to promote elderly knowledge in how to communicate with others

Keywords: old age people – Loneliness feeling - Mental Health
Mapping Aging in Place by GIS among Elderly Females in Ahwaz Municipal Zones

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Background: The increasing 3.1 percent in aging population comparing with 1.2 natural population growths has been a challengeable issue in Iranian society. Awareness on social well-being within older adults is rare in current literatures, because psychological and biological aspects of it had been more considerable. The exclusion of older women in research is more important. The Health-GIS employs a new technical instrument of geographic information system (GIS) for zoning and analyzing health indices for better accreditation of health policy making. The present study attends to zoning Aging in Place of female older adults with GIS and impact of development measures of eight municipal districts of Ahwaz city. The AiP is applied to assess the passage to the elderly in the comfortable way and being aged well.

Methods: Iranian version of AiP scale (2014) with 22 items was used with Cronbach’s alpha of 0.84 in second mid-year 2013 among elderly females in Ahwaz. About 187 aged samples were chosen in cluster-ratio sampling method. The eight municipal districts were classified into three sections i.e. undeveloped (region 4, 5, and 8), underdeveloped (region 1, 6, and 7), and developed (region 2 and 3). The study used ArcGIS software V. 10.0.2 for zoning regions and IBM SPSS V. 21.0 for statistical analysis, ANOVA and post-hoc tests.

Results: the mean age of participants was 72.8 (SD=7.12), 36.4 percent from Lor ethnic group, 34.8 % Arabs, and 28.9 Persians; 21.9% were smoking, 75.9% having chronic disease during the last 6 to 10 years (41.7%) which included cardiovascular disease and arthritis (32.4%). Less than 9 percent lived alone and others (43.3%) lived with their spouses. About 42.8% did not receive any financial support and pensioning, 49.2 percent lived in less developed regions, 28.9% in poor and undeveloped, and 21.9% in wealth and developed regions. Statistical analysis indicated geographic zoning of regions has impacted on AiP \[F(7,179)= 8.010, \rho= .239, \text{Partial } \eta^2 = .239, \text{Radj}^2= .209\]. ANOVA and Post-hoc tests of Dunnett’s C and Games-Howell illustrated the regions 2 and 4 have had high measures in AiP than others. Results of Leven’s box indicated to acceptance of equality of error variances \[F(7,179)=2.263, \rho=.003, \text{Partial } \eta^2 =.239\] within groups. Kruskal-Wallis test was applied \[K-W H; \chi^2 (7, n=187)=36.675, \rho=.000\] and it approved the significant differences of regions 2 and 4 in the AiP of elderly females (Mean Rank ≤123.43).

Conclusion: The participants acclaimed that their overall health status was unsuitable but manageable and their AiP was affected by zoning and underdeveloped municipal districts. The development of regions with quality of environment and aging in place of the elderly must be attended in health policy making.

Key words: Elderly Females, Social Well-Being, Health Quality, Geographic Zoning, GIS, Ahwaz City.
The role of Community health nurses in Improving quality of life of patients with UI

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Background: Urinary incontinence (UI) is a women’s health problem that imposes major problems for personal quality of life. The aim of this study was to determine the effect of a Behavioral Intervention Program on the quality of life of the elderly females with urinary incontinence, which referred to Jahandidegan center in Shiraz-Iran, 2011.

Methods: The participants consisted of 60 women aged 60-74 years with QUID questionnaire’s scores for different types of incontinence (stress score ≥ 4, urge score ≥ 6 and mix score ≥ 10). QUID questionnaire was used for patients with urinary incontinence. It also gave us the possibility to determine the types of urinary incontinence. For matching, we placed an equal numbers of each type of urinary incontinence in each group. Ten subjects from each type were placed in two groups of 30 each (intervention and control groups). Then, incontinence quality of life questionnaire (I-QOL) was used to estimate the impact of incontinence on the participants’ quality of life.

After the completion of a Behavioral Intervention Program and 2 months later, I-QOL questionnaire was completed by the intervention and control groups. Descriptive statistics, paired t-test and repeated measurement were used to analyze the data.

Results: Overall, the program was effective in relieving symptoms by improving quality of life related to urinary incontinence, and this effect continued after a 2 months period.

Conclusion: Behavioral therapy was an empowerment mechanism for incontinent women in improving their quality of life. Thus, it is suggested that the health care providers pay more attention to this issue and train women regarding the prevention of urinary incontinence.

Keywords: Community health nurse, elderly, quality of life, improvement
The effect of white noise on sleep in elderly patients hospitalized in coronary care units

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Background: Sleep disorders are prevalent among hospitalized patients in intensive care units; age-related changes of the elderly are more prone to this disorder. This study aimed to determine the effect of white noise on sleep in elderly patients admitted to the coronary care unit.

Methods: This study was a quasi-experimental study in which 40 patients were admitted to the CCU via convenience sampling the inclusion criteria were enrolled into the study. During the study, sleep duration and sleep latency were measured in study patients before the first day of hospital admission and after a week in CCU control group and the experimental group with intervention.

Results: Average sleep duration and sleep latency in the control group, was respectively, from 7.16 ± 0.86 to 4.69 ± 0.56 hours and from 20.0± 5.4 to 28.0 ± 5.4 minutes, which indicated a significant reduction in sleep (P<0.001). However, the Group experienced a significant change in average sleep duration and sleep latency was not shown, (6.75± 0.91 to 7.04±0.91 hours and 19.0± 5.4 to 17.0± 4.2 minutes (P= 0.17).

Conclusion: Critical care unit noise is a major cause of sleep disorders that can be changed by using white noise to prevent sleep in elderly patients.

Key words: Elderly patient, White noise, Sleep
An explanation of loneliness in the elderly and a comparison with Erikson’s psychosocial theory

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Background: Loneliness is universal, still very subjective feeling, natural to all human beings and a subjective experience of isolation. Many people may be ashamed of talking about it or admitting they feel lonely because they are afraid of being stigmatized. The purpose of this study was to explore the elderly experiences of loneliness and comparison with Erikson’s theory.

Methods: this study is a qualitative research with content analysis approach. The research population consisted twelve elderly, aged 68-85 years that lived in Hamedan. Sampling began purposefully and continued until data saturation. To collect data, interview was used which were tape recorded and transcribed immediately and data were analyzed by using content analysis method.

Results: 187 primary codes, 7 subcategories and 3 main categories were obtained in which, the 3 main categories consisted of Feelings of alienation, separation of favorite activities, fatigue and sadness and core category or shared meaning was regret with heavy.

Conclusion: Loneliness is common in older people and is associated with adverse health consequences both from a mental and physical health point of view. Therefore, appropriate intervention strategies to reduce isolation by using the Erikson’s psychosocial theory can improve elderly quality of life to achieve Ego integrity in the course of life.

Key words: loneliness, elderly, Erikson’s psychosocial theory, content analysis
Elderly Women: Social Support and Life Satisfaction?

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Background: Various costs associated with the elderly population are one of the most important issues in the cost of health care. One of the determinants of health is social support. There is substantial evidence that community support plays an important role in mental health and life satisfaction of individuals and social isolation can lead to disease. The aim of this study was to determine the relationship between perceived social support and life satisfaction of elderly women in Gonabad.

Methods: In this cross-sectional analytical study 142 participants (elderly women) were categorized according to systematic stratified method. Data were collected using interview and questionnaire including these three parts: demographic data perceived social support and life satisfaction LSI-Z. Data were analyzed using SPSS software (V.20), descriptive statistics, chi-square and spearman statistical procedures.

Results: The present study showed that the relationship between perceived social support and life satisfaction was a direct and significant one (p=0/000, r=0/419). Mean age was 70.25 years with a standard deviation of 8.20. Most of supportive resources included family support and then took the lives of important people. The majority of elderly social support and satisfaction with life was good.

Conclusions: The results showed that the relationship between perceived social support and life satisfaction of elderly women is the direct and significant. So it is better than life satisfaction and social support strengthen by relevant authorities and social networks.

Keywords: Perceived social support, Life satisfaction, Elderly, women
Comparing mental-Affective effects and impacts between Elderly people inside and outside Retirement Homes

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Background: Elderliness is a normal, regular and changing phenomenon which results in special manners and behaviors in all the elderly people; it highly influences the attitudes of family members about elderly people and cause them to send their elderly members to retirement homes. According to highly Special problems of elderly people in all retirement homes, it is noteworthy to study problems and difficulties of elderly people who are living out of these special retirement home centers.

Goals: The Purpose of this research is Studying and comparing the mental-affective effects and impacts between elderly people in the Retirement home and out of these centers.

Methods: For the Special samples, about 80 elderly people selected among the elderly people (40 elderly people and 40 ones out of the retirement home). The data gathering method are based on the author’s made questionnaire which has divided in five aspects as (positive feelings, negative feelings, physical symbols, psychosis, functional-conceptual obsession).

The reliability coefficient of this questionnaire measured based on the Chronbach’s alpha of 0.76. The data analysis based on the deductive statistical T-method for two independent and simple-sampling groups.

Results: results showed positive and negative feelings physical symbols; Psychosis manners in elderly people at the retirement homes and out of these centers are significantly different. But there aren’t any meaningful differences between Physical symbols and functional-conceptual obsession in the elderly people in and out of the retirement home. The results showed that the life quality and mental health of elderly people who are living in their home are higher than the elderly people in the retirement homes.

Keywords: Positive and Negative Feelings, Physical symbols, psychosis, Functional-Conceptual Obsession, Elderly people.
The relationship between loneliness on fear of falling and quality of life in community- dwelling elderly women

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Background: Population ageing is progressing in developing countries. The proportion of Iranian elderly is projected to double in less than 20 years. Demographic changes challenge policy makers to put increasing effort into dealing with an aging population. Successful aging is a worldwide aim. One of the health problems among the elderly in aging is loneliness.

Aim and objective: Relationship between loneliness on falling risk, fear of fall and quality of life in community dwelling older adults.

Methods: This study was done on 100 Tehranian female elderly. UCLA, FES and SF12 questionnaires were administered for assessment of loneliness, fear of falling and quality of life, respectively. Data were analyzed by Spearman’s correlation independent T-test.

Results: findings suggested a positive correlation between feeling of loneliness and fear of falling (r=·.68⁴, < p=0.001) and a negative correlation between loneliness and both mental (r=-0.577, p=<0.001) and physical (r=-0. 671, p=<0/001) aspects of quality of life. This means that those who reported more loneliness had significantly more fear of falling and lower health-related quality of life.

Conclusion: The results of research showed that living alone and loneliness influence fear of falling and elderly quality of life. International, national, and local policy has predicted that decreased social isolation and loneliness among older adults need to progress elderly quality of life. Older adults living alone are target of these policies.

Key words: loneliness, fear of falling, quality of life, elderly
The effect of whole body vibration exercise, mental practice on balance of elderly men

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Background: The present research aimed to study the effects of whole body vibration, mental practice and combined vibration and mental practice on static and dynamic balance of elderly men.

Methods: This was a semi-experimental research. The participants included 42 healthy, elderly men aged 60-80 yrs from Mashhad who was randomly categorized into 4 groups: vibration (n=12), mental practice (n=10), combined practice (n=10) and control (n=10). The experimental groups practiced their specific protocols for 8 weeks, 3 sessions a week. The vibration group practiced 6 body positions based on the overload principle with intensity 30-35 HZ and 5 mm amplitude. The mental group practiced for the same duration of time as the vibration group meanwhile the control group was just engaged in their daily life routine. Static and dynamic balances were assessed using stability tests on Biodex and TUG tests, respectively. One-way ANOVA with Gabriel post Hoc was applied in order to analyze the data. The significance level was set at $\alpha=0.05$.

Results: Our results showed a significant difference between the control group and mental practice (p=0.005), and combined training group (p=0.026) regarding their static balance. However no difference was observed between the control group and vibration group (p=0.422) or between the two experimental groups. Results of the dynamic balance showed significant difference between groups (p=0.001) and in comparison control group there was significant difference with vibration group (p=0.001), mental group (p=0.004), and combined training group (p=0.001).

Conclusion: It seems that 8 weeks of mental, vibration and combined vibration and mental practice could improve dynamic balance of the participants and mental practice, and combined vibration and mental practice could improve their static balance.

Keywords: Whole-body vibration exercise, Mental practice, Balance, Elderly men.
Nutritional status and associated factors in the elderly hospitalized in cardiac care unit

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**Background:** Nutrition is a critical determinant of health status in elderly patients and has been known as a main contributor for common disease in old ages including cancer, heart disease and dementia. This study was designed to assess nutritional status and its related factors among the elderly hospitalized in cardiac care unit.

**Methods:** A descriptive analytical study was conducted on a quota sample of 254 elderly patients (60 years and older) with cardiovascular disease who admitted to cardiac care units of Shahid Beheshti hospitals. Nutritional status was assessed using Mini nutritional assessment (MNA) questionnaire which is an eighteen – items nutritional screening instrument used for the elderly.

**Results:** The findings showed that 16.9% of patients were mal-nourished, 37.4% were at risk of malnutrition and 45.7% were well-nourished. There was a significant relationship between nutritional status and demographic factors.

**Conclusions:** Regarding the high prevalence of malnutrition in hospitalized elderly who could possibly lead to health problems, the nurses should identify the subjects who are at risk of malnutrition.

**Keywords:** elderly, nutritional assessment, hospitalized, mini nutritional assessment.
Osteoporosis self-care training in elderly

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Background: Osteoporosis is a disease that weakens bones, cause bones low density over time. Because of this, it puts elderly at risk for breaking a bone, pain, and inability. Postmenopausal osteoporosis is the most common form of osteoporosis, affects many women after menopause.

Methods: It is a Randomized clinical trial carried out on 40 female elderly who referred to rural health center, with selected by available sampling and randomizly divided in two groups. Persons who used Corton, smokers and age upper than 80 years admitted from study. In group 1 self-care training intervention in order to correct elderly life style to prevent osteoporosis were consist of (regular exercise at least 1 hour a week, daily use of low fat dairy, lying infront of sun light for 15 min every day, prohibition smoking, low use of medicine for decrease acidity of stomach) witch carried monthly, ultimately after 6 month compared with group 2 as a control with no intervention, the referral of patients are register and analysed with spss with mean score lower than 0.05.

Results: The results indicated significant difference between two groups, in group 1 with mean age of 67.5 years 7 persons (35%) and in group 2 with mean age of 68.2 years 13 persons (65%) refer to rural health center after intervention (Pvalue<0.02).

Conclusion: The results of this study shows the importance of providing self-care training programme in prevention of osteoporosis as a critical step in the care of elderly persons.

Keywords: Osteoporosis, self-care, elderly
The effect of care plan application on Self-Efficacy in elderly people in Urmia nursing homes based on Roy Adaptation Model

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Background: Due to the dramatic rise in the aging population and the problems and complications of this period, it is necessary to cause positive adaptation during this important period of life. In this regard, nursing theories and especially Roy's adaptation model can be applied in order to convert unhealthy and maladaptive behaviors into healthy and adaptive ones so that complications and problems of the old age can decrease and consequently self-efficacy can rise in the elderly. The present study was conducted in order to determine the effect(s) of implementing a care program on self-efficacy in the elderly of nursing homes of Urmia based on Roy's adaptation model.

Materials and method: The present research was a before-and-after experimental study. Convenience sampling was utilized to select sixty elderly eligible for participating in the study. They were randomly divided into a control group (30 subjects) and an intervention group (30 subjects). Data collection instrument was the standard questionnaire of self-efficacy that was filled out by the two groups before and after the intervention. The care program was designed based on the results of Roy's form of knowledge and examination and implemented during two public sessions and four individual sessions to manipulate the main motivations over a period of 1.5 months and followed up for one month. Data analysis was carried out through descriptive and inferential tests using SPSS 16.0.

Results: The results of the study indicated that after the intervention there was a significant difference between the two groups in regard with the mean score of their self-efficacy (P<0.001). The mean score of self-efficacy of the elderly in the intervention group increased and the results of the paired samples T-test proved this increase to be significant (P<0.001).

Discussion and conclusion: Implementing the care program that was based on Roy's adaptation model had a positive effect on enhancing the self-efficacy of the elderly. Therefore, healthcare providers and nurses are highly recommended to enhance the self-efficacy among the elderly of the nursing homes by raising adaptation among them through nursing theories and care programs.

Keywords: Roy's adaptation model, self-efficacy, the elderly, nursing home
Background: The purpose of this study was to determine the prevalence of elderly abuse and the effects of social factor on it in Markazi province. Material and method: the study population included all of the elderly in Markazi province that were available by geographical address in the table of rural and urban household societies. This was a cross-sectional study and multi-phase in sampling. The first one was classification according to rural and urban areas and the second one was cluster sampling with equal cluster. The sample size was estimated to be 472 and was increased due to the design effect to 1110 individuals. Data collection and data analysis was done using questionnaire and SPSS software, respectively.

Results: This study showed 6.3 % of the elderly were abused. 42.8% male and 57.2% female, mean age was 74.7 years, 64% were married and 31% were widows. There was no significant association between elderly abuse and area of living (p\text{value}=0.299), occupation (p\text{value}=0.104), education (p\text{value}=0.358) and age (p\text{value}=0.104). There was a significant association between physical impairment (p\text{value}=0.08) and movement impairment (p\text{value}=0.008).

Conclusion: results verify that maltreatment occurred in the aged persons. Analysis of data indicated that elderly abuse exist in every socio-economic group with any context of education in urban area and rural area and in men and women. prevalence of elder abuse was 6.3 %(70 persons) that verify the data of developed countries with limited sample.

Keywords: elderly, abuse, elder abuse, physical impairment, movement impairment, education, occupation, area of living.
Factors associated with injuries resulting from accidents in elderly hospital

Tuyserkan city

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Introduction: Events in the elderly may cause harm. Damage caused by the inability to effectively share the events and mortality in this age group. But the damage caused by the accident and its causes in this age group have not been well studied for necessary action. Therefore, this study aimed to determine the factors associated with injuries resulting from accidents in elderly hospital Tuyserkan in 2014 was conducted.

Methods: The cross-sectional study and over 222 elderly people admitted to hospital due to injuries suffered in 2013 Tuyserkan that had been done. First, go through the center of the city health department combating diseases early data was based on a summary of the status of victims and then go to the city hospital, checklist of elderly injuries from medical records was completed. The checklist includes personal details, type, severity, timing and outcome of the injury. The data was analyzed by statistical software SPSS16.

Finding: In the present study affected men more than women (respectively 62/2% and 37/8%) and Elderly most affected age group was 60 to 64 years (58/1%). The greatest damage caused by accidents related to traffic accidents and falls (respectively 38/7% and 35/6%), Severity of the injury was moderate (58%).

Conclusion: Given that older adults are at risk of damage due to physiological conditions, accidents and morbidity. therefore, effective and regular training on injury prevention and community elders and secure living environment for the elderly, due to the reduction of injuries in this age group is necessary.

Key words: Accident, injury, aging, Tuyserkan
Study of sleep quality among older adults in Mehriz city

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Background & aims: one of the problems which increases by age is decrease of sleep quality which appearance in different features such as problem in sleeping, over sleeping and unusual behaviors during sleep. Regarding the importance of sleep quality among older adults and also that's effect on their quality of life and physical and mental status, the study was carried out in order to determining status and quality of sleep of older adults in Mehriz city.

Methods: the cross-sectional study using the cluster random sampling carried out on 126 home dwelling older adults in Mehriz city. Data collection tool was a two part (the demographic information question and some question for sleep quality related factors and Pittsburgh sleep quality index). In order to data analysis SPSS software was used and also One way ANOVA and $\chi^2$ tests.

Results: mostly reported sleep quality related problems were pain (32.8%), waking up for toilet (28.6%) but View Nightmare (3.2%) and problem in being wake up for driving (0.8%) were less reported problems. Sleep quality was worse among women than men (p=0.02) also there was a statistically significant relation between sleep quality score and disease of cardiovascular, diabetes, osteoporosis, breathing problems, visual and hearing problems, obesity and depression (p<0.05).

Conclusion: regarding the significant relation of sleep quality and some chronic conditions, the importance of education older adults who suffer from chronic conditions appearance and also their families is displayed. Because with planning suitable interventions we may not only decrease the sleep quality among older adults but also treat or reduce the risk of chronic conditions among them.

Keywords: sleep quality, older adults, Iran
A Study of urinary incontinence prevalence among ageing women in Yazd

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Background: urinary incontinence (UI) is a common disorder among ageing population especially women. Women are at more risk of UI than men due to anatomic, social and cultural status and also because of pregnancy, delivery and menopause. Since little research has been done on this subject in Yazd, this study aimed to find prevalence and related factors of UI among ageing women in Yazd.

Methods: this cross-sectional study was carried out on 127 over 60 year-old women in Yazd, who were selected by clustered random sampling. For that, to geographic clusters, at least 12 eligible women entered in the study. Data was collected with the Persian version of ICIQ, the validity and reliability of which had been approved in previous studies. Data was analyzed using descriptive and inferential tests using SPSS software.

Results: the mean age of participants was 70.17±6.50. The prevalence of UI was %85.7. Among the prevalence of Urge UI was %5.5, Stress UI was %39.4 and Mixed UI was %3.1. There was significant relations between UI severity and history of diabetes (p=0.005), Glaucoma (p=0.002), Fecal incontinence (p=0.001), Menopause (p=0.001) and pain in low abdomen (p=0.021). Also, there was a significant positive correlation between UI severity and women’s age and weight.

Conclusion: regarding the high prevalence of UI, especially stress UI and its relation with some diseases such as diabetes and obesity, any intervention programs which aimed to increase healthy life style among women may be effective on reduction of UI problem among them.

Keyword: Urinary Incontinence, Prevalence, Ageing women, Iran
A Comparison of the Effect of 8-Weeks Aerobic and Resistance Training on Active and Static Balance in Elderly Men

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Background: Stumble or fall into one of the most common problems of old age and physical consequences and complications (pelvic fractures, disability, loss of physical ability and death) is large with respect to the high cost of identify possible causes of and ways to prevent it from being considered.

Methods: in this Quasi-experimental study, 30 elderly men from Elderly center of Broujen were selected and randomly divided into 3 groups of 10 people, aerobic training, resistance training and control. All participants filled the health questionnaire and testimonial. Then the balance tests was done. The aerobic and resistance training group trained for 8 weeks, 3 sessions in each week, and 1 to 1.5 hours in each session. The aerobic training was with 40 to 70 percent of maximum heart rate and the resistance training was with 45 to 65 percent of one RM. During of this time the control group did no training. After 8 weeks, once more the balance test and getting blood samples was done. Findings were analyzed with SPSS version 19 and 0.05 as the significance level.

Results: The mean of static balance before and after resistance training was 1017.6±212.7, 851.7±155.5 and in the aerobic training group, 930.5 ±238.2, 743.4±1.130 and in the control group 1119.6 ±287.3, 1220.0±226.9 respectively and the mean and standard deviation of active equilibrium, before and after resistance training was 2280.3 ±2286.2, 5563.4±8014.6 aerobic trainings group was 3534.9 ±445.4, 6089± 7888.4 and in the control group was 1284.1 ±231.4 , 1297/1±214/4 there was no significant difference between the three groups.

Conclusion: Regarding few improvements in active and statistic balance after aerobic and resistance training in older people, using these kind of trainings is recommended in order to promoting life status and health of older people in reducing the complications of inactivity.

Keywords: active and static balance, aerobic and resistance training, elderly men.
The effect of Period of Resistance Training on Nitric Oxid (NO) Concentration in Older Women

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Background: Endothelial function is an important factor in the assessment of atherosclerosis and lipid deposition in the inner walls of the arteries, high blood pressure, and heart failure. Vascular endothelial cells play an important role in regulating vascular activities, by producing substances stimulating vessels such as nitric oxide. The current study attempted to find out the effect of a period of resistance training on old women's nitric oxide density.

Methods: In this Quasi-experimental study twenty-four postmenopausal women (age mean = 67/37 ± 6/02, height = 153/02 ± 8/12, weight = 65/78 ± 12/03, BMI = 26/87 ± 4/16, fat = 18/61 ± 3/65, and WHR = 0/92 ± 0/4) were purposefully chosen and randomly divided into control and experimental groups. Each group consisted of 12 women. Experimental group did resistance training for eight weeks as follows: three sessions per week with 40% to 65% intensity of a maximum repetition and 5% overload after each 6 sessions. Before and after 8 weeks of training, resting levels of nitric oxide density was measured and recorded. The normality of the data was determined by the Kolmogorov-Smirnov test. Paired samples t test was run for within group variations and independent samples t test was run for between groups' variations. The significant level was lower than 0.05.

Results: The mean and standard deviation of nitric oxide in experimental group before and after resistance training was, 22/58±93/6, 27.00±6/10 respectively, and in the control group was, 25/25±7/95, 24/50±6/98 respectively. The difference in mean of Nitric Oxide in Pretest and Posttest among experimental group was significant (p = 010.0).

Conclusion: Regular resistance training increases nitric oxide levels among older adults which in turn can reduce blood pressure and help prevent or treat atherosclerosis Tremblay. This type of resistance training in the elderly and people suffering from problems such as high blood pressure is recommended

Keywords: Nitric oxide, older women, Resistance training
A Study of the Validity and Reliability of Persian Version of Self-Report Barthel Index in Parkinson's Diseases

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Background: The purpose of this study was to determine the reliability and validity of the Persian version self-report Barthel Index in people with Parkinson's diseases.

Methods: 70 patients with Parkinson's diseases (10 women and 60 men, in 1-3 stage of Hoehn and Yahr, mean age of 56±5) were selected. In this study Barthel Index translated by Oveisgharan was used. To assess the construct validity from Schwab & England(SE), Unified Parkinson's Disease Rating Scale(UPDRS), Parkinson's Disease Questionnaire-39 (PDQ-39), Parkinson's Disease Questionnaire-8 (PDQ-8) and the Modified Rankin Scale (MRS) were used. The tests were completed in on-state.

Results: Cronbach's alpha coefficient was 0.85, which indicates good internal consistency. Test-retest reliability of the total score ICC= 0.85, inter-rater reliability ICC = 0.92. The test-retest and inter-rater agreement in order 0.6-0.9 and 0.56.- 0.89 was calculated. The correlation between the self-report Barthel Index with UPDRS, PDQ-39, MRS, PDQ-8 and S-E were 0.78., 0.75, 0.62, 0.6 and 0.8, respectively.

Conclusion: The results suggest that the Persian version self-report Barthel Index is a powerful tool for assessing activities of daily living in patients with Parkinson's diseases.

Keywords: Parkinson's diseases, Persian version self-report Barthel Index, Validity, Reliability
The relationship between sleep quality and self-efficacy in the elderly

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Background: Although sleeping problems are common among all age groups, the elderly suffer a higher prevalence of sleep disorders. The present study aimed to investigate the relationship between sleep quality and self-efficacy in the elderly.

Methods: This descriptive-analytical study was conducted on 36 individuals aged 60-75 years selected through simple random sampling. The data were collected using Pittsburgh Sleep Quality Index (PSQI) and self-made structured questionnaires, including sleep self-efficacy scale. SPSS statistical software, version 19 was used to analyze the data and descriptive and inferential statistics such as independent samples T-test were used.

Results: The results of the present study revealed that the mean of sleep quality was 7.91 (SD=4.99). In addition, most of the subjects (69%) had poor sleep quality. Moreover, a significant relationship was found between self-efficacy and PSQI total score (P<0.001).

Conclusion: The results of this study showed that most of the elderly had poor sleep quality. The results also indicated that self-efficacy affected the sleep quality in the elderly. Therefore, measures should be increased self-efficacy to improve sleep quality among the elderly.

Keywords: Sleep quality, Self-efficacy, Elderly
Satisfaction with hearing aid based on type and degree of hearing loss in the elderly

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Background: Hearing loss is one of the prevalent chronic diseases in older adults. Research reports using hearing aid to improve auditory problem can positively affect their quality of life. The purpose of this project is determining satisfaction with hearing aid in the hearing impaired elderly based on type and degree of hearing loss.

Methods: This descriptive and cross-sectional research was conducted on 40 elderly people with hearing aid. The subjects were divided to two equal categories: 65-74,75-90 years. 34 persons had sensorineural hearing loss and others had Mixed hearing Loss. Assessing satisfaction with hearing aid was conducted with SADL questionnaire.

Results: The satisfaction of 65-74 years age group was significantly more than 75-90 age group (p=0.02) and satisfaction level of subjects with mixed hearing loss was further than sensorineural hearing loss( p=0.02). The total score mean of satisfaction in groups with different degree of hearing impaired didn’t show significant difference. The satisfaction score of that who had severe hearing loss was higher than other persons (p=0.01)

Conclusion: total mean score of satisfaction indicated partly high satisfaction in the elderly, in comparison to similar studies, persons had lower satisfaction with hearing aid. According to hearing loss prevalence is developing, the need for auditory rehabilitation and use of hearing aid is increasing and by consideration to high cost of hearing aid and rehabilitation services so recommend insurance systems coverage these.

Key words: Satisfaction, Hearing aid, elderly, hearing loss
The effectiveness of Islamic spiritual approach on general health of elderly patients with hypertension

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Background: One of the essential concepts discussed in the complex world of humans dating back to the height of its existence, the concept of health. The aim of this study was to examine the effect of Islamic spiritual approach on general health in elderly patients with hypertension who were referred to health centers of Isfahan in 2014.

Methods: 52 old individuals with hypertension were randomly divided into experiment and control groups. Islamic spiritual program implemented in a group style for experiment group for eight sessions in two centers from Isfahan health centers. Ghq12 were completed in 3 steps, pretest, posttest and follow up (1 month) in 2 groups. In the study, it used statistical software SPSS volume 20 and Chi-square and independent t-test and analyze of variance with repeated measure for analyzing data.

Results: Statistical test showed that the mean score of general health of experiment group was significantly different in comparison with the control group in post-test step with (P<0/001) which was related to (P<0/001) follow up stage.

Conclusions: The result of the study indicated the effectiveness of an Islamic spiritual approach on general health of elderly; therefore, this intervention can be used to increase life satisfaction of elderly patients with hypertension.

key words: Spirituality, aging, General health, hypertension
The effect of 6-week cupping on balance in elderly women

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Background: Decrease in balance is one of the physiological disorders in aging and may produce fall. The aim of this study was to investigate the effects of cupping on static and dynamic balance in aging women.

Methods: In this semi-experimental research, twenty nine elderly women living in Sadeghiye, Isfahan were randomly selected and divided to two Experimental (mean age±SD : 71.5 ± 7.9 years old, weight±SD : 57.16±13.2 Kg, height±SD : 148.1±6 cm ) and Control groups (mean age±SD : 71.2± 6.2 years old, weight±SD : 55.1±7.7 Kg, height±SD : 150.5±6.2 cm ). The experimental group was under cupping process, three 10-20 minute sessions per week for 6 weeks, while the control group’s members kept up their ordinary lifestyle. The Berge Balance Test & Functional Reach of elderly were evaluated at the beginning and the end of 6weeks. Results were analyzed by repeated measure ANOVA. Data was analyzed using SPSS version 19. The significant level was (P<0.05).

Result: The results of this study showed a significant improvement (P<0.05) in dynamic balance (from 42.69 to 49.23) while the control group had a significant decrease (from 36.00 to 23.92). Also, in functional reach the experimental group showed a good improvement from 20.92 to 29.53 (P<0.05) but the other group had a decrease from 22.78 to 20.92 (P<0.05).

Conclusions: It can be concluded that cupping has positive effects on static & dynamic balance of elderly women, so cupping should be suggested as a helpful modality for elderly rehabilitation.

Keywords: elderly, cupping, balance
health condition of the elderly in Golestan province in 1392

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Background: Aging population and its consequences are one of the general population issues around the world. At the moment, Iran is experiencing structural transfer stage from young to old population. While people are getting old, the importance of health improving behaviors is becoming more obvious. Active aging is all people’s right and this increases the importance of aging phenomenon.

Methods: Out of 23222 total number of old adults living in rural areas of Golestan province who were called to rural health centres, 2169 people aged 60 years old and older, were visited by physicians according to the standard elderly care sheet provided by ministry of health.

Results: Out of 2169 old people who were visited, 1238 people were female and 931 were male. 39.32% (n=853) with a risk factor, 22.36% were patients without complications (n= 485), 6.31% were patients with complications and 694 people (31.99%) were the elderly without problems.

Conclusions: As regards aging health, training and self-care could be effective in having a healthier life for the elderly. Appropriate infrastructure for providing services and using effective man power in health system may ensure the elderly health.
Creating safe anesthesia in elderly patients with titration of inhalational anesthetics Monitoring

Asadi.U,Mesgaran.S

**Background:** After surgery, complications for all age groups are 5 to 10 percent and if this rate reaches to 10 to 15 percent, it may increase mortality. Thus, minimizing the risk of these complications in elderly patients is very important, and these patients can benefit BIS monitoring method to facilitate awakening, discharge from recovery.

**Methods:** After ethics committee approval, 68 elderly patients that were abdominal surgery candidate and had class ASA, I to III, aged 60+ years were randomly divided to two groups receiving general anesthesia with BIS titration anesthesia guide and without using of BIS method. In BIS Group, anesthesiologist was set administration isoflurane and depth of anesthesia based on maintaining the BIS index on 45-65.

**Results:** Findings indicate that, awakening time and discharge from recovery in BIS group were faster than control group and between groups receiving anesthesia with BIS monitoring and controls Group, were significantly different and Factors gender, age and time of anesthesia in both groups there was no significantly different (P> 0.05).

**Discussion:** Elderly patients with regard to their problems that are caused by aging process can be exposed to hazards after surgery and therefore this group of patients can benefit BIS monitoring procedure and this findings indicate that the administration of isoflurane with use Of BIS monitoring anesthesia cause of faster recovery and a reduction in the consumption of isoflurane.

**Keywords:** Elderly, inhalationanesthesia, security
Sleep quality and health status in Elderly population

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Background: As of 2006 persons 65 years of age or older comprise approximately 12% of the United States population, but by 2030 the proportion of older adults will rise to 20%. This older portion of the national population is increasing twice as fast as other age groups, so that by 2030 the number of persons 65 year of age or older in the United States will effectively double to 72 million. Sleep disorders represent a very common problem, in the world. Epidemiological studies show that the prevalence of sleep disturbances lies between 20% and 30% and increases with age. The purpose of this study was to examine the determinate sleep quality and health status in older adults.

Methods: A total of 512 Iranian subjects living in Hamedan, during the period of six months starting from March 2010 and lasting until August randomly participated in this cross-sectional study. Demographics question include indicators of age, sex, education, marital status, physical health problems. Chronic medical conditions and exercise program. Quality of sleep was measured using the Pittsburgh Sleep Quality Index (PSQI).

Results: The prevalence and longitudinal course of insomnia were assessed, and the analyses were restricted to subjects who were examined at both baseline and follow-up the main finding of this study is that insomnia is a prevalent and chronic complaint in older adults.

Conclusion: evaluation of the patient’s medical history, psychiatric history, and lifestyle and environmental factors should be carefully considered.

Keywords: Elderly Population, Insomnia, Quality of Life, health status
Elderly patients' perception of caring behaviours in critical care units in Selected hospitals of Lorestan University of Medical Sciences

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Background: Caring is the core of nursing acts but there is a different perception of it. Continuous assessment and measurement of caring behaviors leads to apparent this behaviors problems. As a result, thoughtful planning interventions and troubleshooting will improve care.

Objective: The aim of this study was investigating perception of the elderly of caring behaviors in intensive care units.

Methods: In this cross-sectional study, 70 elderly patients were selected from intensive care units in lorestan university of medical sciences. patients sample were prepared using convenience sampling. The data collection tool was a questionnaire Wolf (CBI-E) including 28 items related to care (physical and Psychosocial). Face and content validity of the questionnaire form was provided by the professionals. Face and content validity of the questionnaire were analyzed using both qualitative and quantitative methods. Finally, 4 items were deleted from the questionnaire. Cronbach's alpha coefficients were calculated to assess reliability. Data from 18 SPSS software (P<0.05) and analyzed using descriptive statistics (Kruskal-Wallis Test, Mann-Whitney Test)

Results: Based on the findings, more patients, physical aspects - technical care was given. Meanwhile, patients had the highest score to "timely perform medical procedures and medication administration."

Conclusions: Contrary to the findings of other studies, the frequency of caring behaviors for the elderly in the intensive care unit nearly has a higher average. Nevertheless, some ingredients and aspects of the nursing care of the elderly are require special attention.

Keywords: Caring behaviors, Elderly’s perception, Intensive care unit
Investigating the correlation between personal characteristics and health status of Community-Living Elderly and Intensity of Fear of Falling

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Background: Fear of falling is a risk factor for falling in older adults. The present study aims to investigate the correlation between fear of falling and personal and health characteristics of community-living elderly.

Method: The present study was conducted on a sample of 200 elderly residents of Tabriz aged 60 to 84 (mean age= 64/86±4/011) in 2013. Using FES-I (Falls Efficacy Scale-International) questionnaire, the correlation between the intensity of fear of falling and variables of gender, history of falling, history of chronic musculoskeletal disorders, dependence in daily activities and living arrangement was investigated using independent t-tests. Level of Education and income and Self-evaluation of perceived general health was analyzed using ANOVA (one-way analysis of variance), Tukey test and Spearman correlation coefficient, respectively.

Results: In the present study, mean scores of fear of falling in women, history of falling, poor perceived general health, history of musculoskeletal disorders, low economic income, dependence in daily activities and living alone were higher (p < 0.05) and there was no significant correlation between fear of falling and educational level (p>0.05).

Conclusion: Fear of falling is associated with personal and health characteristics of older adults. Therefore, screening elderly stricken with fear of falling regarding their personal and health characteristics, and using protective measures required to reduce the above-mentioned phenomenon in the elders seem to be essential.

Keywords: Fear of falling, demographic, health, elder
Epidemiology and relationship of falls and fear of falling in elderly at Kamrani nursing home in Tehran

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Background: Fear of falling may restrict activities that can increase risk of falls. The aim of this study was to investigate the incidence of fall and fear of falling and their relationship.

Methods: This descriptive cross sectional study was performed on 160 institutionalized old people (130 females, 30 males) aged 65+ who enrolled by all number of sampling. After receiving an informed consent, data were collected using demographic and illness form, fall frequency form and FSE questionnaire. Descriptive statistics for data classification and inferential statistics including one-way ANOVA, t-test and Pearson correlation were used for data analysis. Validity and reliability of FSE questionnaire was confirmed after analyzing (Cronbach's alpha = 95%).

Results: Among 160 subjects, the majority of the elderly were women (81/2%) and with mean (SD) of age 67/63 ± 9/07 years. mean and SD of fall was 2.6 ± 0.85. 46/9% of the elderly have fallen three times in the past six months, while the majority of the elderly (76/2%), have moderate fear of falling. there was significant difference Between sex and using of drugs with the number of falls (p< 0.001). Between fear of falling and sex (p< 0.05) and residence time (p= 0.02) significant difference was seen. Pearson correlation showed a significant relationship between the number of falls and fear of falling with confidence of 99 percent. (p< 0.001).

Conclusions: Due to the prevalence of falls and fear of falling in elderly and direct relationship with each other plan should be done for prevention and control them to improve the welfare of elderly life.

Keywords: falls, fear of falling and elderly.
A survey of different aspects of elderly residents in nursing homes in Isfahan

Sobhani.A, Shahnazi.H, Charkazi.A

Background: Nowadays, quality of life has been regarded due to the increasing elderly population. It is also a key indicator formed by multi-aspects and must be significantly noticed in the elderly. Some of needs, problems and shortcomings can be diagnosed using its investigating, as well. The current survey was aimed to investigate quality of life of the elderly who were resident in nursing homes in Isfahan.

Methods: A cross-sectional study was done. Population study of 350 elderly residing in nursing homes of Isfahan were explored. Data collecting tool was included two parts: demographic characteristics and quality of life questionnaire (SF36). Data were analyzed after filling out the questionnaire using SPSS (ver.20) and statistical tests including Pearson and Spearmen correlation and Independent T-test. P-value was also taken 0.05 as significant.

Results: Findings were indicated that the mean of quality of life score was 50.38 ± 16.2. According to Spearman test, there was a significant relation between total score of quality of life and education (r= 0.106, p= 0.04) and Independent T-test was also showed that quality of life total score was meaningfully higher among men than women (p= 0.008). Current investigation was found that there were a significant statistical relation between quality of life and age, height and BMI, as well.

Conclusion: Results presented that elder quality of life might be affected by numerous factors that, to plan by policymakers with more efficacy, cognition of these factors is important in order to empower and enhance the elders quality of life.

Keywords: Quality of life, elder, nursing home
Article ID: HN10102000212

The Effectiveness of Life Skills Training on psychological adjustment (depression, anxiety, stress) of aged individuals

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Background: The world's elderly population and its concomitant psychological disorders and mental maladjustment are increasing. This study aimed to examine the effectiveness of Life Skills training on psychological adjustment of an aged group in Drab.

Methods: As a pre-and-post experimental study, 50 elderly people in Darab were randomly selected and divided into two experiment and control groups (25 each). The Life Skills training program was then implemented on the experimental group for 3 months, with a 60 minutes session per week. Data collection instrument was standard Dass-21 questionnaire.

Result: Data were analyzed using t-test for independent groups and the results showed that the mean difference scores at the two groups were significantly different, that is, the experimental group had gained adjustment (depression, anxiety, stress).

Conclusion: The results indicated that life skills training can be an effective method in decreasing the maladjustment of aged people.

Keywords: Depression, anxiety, stress, life skills, elderly
The Prevalence of chronic diseases in the elderly in urban and rural areas in Oskou, East Azarbaijan

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Background: With increased life expectancy and improved health care, elderly population is increasing. The problems of the elderly in order to manage and plan for population health is a priority. The purpose of this study was to determine the prevalence of chronic diseases, as one of the important problems in the elderly in Oskou, Tabriz.

Methods: In this cross-sectional study, a population of people 50+ year old individuals, in urban and rural areas of Oskou (1392) was identified and data were collected from screening form. After entering in SPSS software and analyzing the results of t-test and regression, the results of the study were obtained.

Result: In 1392, 18342 cases were being studied. 126 out of 10237 people in urban and 418 out of 8087 people from rural areas suffered chronic diseases.

Conclusions: According to the study, it is observed that the incidence of chronic diseases in rural areas of the city was more than urban areas, the main reasons of which include reduced physical activity, diet changes, and increased rate of illness. Culture and information about chronic diseases and its effects on the rural poor and efforts to raise awareness, and correction of lifestyle and diet can play a decisive role in reducing the burden of chronic disease patients.

Keywords: chronic disease, elderly, Oskou, Tabriz
The Effect of family oriented communication skills education on depression, anxiety and stress in older adults referring to health centers affiliated to Isfahan University of Medical Sciences

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Background: The aging population is one of the main challenges in the present century. One of the important domains of geriatric health is its psychological dimension, which needs specific attention. An older adult confronts mental and physical crisis that affect his mental health. It seems communication skills by increase of ability to communicate and promote the psychological capacity of elderly people, cause they will become more active and helps their mental health. Therefore, this study aimed to investigate the effect of family oriented communication skills education on depression, anxiety and stress in older adults.

Methods: present study was a randomized clinical trial; for this purpose, 30 older adults meet inclusion criteria were selected by random numbers table from the older adults referring to health centers affiliated to Isfahan University of Medical Sciences and they were assigned to two groups through SPSS-18. The Elderly were asked to attend in center with main caregivers. Then, elderly completed DASS-21 questionnaire. Intervention of family oriented communication skill education was administrated once a week for 45 minutes for six sessions. In the control group, two sessions were held in which the subjects conducted group discussion about their favorite subjects. Data were analyzed by paired t-test, repeated measures ANOVA through SPSS-18.

Results: there was a significant difference in mean scores of depression, anxiety and stress in intervention group before, immediately after and one month after the intervention (p<0.05), while there was no significant difference in mean scores of depression, anxiety and stress before, immediately after and one month after the intervention in the control group (p>0.05). Changes in mean scores of depression, anxiety and stress were significantly higher in the intervention group, compared to control group.

Conclusion: result showed that family oriented communication skills education is effective in the reduction of depression, anxiety and stress in elderly, this non-meditational method is recommended for elderly.

Key words: Family oriented education, Communication skills, Depression, Anxiety, Stress, Elderly, main caregivers
A Comparative study of cognitive status in overweight elderly people with and without regular exercise
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Introduction: overweight/obesity and its complications is a potential risk factor for cognitive impairment and dementia. Some longitudinal studies and trials suggest that exercise, either alone or in combination with cognitive training, may promote cognitive functioning in older adults. This study was conducted to compare cognitive status in overweight elderly with and without regular exercise.

Methods: In this comparative study, 120 participants with body mass index (BMI) higher than 25 were studied in 2 groups. Group 1 (N=60) did regularly exercise at least 30 minutes/day at least 3-5 day/week. Group 2 (N=60) did not exercise regularly. Two groups (age higher than 60, at least 8 year education and without any previous cognitive impairment) were selected sequentially and were group matched according to their age, BMI and sex. We used demographic Questionnaire and MMSE (Mini Mental State Examination) for assessing cognitive status.

Results: The mean MMSE scores in first and second group was 27.35 ± 2.12 and 24.3 ± 1.95 (P=0.001) respectively. The mean BMI in the first and second group were 27.67 ± 1.3 and 27.73±1.5. The mean exercise duration in the first group was 50 minutes daily. There was a significant correlation between exercise duration and MMSE scores (r= 0.2, P= 0.01), also negative correlation between BMI and MMSE scores (r= -0.3, P= 0.04) in first group.

Conclusion: This study suggests that regular exercise probably is associated with higher cognitive ability of overweight elderly patients. These finding reinforce the importance of regular exercise in later middle age and ageing for higher cognitive status.

Keywords: obesity, physical activity, cognitive status.
The effect of touch therapy on the treatment trend of old women with heart disease
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**Background:** sense of touch is considered as one of the five senses in human and as a great source of data reception. Touch can effect on anxiety reduction, as a nonverbal communication method. Touch application during meting the patient is effective. Even prophet Mohammad believed in this case. It has been said that prophet placed his hand on the patient’s hand or forehead during meeting the patient. The aim of this study is to investigate the effect of touch on the patient treatment trend according to prophet Mohammad’s recommendation.

**Methods:** This study was performed on 30 old women patients (60-74 years old).this old women were hospitalized in the cardiac ward of Jahrom hospitals. The patients were divided into two groups of 15 people randomly. There was just verbal communication in the control group but in the experiment group, there were verbal and touch communications with patients for 10 minutes, in three days' work shifts by women nurses. Observable behavior reaction (face gestures, eye to speak and communication and also rate and rhythm of heart and breathing) were recorded and controlled by heart monitoring system.

**Result:** Observable behavior reactions and also the reduction of heart rate, diastolic blood pressure, fear and anxiety were observed in the patients of the experimental group who experienced verbal and touch communications daily(P=0/001)

**Conclusion:** According to this finding, one can conclude that nurses should pay attention to the importance of touch therapy in the communication and the trend of patient's improvement because they have frequent communication with patients.

**Key words:** Touch, communication, patient, dear prophet, treatment
Hypertension Self-care Activities among older People

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Background: A comprehensive understanding of self-care activities that contribute to blood pressure control may reduce death and disability from heart disease. This study aimed to determine the level of self-care among elderly people suffering from high blood pressure in Tabriz, Iran.

Methods: A cross-sectional study was carried out by participating 30 non-institutionalized older people aged 60–74 years living in Beiragh village, Tabriz. Based on inclusion criteria, availability sampling was recruited to choose correct sample. Self-care activities (physical activity, healthy weight management, low-salt diet, regular health checkup, and medication recommendation) were measured using a structured questionnaire consisting of 28 questions and other prompts. Descriptive statistics were used to analyze the data.

Results: Approximately 60% of respondents belonged to families in which other members were affected with hypertension. The majority of the participants (80%) reported consuming salt less than one teaspoonful per meal. More than half of the participants (53%) were chosen fried foods as an option. Finding also revealed that, average daily intake of fruit and vegetables was less than two units. In addition, almost 70% reported using hydrogenated vegetable oil. One-third of older people were generally considered adherent to their medication. None of the participants had regular exercise and walking.

Conclusion: Regarding to hypertension self-care activities, older people in this study were solely concerned to a low-salt diet and medications. Therefore, it is recommended, in order to increase self-care activities amongst older people approaching and employing multidisciplinary health promotion methods might be a reasonable option.

Keywords: self-care, older people, hypertension
The Association between Serum Leptin and Cognitive Status among Older Adults: Kahrizak Health Study
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Background: Leptin is one of the endocrine hormones that has a key role in body weight and has receptors in hypothalamus. Some studies have shown that Leptin has a relationship with cognitive functions in older adults. This study aimed to assess relationship between leptin in older people lived in the Kahrizak Charity Foundation.

Methods: in a cross-sectional study, 156 older adults aged ≥ 60 years were enrolled for evaluation. All of participants signed informed consent [in cases with mini mental state examination (MMSE) < 24 the surrogate decision makers signed inform consent as well). Serum leptin level was measured by ELISA using autoanalyser. Cognitive function was assessed using Iranian version of MMSE. Association between cognitive function and serum leptin levels was evaluated using multivariable regression model between categorized MMSE (MMSE < 24 and ≥ 24) and quartiles of leptin. The results were adjusted for age, sex, and education (in forward conditional method).

Result: Mean age (SD) of the participants was 76.37(8.21) years. Median of leptin (IQR) was 16.00 (3.45 – 53.25) µg/L and mean (SD) of MMSE was 18.83 (5.51). After adjustment, odds ratio of cognitive impairment was calculated as 9.81 (1.28 -75.16), 1.19 (0.26 – 5.52), and 0.17 (0.03 – 1.07) in second, third, and forth quartile of leptin.

Conclusion: It seems that serum leptin has a U shape relationship with cognitive impairment and cognitive status is deteriorated when serum leptin increases from first quartile to second quartile, but the lowest odds ratio was calculated in fourth quartile level of leptin.

Key words: Serum Leptin, Cognition, Iran
Family caregivers' experience of elderly stroke recovery: A qualitative research

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Background: A comprehensive explanation of the elements of stroke recovery from family caregivers' viewpoint is lacking. The aim of the present study was to describe the contributing factors of stroke patients' recovery from the perspective of family caregivers in Iranian context.

Methods: A qualitative content analysis approach was conducted. Seventeen family caregivers participated in the study from multiple physiotherapy clinics in Sari (Iran) between September 2013 and April 2014. Data generated through in-depth interviews and content analysis method was used to determine themes.

Result: The results of data analysis were categorized into the three main themes including: (1) Promoting functional recovery (2) Improving psychological health (3) Strengthening social roles. The general theme found to be constructing positive recovery.

Conclusions: Family positively contributes in the stroke patient's recovery. It is necessary that health practitioners help the stroke families to sufficiently play their critical role in recovering their stroke elderly patients with stroke.

Keywords: recovery, elderly stroke, content analysis, cerebrovascular accident (CVA)
A comparison of death anxiety in the elderly living in nursing homes and boarding homes in Mahal and Bakhtiari

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Background: This study aimed to compare death anxiety in the elderly living in nursing homes and boarding homes. Some elderly people have greater death anxiety than others. Various factors may affect the level of death anxiety in the elderly.

Methods: The method of present research is descriptive (causal – comparative method). Templer Death Anxiety Scale (1970) was utilized to evaluate levels of death anxiety. 75 of elderly people elderly living in nursing homes and boarding homes were recruited with method of random sampling and the questionnaires were completed by them. For the analysis of data descriptive statistical and independent t test and Pearson correlation methods were used.

Results: The t test result showed there was a significant difference between death anxiety in the elderly living in nursing homes and boarding homes (P≤ 0.01). The death anxiety was higher in the elderly living in boarding than homes nursing homes. There were no significant differences in death anxiety among men and women.

Conclusion: According to the results, death anxiety was higher in the elderly living in boarding than homes nursing homes which is consistent with the findings of other researchers such as George (2001) and Nouhi et al (2013) but is not in agreement with the findings of Sohail and Akram (2002).

Key words: elderly, Aged, death anxiety, nursing homes and boarding homes
The process of caring Alzheimer's patients


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Background: this study aimed to explore the process of caring Alzheimer's patients in Iranian culture.

Methods: A qualitative study was conducted based on grounded theory approach. Theoretical sampling method was used. Participants were 46 people. Data were collected by semi-structured interview, focus group and observation. Constant comparative analysis was used simultaneously according to Strauss and Corbin method.

Results: 8 axial categories of "exposure to stressful events", "attempt for adaptation" , "caregiver adaptation", "supportive care", "burden" ,"unprincipled care", "patients’ attempt for adaptation", and "contextual- structural factors" were obtained. "Attempt for adaptation "was the core category and basic social- psychological process

Conclusion: Many contextual factors affected caregivers' efforts. Therefore, using a model which improves the caregivers’ adaptation can enhance the quality of care and patients’ adaptation.

Key words: Alzheimer, grounded theory, improve adaptation, caring
The effect of individual learning style and support group on number of hot flushes in post menopausal women: a randomized controlled trial

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Background: This study aimed to investigate the effect of individual learning style and support group on number of hot flushes in post menopausal women.

Methods: In this randomized controlled clinical trial, 186 postmenopausal women 45-59 years of health records in health center participatory Vali asr Esalamshahr in 1392 eligible for inclusion were classified into 3 groups of 62 people with blocking method (two intervention groups and one control group). A support group in 6 groups (4 groups of 10 persons and 2 groups of 11 persons) was developed. The upport group sessions on a particular day in a week for 60 minutes were held during three consecutive weekly sessions. In self-directed learning was accessed three guide notebook, component of menopausal symptoms and ways of coping with the symptoms on a particular day during 3 consecutive weeks. in control group was not performed nothing intervention .number of hot flushes were assessed by using number of hot flushes check list before and 4 weeks after the end of intervention that was completed by participants. Data analysis was performed with SPSS13 software using ANCOVA statistical analysis.

Result: number of hot flushes 4 weeks after the end of the intervention in two intervention groups was significantly protective than the control group .(P<0/001) The results of data analysis showed support group could reduce number of hot flushes more than self-directed learning.(mean difference -1/8, 95% confidence interval: -4/6 to -0/9)

Conclusion: self-directed learning and support group teaching style could reduce number of hot flushes. So using these educational methods in health interventions are appropriate in promoting women’s health and confront them with these annoyer symptoms of menopause.

Key Words: Education, number of hot flushes, support groups, self-directed learning
The Effect of Group Reminiscence on Cognitive Status of Elderly People
Supported by Ilam Welfare Organization in 2013; A Randomized Double-Blind Controlled Clinical Trial
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Background: Cognitive impairments, which are common problems among the elderly people, account for a wide range of aging disorders. Group reminiscence can be used as a profitable therapeutic method for preventing cognitive behavioral disorders in older adults. Therefore, we aimed to investigate the effect of group reminiscence on cognitive status of elderly people.

Methods: This study was a randomized non-blinded controlled clinical trial. We enrolled 100 elderly people who were under the support of Ilam Welfare Organization, western Iran in 2013. Balanced block randomization method was used to randomize the participants into case and control groups. Elderly people in the case group participated in a group reminiscence program consisted of two one-hour sessions per week for 8 consecutive weeks. Data were collected using Mini Mental State Examination (MMSE). The questionnaire was completed four times by the participants; before, immediately after, two and three months after the intervention.

Results: The mean (±SD) of cognitive status scores in the case group was 24.66 (±3.8) which increased to 25.02 (±3.67), 25.04 (±3.72) and 24.72 (±3.66) immediately after, two and three months after the intervention respectively. The results showed that the changes in the mean scores were statistically significant in the case group immediately after the intervention (p<0.001) and at second month (p<0.003) follow-ups. However, we found no statistically significant difference in the case group at the mentioned time intervals in this regards (p>1.000). Using t-test to compare the scores of cognitive subscales, the results showed a statistically significant difference in the case group in terms of orientation (p<0.001) and attention (p<0.005) after the intervention.

Conclusion: We concluded that continuous programs of group reminiscence could improve cognitive status of elderly population.

Keywords: Elderly; Reminiscence; Cognitive Status
Assessing health-related quality of life and Related Factors in elderly people with diabetes in Mashhad, 2013

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Background: Increase in life expectancy and aging are associated with non-communicable diseases including diabetes so that this disease can affect various aspects of their lives. Therefore, this study aimed to determine the level of health-related quality of life in older adults with diabetes and its influencing factors.

Method: This descriptive - analytical study was conducted on 300 diabetics elderly (60 years and older) who referred to health centers in Mashhad. Multi-stage cluster sampling is used. Data was collected by in-person interviews using standardized health-related quality of life, demographic characteristics and Duke Social Support Questionnaires. Data analyses were down by using SPSS (version 21) descriptive statistics and linear regression. The P-Value less than 0.05 was considered as significant.

Results: The results showed that mean of elderly health-related quality of life is 56/57 %, that According to the classification, Most health-related quality of life of the elderly(58/7%)are moderate. Also the social dimension of 70% of elderly people with diabetes is good. But in the physical dimension, the majority (45%) have low levels and in the psychological dimension,63/3% are moderate. Furthermore, Multiple linear regression shows that the most significant elderly quality of life predictors were sex, History of diabetes, education, Marital Status, Health insurance status respectively(P<0.005).

Conclusions: The increasing elderly population with diabetes and the importance of various factors on quality of life, indicates the need for planning to improve effective Factors and Promotion of their Quality of life.

Keywords: Health-related quality of life, Elderly, Diabetes, Related Factors
Risk factors for falls among older people in Kerman

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Background: The elderly population is increasing. Falls among the elderly are common, with as many as 40% of people falling each year. Falls can lead to serious injuries. This study aimed to investigate the prevalence and factors related to falling down in older people in Kerman.

Method: This was a cross-sectional study in which 400 elderly people were questioned in Kerman. Sampling was done by multi-stage clustering method. The structured questionnaire was applied for data collection. To analyze the data we used descriptive statistics. To study the relationship among variables, statistical tests such as chi square and T test were applied.

Results: The prevalence of fall was 29.2% among older people. There was a statistically significant association between chronic conditions (p=0/018), status of dwelling (p=0/02) and Activity of Daily Living (p=<0/001) with fall, but there was no significant relationship between drugs use and substance abuse with falling.

Conclusion: Those who fall suffer injuries that reduce mobility and independence and increase the risk of premature death, and incur social costs due to hospital and nursing home admissions. Fall prevention interventions are recommended in reducing the number of people who fall and the rate falls.

Keywords: Elderly, fall, risk factors.
Article ID: HN10102560278

Predictors of cardiovascular diseases among the elderly who referred to health care center in Shiraz

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Background: Cardiovascular risk factor profile of the elderly is likely to be quite different from all other age groups. And that, increasing prevalence of cardiovascular diseases among elderly makes it critical to consider further investigations and researches to determine the exact frequency of cases in this category.

Methods: In this cross sectional study, 400 elderly who referred to health care center in Shiraz, 2014 were chosen using random/cluster sampling method. A checklist containing demographic information, blood pressure, and diabetes status and etc. was used to collect data. These checklists were completed using the elderly periodic care records. Data analysis was performed using descriptive statistics and chi-square tests and SPSS, version 19.

Results: In this study, 72.5 % of the total subjects with cardiovascular disease were female and 27.5 % were male. 72.5 % of the patients diagnosed with cardiovascular diseases had already experienced hypertension, and 89.7 % had experienced hyperglycemia. Results suggest that there is a significant relationship between gender, education level, hypertension, hyperglycemia (p<0.001) and BMI (p=0.003) and cardiovascular disease.

Conclusion: Based on the results of the present study, the frequency of cardiovascular risk factors (diabetes and hypertension) among elderly is critically high. Therefore, it is important to train individuals to achieve an appropriate life style, as well as screening and controlling risk factors.
Elderly Health Issues: Diseases and age-related difficulties

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**Background:** Due to growing elderly population in the country, plans to provide services require understanding the needs of older people. The aim of this research was to investigate the prevalence of health problems amongst older people in Tabriz, Iran.

**Method:** The study carried out in health centre of Sardroud, Tabriz. Based on simple random sampling, 36 personal health records of older people were considered. Demographic characteristics and health status were extracted and then analysed.

**Results:** The mean age of subjects was 67.9±6.4 years, and 61 % were female. Half of the sample was illiterate, 67% were married, and 14% of them lived alone. Furthermore, more than two-third of cases suffer from hypertension, 28% of older people had sleep disorders. Other health difficulties were reported as 42% vision difficulties, 25% hearing disorders, 25% urinary incontinence, 19% diabetes and 17% depression respectively. Also 66% of sample was at risk of cardiovascular disease, 39% had risk factors of osteoporosis and falling.

**Conclusion:** Hypertension, sleep disorders and vision problems are the most important health problems of elderly people in Sardroud. It is necessary to inform the community, older people and their families about the prevention and treatment of health problems of aging.

**Key word:** older people, health status, Age-related difficulties
A Comparative Study of Health Status and Chronic Diseases among Aged Populations Living In Urban and Rural Areas of Zahedan

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Background: Population ageing has raised various social, economic, and health concerns across the world. As people age, they become more prone to ill-health, and more dependent on government benefits. Often, the burden of ill-health associated with ageing varies across different geographical areas. This study aims to investigate the health status and chronic conditions of aged populations living in urban and rural areas of Zahedan.

Methods: A cross-sectional study was conducted among 224 older people (aged 60+) in 2012-2013. They were selected from four, urban and rural geographical areas of Zahedan through multistage random sampling. Self-administered, ‘General Health Questionnaire’ and chronic illness checklist were used to collect data. Data were imported into SPSS for in-depth analysis.

Result: Overall, 122(61.0%) male and 78(39.0%) completed the survey; of whom, 62.0% were illiterate. ‘General health status’ score of rural elderly (32.7±7.9) was higher than urban counterparts (30.0±4.1), both higher than the mean value of 23.0, reflecting their poor health conditions. Participants’ self-reports showed that cardiovascular disease was more dominant among urban elderly residents (44.0% vs 55.0% in rural areas) whereas eye disorders were most common in rural areas (71.0% vs 27.0% in urban areas). Rural elderly suffered more from hearing disorders than urban counterparts (61.0% vs 39.0%). A significant difference was observed in health conditions between these groups (p-value=0.02).

Conclusion: Our findings reflect poor health conditions of the ageing population in Zahedan. Given the rise in ageing population and associated escalation in chronic diseases, the demand for aged care services would possibly accelerate in future. Targeted public health interventions are required to protect the health status of these highly susceptible populations.

Keywords: Ageing, Chronic Conditions, Health Status, Zahedan
The association between Vegetables and Fruits consumed Serving per Day and Memory Impairment in Older Adults: A National Survey

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Background: Some studies have shown that the consumption of food and vegetables may be related to cognitive impairment in longitudinal studies. In this study, we aimed to assess the association between vegetables and fruits consumed with memory function of older adults in national representative sampling of aged population.

Methods: The results of this study are from a national survey with a proportional multilevel stratified cluster random sample from 5 regions of Iran. The data collection was performed by trained general practitioners using an interview and examination. The demographic data and the history of diseases were gathered by interview and modified and mini nutritional assessment questionnaire was administered by interviewing and physical examination. Daily serving consumed number of fruits and vegetables during recent 3 months were categorized into 3 levels from one serving to three or more consumed serving. Memory was assessed by 3 words recall test and any problem in recalling of each 3 words was considered as memory impairment. Univariate and multivariate logistic retraction model were used for assessing the association between dichotomous status of memory impairment and consumed vegetable and other confounding factors.

Result: 1196 aged people≥60 years with a mean (SD) 68.88 (7.23) years (51.6% were female). Odds ratios of memory impairment after controlling for age, sex, educational status and diabetes, was 0.63 (CI 95%; 0.39 – 1.00) and 0.46 (CI 95%; 0.27 – 0.80) for two and 3 or more consumed serving in related to one serving consumption of fruit and vegetable per day. P trend was calculated as < 0.01.

Conclusion: There is likely a relationship between daily consumed vegetables and fruits and memory status among older adults.

Key words: Memory Impairment, Fruit and vegetable consumed serving, Aged, Iran
An assessment of main risk factors and most effective interventions to prevention in older people with falling in Orthopedic refer center of East Azerbaijan

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Background: Nowadays falling in older people is an important problem due to the increasing percentage of older people in developing countries including Iran. As the number of older people is increasing, risk of falling is significant in vulnerable people. The aim of this study was evaluating main risk factors of falling as unintentional injury in the elderly.

Method: This cross-sectional study was conducted with a researcher checklist. 70 people aged >/>=60 years were admitted to Shohada hospital with hip and neck femur fracture due to falling and finally analyzed with SPSS 16.

Results: Mean age of patients was 64.23±2.13. gender(female), history of falling , co morbidity specially cognitive disorders and vision impairment(cataract and glaucoma) and psychiatric drug use were main risk factors of falling due to significance and weakness, unsteady gait, confusion are predictors of falling(p<0.05).Main drug in orders were psychotropic: benzodiazepines, antidepressants, and antipsychotics. Antiepileptic and drugs that lower blood pressure were weakly associated with falls.

Conclusion: Targeted strategies and Fall prevention programs can be effective in reducing rate of calling in vulnerable older people .Behavioral change and risk modification and multi-factorial intervention programs were among best intervention to prevention falling and its consequence that for design, conduct and evaluation of these programs, community medicine specialists have key role to reduce falling that causing a tremendous amount of morbidity, mortality and use of health care services.

Keywords: Falling, Older people, Risk assessment
The relationship between Attachment Style with Happiness and Self Esteem in the Elderly

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Background: The present study aimed to investigate the relationship between attachment style with happiness and self-esteem in the elderly.

Methods: This was a correlation study; the statistical population included all the elderly over 60 years old from Shiraz. 120 individuals were selected using multi-stage random cluster sampling method. Adult Attachment Styles Questionnaire (AAS), the Oxford Happiness Questionnaire and the Coppersmith Self-Esteem Scale were used as a research tool. For data analysis, descriptive statistics and Pearson correlation coefficient was performed.

Result: The results indicated that there is a significant positive correlation between securely attachment with happiness (r=0.61). In addition, avoidant and ambivalently attachment with happiness have significant Negative correlation (r=-0.39; r =-0/45). It also showed that there is a significant positive correlation between securely attachment with self- esteem (r= 0.63) and also between avoidant and ambivalently attachment with self- esteem there is significant negative relationship (r =-0/43; r =-0/40).

Conclusions: The results obtained from this study represent a significant correlation between types of attachment style with happiness and self-esteem; therefore, paying attention to attachment styles in old age is also important.

Key words: Attachment Style, Happiness, Self Esteem, Elderly
The Prevalence of Medical Emergencies and Trauma in Elderly People in Larestan, 1390-1393

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Background: Every year a large number of elderly people are encountered accidents and medical diseases, which in turn poses a threat to life and disability in this age group. The aim of this study was to assess the prevalence of medical emergencies and trauma in elderly people in Larestan, 1390-1393.

Methods: In this cross-sectional and descriptive study, 2841 people above 60 years old encountered medical emergencies and trauma, from 1390 (Farvardin) till 1393 (Aban) that were registered by Larestan emergency medical system, were assessed. Data collected and analyzed by SPSS 16 software.

Result: Of 2841 assessed people, 2307 persons (81.20%) were affected by medical diseases and 534 persons (18.80%) were trauma cases. All of them were above 60 years old. The most common medical diseases were respectively hypertension (23.66%), cardio-pulmonary arrest (14.39%), chest pain (12.83%), respiratory problems (11.74%), decreased level of consciousness (11.22%), hypotension (6.84%), Cerebrovascular accident (5.33%), hypoglycemia (4.85%) and other diseases (9.14%) such as dizziness, headache, seizure, myocardial infarction, poisoning and hyperglycemia. The most common traumas were respectively vehicle accident (45.50%), falling (37.26%) and other emergency events (17.22%) such as cuts, lacerations and bites.

Conclusion: The findings showed that prevalence of medical diseases are more common than trauma emergencies, so strategies should be directed toward prevention and control of these diseases specially hypertension, cardiovascular and respiratory disorders and also vehicle accident.

Keywords: medical emergencies, trauma, elderly, Larestan
A review of the status of injuries in the elderly during 1388-1392 in Isfahan Province

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Background: About six million of the world's population is people above 60 years old. By 2025, this figure will reach one billion two hundred thousand people, 60% of older people are living in developing countries. Accidents are one of the factors threatening human life and currently the second leading cause of death and disability in our country and its prevention requires attention. Since the population of Iran moves toward aging and the highest percentage of the elderly in the coming years will be in Isfahan Province, for this reason, according to the elderly and the prevention of accidents and incidents which threaten to seriously consider.

Methods: This was a cross-sectional retrospective study. The statistical data by type of accident have been extracted and analyzed by SPSS software.

Results: The incident occurred in the 5 years 40,775 which 22,126 (54%) were male and 18,649 (45.7%) were female. In general, the type of accident: fall 5,436 (13.3%) patients, Trauma 10,358 (25.4%) cases, pedestrian accidents 3,856 (9.45%), automobile accidents 4,647 (11.39%), motorcycle accidents 3,338 (8.18%) have been allocated.

Conclusion: According to the statistics of accidents in the elderly is evident that the trauma of 5.25% of elderly accidents, most are and then, the next step is to fall on the cause of the accident is preventable in the elderly. With proper training, securing the location and movement of the elderly, according to the proper use of medicines and treatment of diseases of the elderly, many of the signs and symptoms of these two types of accidents can be prevented. Types of traffic accidents, including pedestrian accidents, automobiles, motorcycles, totally accounted for about 30 percent of the accidents of the elderly. People with training and can also improve the traffic laws and regulations.

Keywords: Elderly, Accidents, Traffic, Isfahan
Medication adherence status and its related factors in patients undergoing percutaneous coronary intervention

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Background: Coronary artery disease is one of the main causes of death in elderly patients and impose significant financial burden on the health care system. One of the common methods of treating the disease is coronary angioplasty. After the intervention, patients need to receive medication treatment to reduce the recurrent signs and symptoms and complications. The purpose of this study was to determine medication compliance status and its related factors in patients undergoing angioplasty.

Method: This cross-sectional study was done in a heart center in Rasht and the samples were chosen from patients who passed their coronary angioplasty 6 months ago by convenience sampling. 88 patients were entered in this study. The questionnaire of study consisting of two sections including socio-demographic and Morisky medication adherence scale. Reliability of these questionnaires were detected by test-retest (r= 92.76%). We called sample by interview and after achieving their verbal consent, all of questions read for them. Data were analyzed using descriptive statistics (frequency distribution, mean and standard deviation) and inferential statistics (T-test and ANOVA).

Results: The finding showed the majority of samples were male (59.1%), married (93/2%) and their mean age was 61±10/7. The majority of samples were illiterate (48/9%), without history of HTN (54.5%), living with spouse and children (54.5%), majority were housewife (33%) and in majority of samples medication adherence (68/2%) was desirable. T-Test showed significant relationship only between medication adherence and sex (P<0/001). There weren’t significant relationship between medication adherence and other variables.

Conclusion: Given that, this patient medication adherence is not complete, it seems we can prevent recurrence signs and symptoms and complications with providing appropriate educational interventions.

Key words: Percutaneous Coronary Intervention, Medication Adherence, Patients
A comparison of Two Falls and Balance Efficacy Scales to Measure Falls Confidence among Elderly Senior Citizens with Repeated Falls

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Background: Various scales have been developed to evaluate falls self-efficacy. Falls Efficacy Scale (FES) balance self-efficacy Scale known as the Activities-specific Balance Confidence scale (ABCS) measure of balance confidence for older adults, which is defined as the degree of confidence possessed by persons’ in their ability to perform specific acts successfully. The purpose of this study was to explore construct validity of the Farsi version FES and ABCS to measure falls related self-efficacy and to determine if these scales can differentiate subjects based on measures of fall risk.

Methods: Secondary data analysis was conducted on elderly community dwellers with repeated history of falls (more than one fall during the last 12 months This study used Mann Whitney t/test to determine if the FES and ABCS could distinguish subjects based on association with known cases of frequent falls and impaired Berg Balance Scale (BBS).

Results: Subjects of the study (n=54) were selected from convenience sample of known cases of frequent falls in a large scale study aged (69 ± 8) years. Assessment included demographics, fall history, scores on the BBS, FES and ABCS.

Conclusion: ABCS, in comparison with FES, can better discriminate people with impaired balance based on the BBS and falls incidence. The findings suggest that, the ABCS scale is an appropriate tool to assess balance confidence in this population.

Key words: FES, ABCS, Balance Confidence, Fall, Elderly
Preserving dignity in caring for older adults: the perspective of nurses and elderly patients

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Background: Progressive increase in the elderly population causes more attention to the health of this age group; because they have numerous health problems and are the main consumers of health care. Regardless of whether the interventions provided by caregivers are physical or psychosocial, one of the basic tenets of caring for elderly is to uphold their dignity. Thus, regards to the importance of the point of view of the elderly and nurses about human dignity in providing dignified care, this study was conducted to assess dignity in caring for older adults from the perspective of nurses and elderly patients.

Methods: This is a cross-sectional study on 150 nurses and 150 elderly patients who were selected by census and convenient sampling respectively. Data collection tools included a researcher-made questionnaire consisted of demographic information, assessment the importance of and respecting the dignified care on elderly patients' health in hospital. The obtained data were analyzed using software SPSS16 after registration.

Results: According to the study results, although the mean score of nurses perspective about the importance of providing dignified care for elderly patients (9.91±1.76) was higher than the elderly (8.62±0.82), but concerning the respect of elderly patients' dignity, the mean score of patients (77.33±11.13) was significantly higher than nurses(72.43±11.45) point of view (p<0.001).

Conclusion: The results of this study confirmed the importance of considering the concept of human dignity in the care of elderly patients from the perspective of nurses and patients and are another emphasis on several statements in relation to the rights and needs of the elderly to maintain their dignity during care and treatment.

Key words: dignity, elderly patient, care, nurse
The Effects of Group Reminiscence on Cognitive Status of the Elderly

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Background: The growth in the elderly population and contagion in various cognitive impairments and disorders among this age group, attending accessible, inexpensive and low-side cure and care methods has become a necessary issue. The purpose of the present study was to investigate group reminiscence effects on cognitive abilities of elders.

Methods: This research was in the semi-experimental category aimed to determine the influences of group reminiscence on cognitive abilities of elder patients at the “Moharrey’s Psychiatric Hospital” Shiraz. Thus, forty 60-75 years old people in this hospital (20 females and 20 males) were purposefully chosen, as the subjects, and were divided into two teams of group reminiscence, and without intervention, considering the same proportion between the two teams. Abbreviated mental test score and Cognitive Abilities questionnaire were implemented on the subjects, before and after the interventions. The reminiscence intervention was in a manner that the group reminiscence team attended 8 group reminiscence sessions (two weekly sessions with the spans of 60 to 90 min). The second team (the evidence group) didn’t receive any intervention, during the research.

Results: Cognitive abilities increased significantly, among the group reminiscence, and the increment of group intervention team was significantly more than that of the group without intervention (P<0.05).

Conclusion: According to results of this study, it should be considered that the elder patients, could improve their cognitive abilities by group reminiscence. However, further researches are required, to achieve more accurate conclusions.

Keywords: Cognitive Ability, Group Reminiscence, the Elderly
The Effect of Group Logotherapy on Self-esteem of Elderly Adults Referred to Mehr Retirement Center in Kermanshah, Western Iran, in 2012

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Background : With aging, individuals gradually lose some of their physiological and mental functions which results in decreasing self-respect in this age group. Logotherapy is a model for controlling aging complications and improving the elderly physical, psychological and social status. We aimed to investigate the effects of group training with the operation of logo-therapy on self-respect of the elders.

Methods: In this study, a semi-empirical design with a pre-test–post-test, and control group was used. We enrolled 30 elderly people using simple random sampling method from the population who met the inclusion criteria. After completing the written consent forms, the participants were assigned into two groups of experiment and control (two groups of 15 participants). The participants of the experiment group attended 10 sessions of logo-therapy. Finally, the questionnaires were completed by participants of both groups immediately after, one month and three months after the intervention.

Results: Results showed that group training with the operation of logo-therapy significantly (P<0/05) increased self-respect of elders. These changes had desirable persistence immediately and after one month of the training but in three months after the training period, although still self-respect scores were higher than scores before the intervention, we observed significant decrease in their rates. During this period scores of witness group did not have any significant changes.

Conclusion: Group training with the use of logo-therapy can have effect on self-respect of elders. But for persistence of these trainings, the length of this period should be reviewed.

Key words: Logo-therapy, self-respect, elder, group training
Changes in temporal parameters during weight-shifting tasks: A comparison of older adults with and without history of falling and healthy young people

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Objective: This study investigates whether community dwelling older adults with and without history of falling and healthy young people are different during weight shifting tasks.

Method: 11 elderly fallers (74.09±6.25 yrs), 31 non-faller elderly (71.23±5.24yrs) and 35 healthy young individuals (29.29±3.98)were enrolled in this study. The temporal parameters of right knee joint in sagittal plane was recorded using two Inertial-Magnetic Sensors (Xbus kit/Xsens) during Alternate Step Test (AST) with sampling rate of 100 Hz.

This test involves alternatively placing the entire left and right feet as fast as possible onto a step 19 cm high and 40 cm deep.

Results: Taken together, our findings indicate that the studied groups are significantly different when the right foot is on the floor or onto the step but not different in time to step up and step down.

Conclusion: Temporal parameters of stepping are affected by ageing and history of falling. It seems young people and elderly with and without history of falling have more differences in resting phases of stepping than transitional phases.

Key words: elderly, young, history of falling, temporal parameter.
Nutritional status of the hospitalized elderly of the selected hospitals in Mashhad; Iran 1393

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Introduction: Nutritional deficiencies causing physical destruction and the elderly are susceptible to severe illness and finally hospitalization and if this deficiencies are not corrected lead to long-term period of treatment and greater complications. Therefore, this study it's done aimed to assess the nutritional status of elderly patients in selected Hospitals of Mashhad in 1393.

Method: The study included 34 elderly hospitalized at several hospitals in Mashhad. Data were collected using demographic questionnaire and the Mini Nutritional Assessment (MNA) questionnaire. Patients answered to 5 questions about their nutrition and activity in the last 3 months. In this questionnaire score of 12-14 indicates a normal nutritional status, 8-11 at risk of malnutrition and 0-7 malnutrition. Data were analyzed using SPSS version 16.

Results: The mean age of patients was 70.55±5.15 years, the majority of them (67.6%) were male. 94.1% lived in his own house. BMI in majority of them (63.6%) was in normal range. The amount of developing underlying disease such as heart disease, respiratory disease and diabetes was respectively 32.4%, 8.8% and 17.6%. 52.9% of participants had no history of previous hospitalization. The results of the nutritional status of patients showed that 61.8% of elderly have malnutrition and the rest (38.2%) are at risk of malnutrition.

Conclusion and discussion: The results show that the nutritional status of the elderly in the hospitals is inappropriate and needs to be further evaluated by nutritionists. So it is important that the managers and officials set the programs in order to solve this problem.

Keywords: Nutrition, elderly, hospitalization
Effects of Soy on Body Composition: A 12-Week Randomized Controlled Trial among Iranian Elderly Women with Metabolic Syndrome

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Background: To examine the effects of soy [in the form of textured soy protein (TSP) and soy-nut] on body composition in elderly women with metabolic syndrome (MetS).

Methods: A 12-week randomized clinical trial was conducted on 75 women between 60-70 years of age with MetS in rural health clinics around Babol, Iran in 2009. The participants were randomly assigned to one of the three groups of soy-nut (35g/d), TSP (35g/d) and control. Body fat, lean mass and anthropometric indicators were measured before and after intervention.

Results: Participants were classified as overweight and showing android fat distribution. After 12 weeks of intervention, both soy-nut and TSP groups showed an increase of non-significant in lean mass (0.9 and 0.7 kg), hip circumference (0.45 and 0.28 cm), triceps skinfold (TSF) thickness (0.87 and 0.67 mm) and reduction in BMI (-0.15 and -0.33), waist circumference (-0.83 and -1.2) and body fat (-1.5% and -1.7%). Significant increase in the mean change of TSF and lean mass was observed in the users of soy-nut compared to the control group (P<0.01, P<0.05).

Conclusion: 12-week intervention of soy had a mild favorable effect on body composition in elderly women with MetS.

Keywords: Soy, Metabolic syndrome, Body composition, Elderly women
An investigation of acetyl cholinesterase inhibition activity of Iris germanica rhizome (a memory improvement plant in Iranian Traditional Medicine-ITM)

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Background: It is not secret that Alzheimer's disease (AD) has imposed financial and personal costs to individuals, especially the elderly. AD has been known as the origin of dementia and common neurodegenerative syndrome which one of its pathologic factor is cholinergic system disorders. ITM recourses has been used for many years by practitioners and its efficacy investigated, so it is a good reference to find natural, safe and efficient agents to treat diseases. One of the plants which advised by ITM to improve memory and treat dementia (Nesyan) is Iris rhizome (Iris germanica). Moreover, there is not any study on the AChEI activity of Iris. So, we decided to evaluate anti-AChE activity of Iris to develop an effective anti Alzheimer’s agent.

Methods: Irsa was purchased from Tehran. Hydro alcoholic (Methanol/water) extract of plant was prepared. Then, AChE inhibitory activity of the extract was evaluated using the modified Ellman method in six concentrations. The assay is based on measurement of the change in absorbance at 405 nm. The method is described in detail by Ellman, G. L., et al.

Results: Iris showed effective anti-AChE (IC50 = 86.28µg/ml, comparing with Donepezil as a reference drug).

Conclusion: In this work, we could introduce a natural, easily available, economic, and safe agent for the treatment of signs and symptoms of AD. Anti-AChE activity revealed that propolis would be useful in drug discovery research for anti-Alzheimer’s agent.

Key words: Acetylcholinesterase inhibitor, Ellman method, Iris germanica
Examination Role of Demographic Factors and Patient's Belief about Prescribed Medicine on Adherence to Drug Treatment in elderly with cardiovascular diseases in bushehr,1392

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Background: Elderly group is one of the highly increasing groups with high rate of medication and non-adherence to medications in elderly has a high prevalence. The aim of the current study is to determine the effect of Patient's Belief about Prescribed Medicine on Adherence to Drug Treatment in cardiovascular diseases and its relation with demographic variables in educational hospital and outpatient’s centers of Boushehr.

Methods: this cross-sectional descriptive study with simple sampling method was performed on 125 elderly patients with cardiovascular disease. Data collected by BMQ questionnaire and for analyzing the descriptive indexes and correlation tests to PEARSON and Spearman by helping SPSS software version18 was used.

Results: The results have shown 57.6 percent of samples were females and 42.4 percent of samples were males. Among the demographic variables the number of daily doses of medicine, history of hospitalization and gender had a significant relation with patients’ beliefs about adherence to medications. (P value=0.001).

Conclusion: several demographic factors such as number of daily doses of medicine history of previous hospitalization and gender had effect on patients’ beliefs about adherence to medications. Considering these factors especially by Physician and nurse can be useful in performing procedures to increase belief and finally adherence on medication in patients, especially for older patients can be effective.

Key word: Patients beliefs; Adherence; Cardiovascular disease; Elderly; Prescription drugs.
The effect of Self Management Empowerment Model on Sense of Coherence among Elderly patients with Cardiovascular Diseases

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Background: Old age restrictions with cardiovascular disorders endanger people's quality of life. Promote a sense of coherence (SOC) and ability of the elderly to cope and manage the problems of old age seems necessary. The purpose of this study was to determine the effect of Self Management Empowerment Model on sense of coherence among elderly patients with cardiovascular disease.

Methods: This study was a randomized clinical trial. Participants were 96 elderly people with cardiovascular disease in Bushehr Heart Center, that chose easy and accessibility, then Samples were allocated to case and control groups. Data collection tool was Antonovsky SOC questionnaire. The intervention was performed in five steps based on the empowerment model. post-test was performed 1.5 months after pre-test in control group and 1.5 months after intervention in case group. Data were analyzed using SPSS version 18 and chi-square, independent t-test, and mann-witney (P<0.05).

Results: Comparison of mean score of SOC before intervention between case and control groups was not significant (p>0.05). After intervention, there was significant differences in total and three dimensions of SOC scores before and after (p<0.05) and to improve SOC scores in the case group.

Conclusion: Application of Self Management Empowerment Model is effective for improving SOC among elderly patients with cardiovascular disease.

Key Words: Empowering, Sense of Coherence, Aging, Cardiovascular Disease
An investigation of the relationship between loneliness and death anxiety in the elderly living in nursing homes and boarding homes in Mahal and Bakhtiari

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Background: This study aimed to investigate the relationship between loneliness and death anxiety in the elderly living in nursing homes and boarding homes. Various factors may affect the extent of loneliness among the elderly.

Methods: The method of the present research was descriptive correlation. Loneliness Scale (Russell, 1980) and Templer Death Anxiety Scale (1970) were utilized to evaluate levels of Loneliness and death anxiety, respectively.

75 elderly people living in nursing homes and boarding homes were recruited using random sampling method and questionnaires were used for data collection. For data analysis descriptive statistical and Pearson correlation procedures were used.

Results: A positive and significant correlation (r=0.538) was seen between loneliness and death anxiety (P≤0.01).

Conclusion: According to the results there was a positive significant correlation between loneliness and death anxiety and confirm with finding of other researcher such as Sarvandian and Hassanpour (1993). loneliness can affect death anxiety in old age.

Key words: elderly, Aged, Loneliness, death anxiety, nursing homes and boarding homes
The Prevalence of mental disorders and relationship between type 2 diabetes among elderly who referred to health care center in Shiraz

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Background: reports have shown spot prevalence of mental disorders in elderly is 13%. Mental disorders are one of the important complications in diabetes II. This study aimed to determine relationship between mental disorders with diabetes II.

Methods: in this cross sectional study, 400 elderly who referred to health care center in Shiraz, 2014 were chosen using random/cluster sampling method. A checklist containing demographic information, sleep disorder, depression, dementia, and diabetes status and etc. was used to collect data. These checklists were completed using the elderly periodic care records. Data analysis was performed using descriptive statistics and chi-square tests and SPSS, version 19.

Results: The results showed prevalence of diabetes in women is 79% and in the men is 57%. 28% of the women and 30% of the men with diabetes diseases had token of depression. 35% of the women and 30% of the men with diabetes diseases had sleep disorder. Results suggest that there is a significant relationship between sex (p<0.001), depression (p=0.004) and dementia (p=0.02) with diabetes II. There is not a significant relationship between sleep disorders with diabetes II.

Conclusion: According to the increasing prevalence of mental disorders in the aged person that have a diabetes disease and difference between mental disorders prevalence in men and women’s, assessment and treatment of this disorders should be part of treatment of aged person that have a diabetes disease.
Educational Intervention Based on Successful Aging Approach in the Elderly: A Clinical Trial Study


**Background:** Many criteria of successful aging are directly connected with Health-Promoting Behaviors. The current study aimed to evaluate the effect of an educational program based on the successful aging approach on health promoting behaviors in the elderly.

**Methods:** This clinical trial study was conducted on 464 Iranian elderly people over 60 years who were admitted at Health Houses for 12 months. Participants were selected through a two-stage cluster sampling and were placed in the control and intervention groups (232 participants in each group). The data collection tools included: a demographic checklist, Palmore Facts on Aging Quiz and the second version of Health Promoting Lifestyle Profile. The intervention was designed based on adult strategy education in five 45-minute sessions. The data obtained 3 months after the intervention were compared with the data obtained before the intervention. The data were analyzed using the descriptive and analytical tests such as paired T-test with SPSS version 20, at the statistical significant level 0.05.

**Results:** The mean age of the participants in this study was 65.9 ± 3.6 (range 60-73). Results showed a statistically significant difference between the intervention and control group after the intervention in the mean scores of awareness of aging facts and score of health promoting behaviors.

**Conclusions:** Focusing on successful aging and adopting HPBs can prevent and decrease aging problems which in turn decreases the financial burden and related costs.

**Keywords:** Educational Intervention; Successful Aging; Health Promoting Intervention; Elderly; Knowledge.
Abdominal obesity a major risk factor for old age

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Background: In clinical, research, and public health fields, body mass index (BMI) has been commonly used to define overall obesity. However, BMI does not consider the pattern of body fat distribution. Abdominal obesity, a key component of obesity, can be assessed using simple measures such as waist circumference (WC) or waist-to-hip ratio (WHR). Total body and abdominal obesity have well-known associations with all-cause mortality morbidity and disability, resulting in unhealthy life-years with poor quality of life and increased health care costs.

Method: This study aimed to investigate the prevalence of abdominal obesity and its association with health status. Study population was 240 old age adults. Demographic information, Nutritional questionnaire, BMI and waist and hip circumference measurements were obtained. WC and WHR were used to evaluate abdominal obesity. WC was measured during minimal respiration at the mid-point between the lowest rib and the iliac crest to the nearest 0.1 cm, and hip circumference was measured at the point of maximum buttock extension to the nearest 0.1 cm. WHR was calculated as WC divided by hip circumference. All measurements were taken by trained investigators. The data were analysed using SPSS software and statistical test such as chi square and other test.

Result: 58.3% of all cases were women, mean age was 66.8 years, most of cases education under diploma 70%. 48.1 have normal range BMI and other underweight or overweight. Data suggested W/H ratio in 40% men and 60% women were above normal range. only 24.8% have good nutritional status, 63.2% at risk for malnutrition and 12% malnourished. 48.1 have normal range BMI and other underweight or overweight significant difference between questionnaire score and sex (p=0.00), age (p=0.00), BMI (p=0.00), and significant difference between W/H and BMI (p=0.00).

Conclusion: Physical health, was more vulnerable to impairment with abdominal obesity, and the impairments varied between genders. Public health agencies should emphasize that abdominal obesity impairs physical health.

Keyword: abdominal obesity, W/H ratio, BMI, Nutritional status
A comparison of lifestyle between elderly men and women in Isfahan Province in 2011-13

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**Background:** Medical and health advances led to the relative increase in human longevity and the elderly population. Common diseases in elderly can be prevented by healthy lifestyle. Identifying the current status of seniors is necessary to design educational intervention programs to improve their health and quality of life, so the aim of this study was to access the elder people’s lifestyle in the two sexes for future planning.

**Methods:** This study was a descriptive cross-sectional in which 4321 elderly people were enrolled. Sampling was randomized by multistage stratified cluster. Data were collected by Iranian elderly lifestyle questionnaire and were analyzed by SPSS 20 software using descriptive statistics, t-test and ANOVA.

**Results:** The total mean lifestyle score in men and women was 146.5 ± 19.4 & 140.8 ± 18.6 with significant differences (p<0/001) and mean areas of lifestyle respectively: Prevention 59.8 and 59.2 is not significant(p=0/08) , Exercise 13/1 and 12/5 with significant differences(p<0/001) ; nutrition 32/2 and 32/06 is not significant(p=0/28); Stress management 16/9 and 15/9 with significant(p<0/001) ; personal and social relations 24/5 and 21/1 that were significantly different(p<0/001) .

**Conclusions:** In this study in most areas, men’s scores were significantly higher than those of the women. Lifestyle in Isfahan is almost satisfactory but still needs training.

**Keywords:** Lifestyle – Elderly- Health
An assessment of the Quality of life of Elderly people in Isfahan Province (2011)

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**Background:** There is an increase in human life expectancy. Today, the most important challenge is "having a better quality of life". The aim in seniors is increasing their longevity and also their quality of life. Identifying the current status of seniors is necessary to design intervention programs to improve their quality of life, so the aim of this study was to access the elder peoples' quality of life.

**Methods:** This cross-sectional study was performed in Isfahan in 2012-2014. Through stratified multistage random cluster sampling, 4321 seniors were selected. Information was collected based on SF-36 questionnaire. Data was analyzed by SPSS 20 software using descriptive statistics, t-test, and ANOVA.

**Results:** The total mean age of seniors was 68.74±7.33 in this study. The total mean quality of life score was 57.96±20.45. The total quality of life score was statistically related to factors such as age, gender, education, chronic disease, and place of living.

**Conclusion:** The quality of life status of Isfahan province elderly is relatively modest. According to the effectiveness of the expressed factors on quality of life, with improving the different effective factors from adulthood, we can have a dynamic aging.

**Key Words:** Quality of life, Elderly, SF-36
Evaluation of blood pressure in elderly covered by Sabzevar University of Medical Sciences in 2013

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Background: The role of hypertension on mortality, disability and reduction of quality of life is clear in the elderly. This study was conducted with the aim of provide strategies for reduction of morbidity and disability in elderly in Sabzevar University of Medical Sciences.

Method: This Cross-sectional study was done on 4831 people aged over 60 years who participated in the project. Data collection method was voluntary sampling. Assessment of blood pressure was done based on protocol recommended by the Ministry of Health's Office of Elderly. For data analysis were used SPSS software version 11.5 at a significance level of less than 0.05 and chi-square tests.

Result: Women had abnormal blood pressure 1.4 times more than men (<0.001). Heart complications were the most common and kidney complications were the lowest. 51% of older people were referred to a specialist due to hypertension with complication and drug consumption, but 25/8% were referred due to hypertension without medication.

Conclusion: Low percentage of fallow up may be due to shortage of family physicians, lack of collaboration of elder, cost of requested paraclinical practice. The completion of medical team and increase insurance coverage is proposed to be reduce out of pocket costs.

Key words: hypertension, elderly, cardiovascular.
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Prevalence of mental disorders in the elderly covered by Sabzevar University of Medical Sciences in 2013

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Background: This study aimed to identify mental disorders affecting the quality of life of elderly covered by Sabzevar University of Medical Sciences was established to manage them properly.

Method: This cross-sectional study was conducted on 4831 old people aged over 60 years in 2013. Data collection method was voluntary sampling. Mental disorders were assessed based on protocol recommended by the Ministry of Health's Office of Elderly. For data analysis were used SPSS software version 11.5 at a significance level of less than 0.05 and chi-square tests.

Result: From 4831 participants, 57% was women and 43% men. The most common psychiatric disorders assessed by health workers was sleep disorders (7.43%) and the lowest, depression (2.48%). The most common psychiatric disorders assessed by physicians was sleep disturbances (73.07%) and the lowest depression (1.57%). Women are 2.9 times more than men suffer from depression and 1.7 times more likely to have sleep disorders that are statistically significant (P <0.001). There were no gender differences in dementia (P = 0.2).

Conclusion: In this study, frequency of sleep disorders, were lower than in other studies. It may be due to demographic differences in the study population from other communities. It looks with created capacities by the evolution of health system, can be prevented from disorders.

Key word: mental disorder, elderly, depression, sleep disorder, dementia
The relationship between spiritual well-being, depression, anxiety and stress in the elderly people of hospice and palliative care centers in Shiraz, Iran

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**Background:** In the elderly, depression, anxiety and stress are common and associated with poor quality of life, decreasing in health status, poor physical and social function, more frequent hospitalizations, and higher mortality. Spirituality is often equated with religious faith that is emphasized in palliative care, which has been advocated to relieve suffering and distress. However, there is not awareness of any evidence demonstrating a relationship between spiritual well-being and other health outcomes. Spiritual well-being is an important, modifiable coping resource in elderly population and that causes less depression, anxiety and stress, but little is known about the role of it in the elderly.

**Methods:** A cross-sectional study was conducted in 2013. Participants were referred to clinics of Shiraz University of Medical Sciences, Iran. The sample included 128 elderly people above 65 years of age, who were cooperative and communicative for the interview. Written informed consent was obtained from them. For those who experienced difficulty in reading, the questions were read out and the responses were noted. The study was approved by the Institutional Review Board at SUMS.

**Results:** This study investigated the relationship between spiritual well-being, depression, anxiety and stress. Symptom Inventory depression, anxiety and stress, and also to assess spiritual health questionnaires, were used. Mean age, 70.8 ± 8.7, 74% were married, and 39.4% were illiterate. 16.5% of people have a difficult financial situation. 30.7% stated that their children were living at home, and 49.7% owner of the house. The mean depression score of 57.9±4.28 and the average score of spiritual well-being 83.43±5.2, respectively. All subjects had very severe depression, anxiety and stress, 91.3% had very severe stress and 8.7% had severe stress. The spiritual health of all individuals was at the intermediate level. Based on Pearson correlation test, no significant relationship was found between the spiritual well-being and their depression, anxiety and stress. (P> 0.05).

**Conclusion:** In conclusion, spirituality needs to be formally assessed and integrated into the management of the elderly undergoing palliative care. A longitudinal study from diagnosis onward, although difficult, will provide a clearer picture of the pattern and prevalence of psychological symptoms and their correlation with the spiritual well-being.
Quality of life in older patients with myocardial infarction

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Background: Myocardial infarction has disability and crippling nature that severely affected to quality of life of patients' with myocardial infarction. Quality of life is one of the predictors of mortality and morbidity prevalence in affected patients.

Purpose: The present research was accomplished to determine the quality of life scores' of myocardial infarction patients and related factors on it.

Methods: In this cross sectional study, 350 elderly patients with myocardial infarction were selected by two-stage sampling method that admitted to chosen teaching therapeutic hospitals in Tehran city in the year 2013. Data collection tool consisted of two parts including demographical information and 36-item short form of general quality of life.

Results: Among eight domains of quality of life, social functioning domain with mean and standard deviation 66/71 ± 25/77 and restriction in role playing domain with mean and standard deviation 20/50 ± 25/86 had highest and lowest scores, respectively. Quality of life score among females than males in the majority of sub-domains were statistically lower (P<0.05). Covariance analysis was showed that there were statistically differences among disease severity and quality of life sub-domains (P<0.05).

Conclusion: The results of the study showed that different domains of quality of life in patients with myocardial infarction are undesirable. Therefore, concentration and attention in the nursing care in order to ameliorate and improve the quality of life for these patients appears necessary.

Keywords: Quality of life; Myocardial infarction; SF – 36; Cross sectional Study.
The effect of a self-care nutritional program on elderly men’s quality of life in Hemodialysis wards in Urmia

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Background: Nowadays, the elderly population is growing all over the world. Diseases and conditions like CRF resulting from this age phase can be costly to governments and cause many disabilities which severely affect the quality of life of the elderly, because they are among the vulnerable groups in society. Since health can be declined by aging, a health promotion effective self-care especially in diet of hemodialysis elderly patients is very important. We surveyed the effect of Orem Self Care Model on quality of life (QOL) of elderly in hemodialysis wards in Urmia.

Methods: In a non-random convenience sampling, this cross-sectional study was conducted on 50 elderly patients over the age of 65 admitted to hemodialysis wards in Urmia. After convenience sampling, they were randomly assigned to two groups of experimental (n=25) and control (n= 30) groups. A Self Care nutritional program was taught for the clients came to hemodialysis wards. Data was collected by the Short Form Health Survey (SF-36) before and after the intervention and was analyzed by descriptive statistics and paired t-test and analyzed using SPSS-PC (v.16).

Result: Results showed a significant increase in mean scores of different dominations of QOL including; health, physical performance, physical role-performance, emotional role performance, social performance, body pain, power and energy, general health perception, and overall mean of QOL. Paired t-test showed a significant difference in all of dominations of quality of life between the experimental and control groups (P<0.05) after intervention.

Conclusions: Performing a nutritional self-care educational program to elderly about the practices of proper diet, can prevent a lot of problems and have a positive influence on improving QOL of them.

Key words: self-care, nutritional program, quality of life, hemodialysis, Urmia
Psychometric properties of the Iranian version of Beck Depression Inventory-II (BDI-II) in elderly population

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Background: The elderly population has progressively increased over the last years and is expected to include a much greater proportion of the World population in the future. Mental disorders such as depression and dementia are most common in elderly. Thus, there is a need to valid screening measures for common conditions in aged population. This study aimed to evaluate the diagnostic validity of the Beck Depression Inventory-II (BDI-II) in the elderly.

Materials and Methods: The BDI-II and General Health Questionnaire (GHQ-28) were administered to 233 subjects over the age of 60 selected by stratified random sampling in Qom City, Iran. The BDI and GHQ-28 were examined at about a two-month interval. Twenty-four elder were withdrawn during the retest of BDI-II, so that the retest conducts to 209 subjects.

Results: 12.9% of study population had major depression; %24/9 and% 45/1 of were rated as middle a mild depression, respectively. The BDI showed significant positive internal consistency (Alpha=0.92) and test–retest reliability (r=0.64), Intra-class Correlation Coefficient (ICC=0.81), convergent validity with GHQ-28(n-209) was significantly positive(r=0.80).

Conclusion: The results of this study showed that the Iranian version of the BDI-II is valid, reliable and appropriate instrument measure for screening of depression in elderly.

Keywords: Validity, reliability, Beck Depression Inventory-II, elderly
The effectiveness of Poetry Therapy on Loneliness among Older Women

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Background: The purpose of this study was to examine the effectiveness of poetry therapy on loneliness among older women.

Method: This was a quasi-experimental study and used pre-test and post-test with the control group. The statistical population included all elderly women in Mashhad during the first 6 months of 2014 that 20 patients with available sampling were selected and after that were divided into two groups (n =10) and control group (n = 10). Measure of this study is Loneliness scale.

Findings: The Result of covariance showed that poetry therapy affect loneliness among older women.

Conclusion: poetry therapy can help older women by reducing their loneliness.

Keywords: poetry therapy, loneliness, older women
Psychometric properties of Self efficacy of Health Practice Scale (SRAHPS) in Iranian elderly

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Background: Self-efficacy is one of the main contributing factors in adoption of healthy behaviors. Measure of self-efficacy measurement is important in health planning and interventions. The present study examined the reliability and validity of Self-rated Abilities for Health Practice Scale (SRAHPS) in the Iranian elderly.

Methods: This was a descriptive–applied study that conducted on 310 elderly in Tehran. The applied instrument was SRAHPS questionnaire. Forward-Backward method used for the translation. CVI index and factor analysis to assess the content validity and construct validity, respectively. Ten percent of study population selected for test-retest Reliability and have been interviewed following two weeks. Internal consistency of the questionnaire was tested by Cronbach's alpha. SPSS-18 software used for data analysis.

Results: The mean age of the participants was 67.1 ± 5.9 years. Content validity Index of the questionnaire and all of its domains were greater than 0.82. Exploratory factor analysis resulted in a four-factor model explaining 63.89% of the variation. Confirmatory factor analysis also showed fitness of good. Cronbach’s alpha for the instrument and its subscale was ranged 0.73 - 0.84. The ICC for the instrument 0.76 and for its subscale ranged between 0.76 to 0.84.

Conclusion: The present study showed that SRAHPS questionnaire has an acceptable reliability and validity for the assessment of self-efficacy in the Iranian elders.

Key Words: Reliability and validity, self-efficacy health behaviors self-efficacy, elderly
The effect of group interaction on mental and social interaction dimensions of quality of life in the elderly referred to Jahandidegan center in Shiraz, Iran

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Background: This study was designed to assess the effect of group interaction on mental and social interaction dimensions of quality of life in elderly referred to Jahandidegan center in Shiraz, Iran.

Methods: 85 clients aged 55 - 75 years participate in this interventional study. The General Health Questionnaire (G.H.Q) was primarily administered to the elderly referring to the Jahandidegan center and then scores lower than 23 were identified and 90 subjects were selected for the study. Next they completed the WHO- QOL BREF questionnaire (SF26) and were placed in two groups consisting of 45 subjects (experimental & control groups). Eight group interaction sessions were held weekly for experimental group. After the completion of the sessions SF-26 was completed by them and after 3 months it completed by experimental and control groups. Descriptive statistics, Paired T test and repeated measurement were used to analyzing data.

Result: dimension’s scores of QOL in the elderly attending the group interaction sessions, was significantly higher than the scores of subjects were as control group .There was a significant difference in the score of mental (P<0.003), social interaction (P<0.004) dimensions, and QOL (P<0.007).

Conclusion: Based on our findings, group interaction has a positive effect on different dimensions of QOL .The effect will last even after 3 months. So we introduce it as an alternative teaching strategy for elderly.

Key words: elderly, mental, social interaction, quality of life, group interaction
Can guided imagery reduce anxiety in the elderly undergoing cataract surgery?

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Background: Visual acuity has an important role in the elderly’s communication with the environment. Cataract is a major cause of reduced visual acuity in the elderly, which can be treated only through surgery. Like in any other surgery, the elderly who should undergo cataract surgery experience a lot of anxiety. Relaxation can reduce anxiety through comforting and relaxing patients. Therefore, the present study was conducted to determine the effect of guided imagery on anxiety in the elderly undergoing cataract surgery.

Methods: The present randomized clinical trial recruited 50 elderly patients undergoing cataract surgery, who met the inclusion criteria through convenient sampling from patients at Vasei Hospital in Sabzevar, Iran, and randomly assigned them to the case and control groups. The control group received routine care and the case group received guided imagery using an audio file. Spielberger’s anxiety inventory and a demographic questionnaire were used to collect data. The data were analyzed using statistical tests in SPSS v 16 software.

Results: The mean score of state anxiety did not significantly differ in the two groups before intervention (p=0.064), but significantly reduced in the case group after intervention (p=0.000). Analysis of covariance confirmed the effect of the intervention at a significant level (p=0.000).

Conclusion: Guided imagery can effectively reduce anxiety in the elderly undergoing cataract surgery. Hence, it is suggested that clinical nurses, nursing managers and students use it for better nursing services.

Keywords: guided imagery, anxiety, elderly
The effectiveness of Teaching Communicative Patterns of Pluralistic Family on Psychological Well-Being and Somatic-mental Symptoms of Women over sixty years old With Psychosomatic Disorders in Shiraz

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Background: The purpose of this study was to measure the efficacy of teaching communicative pattern of pluralistic family on the psychological well-being and somatic-mental symptoms of women over sixty years old.

Methods: This experimental study was designed to have a pre-test and post test and also a control group. Subjects of this study were comprised of Medical Centers clients in Shiraz and was based on random sampling. 100 women (50 control, 50 experimental) over sixty years old were selected according to the revised version of family communication patterns of Koerner and Fitzpatrick. Two dimensions, laisseze fair and protective family patterns, were taken into account through the process of selection. Ryff scales of psychological well-being and psychosomatic disorders questionnaire and DASS-21 were administered to 100 women and they were randomly divided in to a control and an experimental group. Ten training sessions, 90 minute each, were held for experimental group exposed to pluralistic communication patterns. Tests were run for two groups.

Results: The result of covariance analysis revealed that with regard to somatic-mental symptoms and psychological well-being, there was a significant difference in both groups (p<0.001). But there was no significant difference between experimental and control groups in the aspects of mental symptoms (depression, anxiety, stress) and psychological well-being.

Conclusion: Based on these results, it can be concluded that pluralistic communication methods can be effect in reducing somatic-mental symptoms and increased psychological well-being in women.

Key words: communication, somatic pain, mental disorders
Analysis of Life Quality Related to Health of the Elderly in Shiraz’s Retirement Associations, 2013

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Background: The elderly are a growing group of the modern societies and account for a considerable portion of population. Their global population will reach 2050 in 2050. With increase in population of the elderly, the associated supporting, social, rehabilitation, health and medical issues and problems will rise as well. Thus, paying attention to the health and reforming their lifestyles followed by designing of appropriate intervention programs might lead to enhancement of their efficiency and effectiveness.

Method: The present study is a sectional descriptive-analytic research. The case study comprised 140 individuals of the elderly who were members of Shiraz City’s retirement associations. They were selected randomly in terms of gender (male and female). Their information was collected via SF-36 standard questionnaire (Life Quality Indices) and Social Support questionnaire. Likert scale scores ranging from 0 to 100 were used for scoring the responses. T-test and ANOVA and correlation tests were utilized for analyzing the acquired data.

Result: In the present research, totally 140 persons participated consisting of 41 men (43%) and 79 women (57%) with an age domain of 40-81 years. The average age of the participants was 68.9 years. The results showed the following mean values for different parameters; physical health index: 60.8, mental-psychological health index: 59.7; social performance: 67.7, physical activity: 60.1, general health: 59.2, vitality: 66.5, limitation in playing role due to mental-psychological problem: 51.2, and limitation in playing role due to physical problem: 57.2. In addition, a significant difference was observed between life qualities of male and female participants. There was also a direct and significant correlation between education and income levels. It was also demonstrated in the current research that life quality in married and healthy individuals is significantly different from unhealthy people.

Conclusions: The results of the research showed that the elderly women enjoy higher life quality than the elderly men. Also, there were direct and significant correlations between life quality and variables like marital status, health state, and income level. Therefore, it seems vital to plan for instruction and development of health-promoting behaviors among the elderly.

Key Words: Life Quality, The Elderly, Retirement Associations
Attachment to place and positive and negative effects among the elderly population

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Background: Attachment to place often becomes particularly important as people age and have significant losses in their lives. There is increased need to recognize the significance of attachment to place and how this affects all areas of life. The aim of this study was to investigate the correlation between place attachment and positive and negative affects among community-dwelling elderly people in Shiraz, Iran.

Methods: The subjects were 103 community-dwelling elderly people, aged 60 to 93 years (X = 66.7, SD = 6.61). Data were collected from Positive and Negative Affect Scale (PANAS) and place attachment measure. The Pearson correlation coefficient technique and multiple hierarchical regression analysis were used to search whether positive and negative affects and also demographic variables significantly explain place attachment.

Results: A significant negative relationship between positive affect variable and attachment to place was found [r (103) = -0.299, P = 0.002 (two-tailed)]. Positive affect accounted for 8.9% of the change in attachment to place. However, there was a significant positive correlation between demographic factors (Gender, marital status, living with children, and year’s income) and attachment to place among elderly persons. Demographic variable accounted 29.7% of change in place attachment among elderly people.

Conclusion: Positive effects and elderly characteristics are assumed as a strong determinant of place attachment in community-dwelling elderly people.

Keywords: place attachment, elderly, well being, affects
Development of chronic pain management model in older people:

A qualitative Study

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Background: Identifying significant factors influencing chronic pain management process and achievement to a comprehensive model for effective chronic pain management in the elderly is of great importance. Hence, the current study aimed to develop a model for chronic pain management in the elderly.

Material & Method: This qualitative study with grounded theory approach was applied using semi-structured interviews and observation of participants as the main methods for data collection. Study participants consisted of thirty elderly people with chronic pain, three relatives and twenty-nine health care providers participated with purposive and theoretical sampling methods in Ahvaz city. Data analysis was performed concurrently with data gathering based on Strauss and Corbin’s proposed method. Data rigor was confirmed via Lincoln and Gubba’s approach.

Result: Chronic pain management process in the elderly consist of five category including “living with pain”, “Loving life”, “Holistic supporting”, “Being vulnerable” and “ailment”. Among them “living with pain” was the major variable. These constructs are formed chronic pain management model.

Conclusion: The elderly chronic pain management model developed in this study consist of five constructs including living with pain, Loving life, Holistic supporting, Being vulnerable and ailment. In order to applying this model in clinical setting, testing of that by another study is essential.

Key Words: Model, Pain management, Chronic pain, Older people, Qualitative Study
Correlation between Body Mass Index and Postural Balance in Elderly

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Objective: Falling is a common problem in growing elderly population. Researches show that impairment of balance and postural control plays a major role in falling. The biomechanical evidence suggests that increased body mass index (BMI) worsens the postural control. The purpose of this study was to determine one of the effective factors for falls in elderly and also to suggest different preventive approaches.

Materials & Methods: In a cross-sectional study, 30 women and men, over 60 years old were selected. The Burg Balance Scale and BMI were measured and the relationship between these two variables was investigated.

Results: Results showed a significant relationship between BMI and balance based using Pearson test (R= -0.39 and P<0.05). Although no statistically significant relationship was found between age and balance, balance in men seemed to be better than women.

Conclusion: It appears that there is a relationship between BMI and balance in older people, and this index can be used as a criterion to predict falls in elderly people.

Keywords: Postural control, Body Mass Index, Elderly
Evaluation of health status (physical and mental) in the elderly of Kerman. 2012

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Background: With increasing life expectancy, mean and median age of the population and the number and proportion of older people have increased. To plan for providing services to this population, access to accurate information is essential. The present study describes assessing physical and mental health status elderly in Kerman city that will provide appropriate evidences for planners.

Methods: This was a cross-sectional study in which 400 elderly people were questioned in Kerman. Data collection was performed by standard questionnaires (ADL, SF36, Kessler-K6 and Yeild questionnaire). To analyse the data we used SPSS17 software, and statistical tests such as chi square, T test, and one way ANOVA were applied.

Result: More than half of the elderly had problems with depression and anxiety disorders. In psychological wellbeing, Loneliness is the most common complain of old people. The activities of daily living were found to be without any dependence in 56% of population and 30% with relative dependence and 14% with complete dependence. Also on Physical Performance 22% of elderly had Severe restrictions, 35.2% had Moderate restrictions and 36.2% had Low restrictions.

Conclusion: There are many problems for elderly. Therefore, more efforts are essential to modify these effects in order to protect their independence.

Keywords: Elderly, Activity of Daily Living (ADL), Physical Performance, Anxiety, depression.
Cross-cultural validation of Falls Efficacy Scale International (FES-I) using self-report and interview-based questionnaires among Persian-speaking elderly adults

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**Background:** FES-I has been designed to assess fear of falling (FoF). The purpose of this study was to establish the Persian-language version of the FES-I and to assess its psychometric properties under different modes of administration: self-report and interview-based.

**Methods:** Participants included 191 elderly people aged over 60 who were mostly community dwelling. With an interval of 14 days, 97 volunteers completed the questionnaire in the retest session. To evaluate the construct validity, we assessed the ability of the FES-I to discriminate people based on gender, level of education, number of falls and FoF. The correlation with the Short Form of Health Survey (SF-36), Timed Up and Go (TUG) and Functional Reach Test (FRT) was also determined to test validity.

**Results:** Internal consistency was excellent in both self-report (0.93) and interview (0.92) versions. All intra-class correlations (ICCs) were above 0.70 with the highest reliability obtained for the condition where the interview based FES-I was used in both test and retest sessions. The strength of correlation between the FES-I and TUG varied based on mode of administration: moderate for interview and high for self-report mode. The FES-I had a higher correlation with the SF-36 subscales of physical health than subscales of mental health. The FES-I had the ability to discriminate the participants based on gender, educational level, and number of falls and FoF.

**Conclusion:** In conclusion, both interview and self-report versions of the FES-I demonstrated acceptable measurement properties to assess FoF in Iranian elderly persons.

**Keywords:** Fear of Falling, FES-I, Iran, Elderly
Desirable aged care outcomes in Iranian families

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Background: In Iranian culture and context, family members prefer to provide care to the elderly in family. Therefore determining the importance of family's caring behaviors related to the elderly in Iranian families is necessary. The purpose of this qualitative study was to describe and explore the experiences of Iranian family members providing care to elderly people at their own homes.

Method: Semi-structured interviews were held with 11 family members providing care to elderly at their own homes chosen using purposeful sampling. Thematic analysis was conducted for data analysis.

Results: Following the analysis of data three major themes of individual skills, sacrifice and forbearing were extracted as the desired outcomes of aged caring in the family.

Conclusion: Aged care outcomes in the family follow the perception of family members from aged care phenomenon as well as their value and faith related fundamentals. Conduction of qualitative research with phenomenological approach is recommended to discover the perception of families from aged care meaning in the family by nurses.

Key words: family, aged, care giver, quality of health care, qualitative research, Iran
A  Comparative Investigation of Healthcare Supportive Needs among Rural and Urban Elderly people of Gonabad in 2014

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Background: The elderly health is one of the health problems in most societies and to confront with this problem, the recognition of their needs is necessary. The present study was conducted to determine and compare the healthcare supportive needs among rural and urban elderly persons of Gonabad in 2014.

Methods: This was a comparative-descriptive study in which 192 urban elderly and 238 rural elderly participants with the age more than 65 were selected through clustering sampling. After an interview with each participant and attaining an informed consent, the data was collected through research compiled questionnaire. Then, the SPSS software (version 22) was used for analysis.

Result: Among 430 rural and urban elderly participants in the study, 42.6% male and 46.4% female with the average age of 74.22 ± 7.72 and 65.1% were illiterate in urban community and 57% male and 53.6% female with the average age of 75.23 ± 7.99 and 80.7% were illiterate in rural community. The need for healthcare services in health centers in urban and rural groups was respectively 19.3% and 5.5% and urban elderly persons had more access to specialist and diagnostic and therapeutic units than rural elderly persons (p < 0.05). Considering the need for self-care training, diabetes, blood pressure, the rural elderly persons were in better condition than urban elderly persons. Considering support of self care, access to high quality foods, facilities of cooking, the proportionality of food dietary and physical condition, the facilities for doing religious ceremonies, was more among urban elderly persons than rural persons (p < 0.10).

Conclusion: Considering healthcare supports, self –care and food, the studied urban elderly persons were in better conditions than rural ones. But in the area of educational support, the rural communities were in a better condition than urban communities. Therefore, considering more vulnerability of the rural elderly persons, the meet of their needs seems necessary.

Key words: Supportive needs, Healthcare, The elderly, City, Village
A gender comparison of positive and negative religious coping strategies among elderly people in Shiraz Day centers

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Background: Coping strategies among elderly people is a significant researchable issue and need to be explored in detail. The present study is an attempt to examine the gender differences in the type of religious coping strategies among elderly people both males and females from the elderly day centers in Shiraz-Iran.

Methods: A sample consisted of (N=160) elderly persons was taken for the current study from different Elderly day centers. The sample was further divided into (n=80) men and (n=80) women. The age range of participants taken was from 60 to 90 years. Use of religious coping strategies was measured using the 14-item Brief RCOPE. The Brief COPE assessed coping strategies participants used during the most recent four months when confronting stressful live events. Pearson Product Moment Correlation Coefficient and Independent sample T-test were computed for the statistical analysis of the data.

Results: There was no significant differences in the negative religious coping scores for females (M=12.02, SD=4.21) and males, M=11.6, SD=3.82; t(158)=.628, p=.531. However there was a significant difference in the positive religious coping scores for female (M=24.8, SD=4.32) and males, M=23, SD=3.32; t (154)=2.89, P=.004. The eta squared statistic indicated a large effect size. Results show that females use more positive religious coping strategies as compared to men.

Conclusion: It has been found that there is a significant gender difference among elderly people in using positive religious coping strategies.

Keywords: Religious coping, gender, elderly people
Investigating the Awareness of Depression among Elderly Nursing Home Residents in Shiraz (2013)

Heydari.R, Fathi.F

**Background:** Elderliness refers to progressive and irreversible natural physiology changes occurring during the life of each individual. Although this process can occur in all individuals, it is often associated with significant changes in the health and nutritional needs. Many elderly people are faced with unpleasant changes that can rise to depression in people who do not get enough physical and psychological support. The frequency of clinical significant depressive symptoms among the inpatients elderly was 8 to 15% while among outpatient elderly was about 30%. Depression not only causes elderly not to enjoy life but also it can be considered as a factor endangering their health. Depression in the elderly is often undiagnosed. With regard to the subject matter was postulated that the context of our study. Given the importance of the issue, it was considered necessary to conduct a study in this field.

**Methods:** A descriptive cross – sectional method was used in this study. The sample size in this study included 145 elderly people in retirement centers, offices and culture houses. Random sampling method was used and elderly people (men and women) were equally selected. A 10-item questionnaire was developed to test their awareness of depression symptoms, causes, risk factors for depression, coping strategies and treatment.

**Result:** Findings suggested that awareness of the elderly in relation to depression symptoms, risk factors and supportive methods of depression reactions was 66.89%, 38.62% and 30.34%, respectively.

**Conclusion:** Depression in old age as well as other clinical courses requires identification, intervention and treatment. If you are able to identify the symptoms of depression and suggest effective ways to support the depressed elderly people, then they can experience a happy and sweet life. Supportive methods can be used to increase the ability of people, help the treatment process and obtain the lost energy. Moreover, the use of effective training methods reduces depression problems and strengthens their morale.

**Keywords:** Elderly, Depression, Home Residents
The relationship between religious coping and level of hope among elderly people referring to day centers in Shiraz-Iran

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Background: Religion is an integral component of life for individuals confronted with illness, disability, and death. Many individuals rely on their religious beliefs and practices to provide meaning to the disease experience and obtain comfort, hope, and social support. The aim of this study was to examine how hope is associated with positive and negative religious coping among elderly people from day centers in Shiraz-Iran.

Methods: Descriptive study with a sample of 200 elderly people (119 females and 81 males) responding to Snyder Hope Scale, religious coping (Brief R-COPE), and an instrument including personal data. Data analysis was performed using multiple regression and correlation and values of p equal or less than 0.05 were considered statistically significant.

Results: There was a positive correlation between level of hope and positive religious coping styles (r=.221, p<.002). However, a significant negative correlation was observed between level of hope and negative religious coping styles. Regression model explained 5% and 6% of the variance in the level of hope by positive and negative religious coping styles respectively.

Conclusion: It was concluded that high levels of hope associated with lower level of negative religious coping and higher positive religious coping style.

Keywords: religiosity, coping, hope
Quality of life of the elderly covered by Imam Khomeini Relief foundation in Fars province in 1393

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Background: The elderly population in the world is increasing elderly population and less than 50 years to 2 billion, So an international trend To increase their quality of life has created and given the supportive role of Imam Khomeini Relief foundation covered by this institution in promoting physical and mental health nursing. The purpose of this study was to evaluate the quality of life of elderly people is covered by the organization.

Methods: This study is a cross-sectional descriptive and analytical study of 60elderly people covered by Imam Khomeini Relief foundation in Fars province were randomly assigned (female-male) were selected And quality of lifesf36completedemailogographic data and data obtained were analyzed with SPSS software

Result: The results showed that the mean age of the elderly in this study was 68.3years, 38% male 22%good, 24% moderate and33 percent unfavorable, it was also found that the quality of life and marital status, familial relationships, there is a significant relationship between the level of education and62% were women, Average 8 to 21percent of them are very good indicators of the quality of life.

Conclusion: The results show that Imam Khomeini Relief foundation is trying to raise the quality of life of individuals covered by the institution various reasons are not very good, Various factors affect the quality of life for older people. Therefore, Emdad foundation in partnership with other organizations and programs to increase community participation and improve health and medical services in the elderly may be more effective role in promoting quality of life and empowering seniors.

Keywords: Elderly- Imam Khomeini Relief foundation of Fars- Quality of Life
A Comparison of male and female elderly patients with CVA in Namazi Hospital in Shiraz 1390

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Background: Most developed world countries have accepted the chronological age of 65 years as a definition of 'elderly' or older person. Aging has three groups consisting of:
1- young old (65-74 years old).
2- middle old(75-84 years old)
3- old old (upper of 84 years old).

A cerebrovascular accident is the medical term for a stroke. You have to get treatment more quickly for better prognosis. When a stroke goes untreated for too long, it can be a cause for permanent brain damage.

Methods: This research is a retrospective study. In this case study examined of 168 elderly patients that admitted to Namazi hospital with a diagnosis of CVA in 1390.

Result: The mean age of patients Were similar in both groups (80 years). Women aged 74 to 85 had the highest frequency 64.5%. The death rate among women in the same age group was 70%. The average stay is the same in both groups. Average length of stay (6 - 10 days) in men over 85 years was 40.9 %.

Conclusion: Dangerous disease can be prevented by reviewing the quality of life and providing the necessary training in the different age groups.
The effectiveness of mental and social supports on public welfare improvement of Elderly Health in accidents

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Background: The elderly People are the most vulnerable group in all the accidents who are easily ignored because of unusual problems. But this could be due to special changes in their mental and physical affaires. So, these vulnerabilities can results in increasing stress levels in every event and threaten their psychological health.

Goals: The goal of this research was to investigate the mental and social supports on public welfare. Mental and social support on public welfare improvements in the earthquake of Shonbeh state in Boushehr province.

Methods: About 30 elderly people were selected as a sample group and then divided to two halves (15 people), in the control and experimental groups. The research plan was based on pre-test and post-test on the control group, and public welfare questionnaire was also used. The learning interferences performed on the experimental group during 8 sessions in about 45 minutes. The data analyzed by using the statistical test and multi-variables covariance, too.

Results: The results from the hypothesis – analysis showed that all these mental- social supports highly results in increasing the public health level, social welfare, happiness, and also decreasing the stress and depression in the elderly people, too.

Keywords: Mental and social supports, public welfare, Elderly people
Relationship between emotional intelligence and quality of life in elderly people

Fahimeh Mohamadpour

Background: With the increasing number of elderly people, it is necessary to increase the quality of their lives. The purpose of this study was to investigate the relationship between emotional intelligence and quality of life in the elderly.

Method: For this study, 103 elderly people over 65 years (58 women and 45 men) were selected by convenience sampling and they answered to questionnaire of Bar-On emotional intelligence (1980) and quality of life questionnaire (SF-36). The results were analyzed by descriptive statistics and Pearson correlation and t-test.

Results: Based on the results, all aspects of emotional intelligence showed a significant correlation with quality of life (P <0.01, P <0.05). Also the quality of life in men was significantly higher than women (P <0.01) but it didn't found the significant differences in emotional intelligence between the sexes.

Conclusion: According to the results, the different aspects of emotional intelligence improve the quality of life in elderly people. So that the consultation it can be the major priorities for improving the quality of life in them.

Keywords: emotional intelligence, quality of life, elderly people.
Patterns of coping preferences for male and female community-dwelling elderly persons in Shiraz

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Background: There is considerable interest in how older adults manage severe negative life events in health, interpersonal, and financial/work domains. In this regard, the current study aimed to identify the coping styles predominantly used by elderly subjects.

Methods: The sample of the current study was composed of 120 community residents, predominantly women (n= 74, 61.7%), with ages ranged from 65 to 90 years. A questionnaire was applied to collect personal characteristics and coping strategies were measured by Revised Ways of Coping. This scale contains eight sub-scales that measure different cognitive and behavioral strategies used to cope with stressful conditions. Data were analyzed using descriptive statistics to obtain mean, standard deviations and absolute frequencies. The Chi-square test was performed to compare coping styles among elderly who elected emotion and problem-focused coping.

Results: Regarding coping, the participants predominantly applied emotional-oriented coping strategies, especially the escape-avoidance (mean ± SD: 14.4 ± 4.99) and self-controlling coping styles(mean ± SD: 12.1 ± 2.24) when they face with an stressfull situation. Avoidant coping (AVD) implicates emotionally distancing oneself from a stressful situation(i.e., distancing, self-controlling, accepting responsibility, and escape-avoidance). There was no significant differences in the avoidance or approach coping scores for females and males, t(158)=.628,p=.531.

Conclusion: Elderly people mostly applied emotion-oriented coping approach to adapt with daily problems and stresses, which showed a need for teaching and focusing more on the problem-oriented coping strategies in the training program.

Keywords: coping strategies, elderly, stress
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An assessment of quality of life and its determinants among elderly diabetic patients referring to Diabetic Centers, Shiraz

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Background: Quality of life in old age population can be characterized as a complex, multidimensional and holistic concept that includes social, environmental, structural and health related aspects. Diabetes and its complications have been accepted as having a negative impact on quality of life. Thus this study aims to evaluate the prevalence of quality of life and its determinants among elderly diabetic patients.

Method: A cross-sectional study was carried out among 530 elderly diabetic patients aged 60 years and over. In the present study, the Diabetic Quality of Life questionnaire (DQOL-*BCI) was used. The data was collected using face-to-face interview by trained interviewers. The reliability of questionnaire using Cronbach’s alpha was 0.78. Linear regression analysis, was used to analyze the data.

Results: The mean (±SD) of quality of life of elderly diabetic patients was 41.5 (±6.67). Of them, 52.7% were female, and 80.01% were aged between 60 and 70 years. The quality of life was found to be negatively associated with blood sugar levels (P=0.004). However, income (P=0.001), education (P=0.001) and Occupation (P=0.001) showed a positively significant association with quality of life. On the other hand, age, sex and duration of illness did not show a significant relationship with quality of life.

Conclusion: This study showed that elderly patients with lower levels of blood sugar had higher level of quality of life. Moreover, high income and high education level accompanied with increased elderly diabetic quality of life. It should take a strategy for early retirement of diabetic patient and make a good decision for improve their quality of life.

Key words: Quality of life, diabetic, elderly
Prevalence of Co-complications among elderly diabetic patients: a registry-based study

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Background: Patients with diabetes have more complication such as eye problems, neurological, cardiovascular and renal failure rather than other people. On the other hand, the prevalence of diabetes after age of 65 years is 7 times higher than 24-44 years group. Thus we sought to determine the prevalence of Co-complicated of diabetes in elderly patients with diabetes in Shiraz.

Method: A cross-sectional study was carried out among 530 elderly diabetic patients aged 60 years and over attended in diabetic clinics in Shiraz in 2014. The data was collected using face-to-face interview by trained interviewers. Logistic regression analysis was used to analyze the data.

Results: Overall, 89.1% of elderly diabetic patients had one or more Co-complicated. The prevalence of Co-complicated were as follow: hypertension (HTN) 65.8%, retinopathy 58.5%, cardiovascular diseases (CVD) 37.2%, muscle skeletal 24.1%, nephropathy 17.7% and cardiovascular accident (CVA) 6.2%. Among elderly diabetic patients, duration of diabetes odds ratio 1.73 [95% confidence interval: 1.27-2.33] was positively associated with co-implicated conditions. However, age, sex and educational level were not significantly associated with Co-complicated.

Conclusion: Co-complication in elderly diabetic patients was common and would increase with increasing duration of diabetes. Thus appropriate strategies should be selected to diagnose these Co-complications at the first possible time to be capable for effective cure, help increase the quality of life and health promotion in elderly diabetic patients.

Key words: Prevalence, co-complication, Diabetes, Elderly
Improving the Quality of Life in Elderly patients with schizophrenia in Shiraz Psychiatric Hospital with an exercise program

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Background: Patients with schizophrenia suffer a significantly poorer quality of life than general population. Their problems increase with age. Exercise activities can help to reduce the physical, mental and psychosocial impairments. Therefore, the present study aimed to investigate the effects of 12 weeks of exercise activities on quality of life in elderly individuals with schizophrenia.

Methods: This quasi-experimental study was carried out on the 34 inpatients with schizophrenia between the ages of 55 and 65 years old who were assigned randomly into one of two groups each with 17 subjects: test (exercise) group and control (no exercise) group. There were no individual differences such as gender, age, disorder duration, medication use between the both groups. The test group was taken into a 12 weeks a mild to moderate aerobic exercise program. The exercises were performed every day for 20 minutes. Both groups were assessed before and four weeks after the exercise program. The (WHOQOL-BREF) questionnaire was used to measure QOL. The data were analyzed using the statistical software SPSS 18, Chi-square and Wilcoxon tests.

Results: the subjects in the exercise program showed significantly improvements in all domains of quality of life measures than controls (P<0.01).

Conclusions: an exercise program has resulted in a significant improvement in QOL in elderly patients with schizophrenia. Thus, it is recommended that exercises program be used in quality of life interventions.

Keywords: Quality of life, elderly, schizophrenia, exercise program.
Prevalence of edentulism among elderly population in health centers of Sabzevar University of Medical Sciences

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Background: Edentulism is a common finding among Iranian so that Thirty percent of 55-69 year old people were edentolous. This happen because of lacking knowledge and attitude toward oral and dental health. Elderly population forget brushing. Malnutrition and weakness are consequences of edentulism.

Method: This Descriptive cross-sectional Study was done in Health centers of Sabzevar university of Medical Sciences by referring to previous data regarding sex, Location, edentulism and Denture. Data were analyzed by SPSS ver 18.0 and chi square and T test.

Results: The prevalence of edentulism was %10.3 and %10.5 among elderly female and male respectively. This was %11.7 and %10.3 among urban and rural population respectively. There were no statistical relation between sex and location with edentulism (P=0.4 and P=0.7 respectively). Thirty two percent of female population and 30.8 percent of male population wear Dentures (P=0.3). There was statistical relation between location and wearing dentures (P=0.001).

Conclusion: prevalence of edentulism was higher in male population but edentolus female use dentures much more.

Key Words: Edentulism, Elderly, Denture
The Effect of Cardiac Rehabilitation Based on Orem’s Self-Care Model on Quality of Life in the Elderly People with Congestive Heart Failure; A Double-Blinded Randomized Controlled Clinical Trial


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Background: Congestive heart failure (CHF) is one of the most common diseases in old age which can negatively affect health-related quality of life in older adults. Cardiac rehabilitation (CR) program is one of the most effective therapeutic methods used for increasing quality of life (QOL) in such patients. Orem’s self-care model is a nursing theory which can be applied to help patients improve their self-care behaviors and QOL. In the present study, we aimed to evaluate the effects of CR program based on Orem’s self-care model on QOL in the elderly people with CHF.

Methods: In this double-blinded randomized controlled clinical trial, we enrolled 116 elderly patients with confirmed CHF during April to August 2013. The participants were randomly assigned into intervention and control groups. The elderly patients in the intervention group attended a CR program consisted of three one-hour sessions per week for eight consecutive weeks individually. They simultaneously received face-to-face counseling based on the Orem’s model and a training pamphlet was given to them at the end of the intervention.

Results: We enrolled 90 elderly people whose age range was 60-85 years. Comparison of the mean change scores of all QOL dimensions in the elderly participants of the intervention group before and after the intervention showed a statistically significant difference in the five dimensions (p<0.001).

Conclusion: It can be concluded that applying CR program based on Orem’s self-care model could improve some dimensions of QOL in the elderly people suffering from CHF.

Keywords: Elderly; Quality of Life; Orem’s Self-Care Model
The relationship between the curtailment of personal autonomy by family and the quality of life of the elderly
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Background: Evaluation of quality of life is very important in the elderly. One of the forms of violence and abuse in the family is forced by family members to the elderly. Curtailment of personal autonomy is a kind of abuse that causing the loss of individual identity and independence. This study aimed to determine the relationship curtailment of personal autonomy by family members and quality of life of the elderly members Jahandidegan centers in Tehran.

Methods: A cross-sectional study of 180 elderly participants (122 women and 58 men) aged 65 years and older was conducted in early 2013 in Tehran. Data were collected through face to face interviews with the elderly informants. Cognitive disorders determined by gaining 6 score or higher in Iranian Version of the Abbreviated Mental Test Score. Demographic information questionnaire, curtailment of personal autonomy Questionnaire (10 items) andSF-36(8 domains) were completed. Data using the softwarespss-16 andchi-square test and Mann-Whitney tests were analyzed.

Results and conclusions: The results showed curtailment of personal autonomy impact in all aspects of quality of life and abused elderly with experience curtailment of personal autonomy had less the power strip with all aspects, especially the vitality domain of SF-36 the difference was more obvious (44/55 vs. 39/06) (p<0/0002). Elderly quality of life without the experience curtailment of personal autonomy was better than the experience in this field.

Conclusion: Considering the increasing number of elderly people in our country, the curtailment of personal autonomy may reduce the quality of life and it is necessary to prevent the consequences of participation in multilateral organizations must be involved.

Key words: Elderly, Quality of life, Curtailment of personal autonomy, Family.
The Prevalence of mental disorders among the elderly in Birjand in 2014

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Introduction: The increasing life expectancy has caused aging in the world. Aging is associated with many diseases including mental disorders; knowledge about mental health in the elderly can be useful in programming. Therefore, this study aimed to investigate the prevalence of mental disorders among the elderly in Birjand in 2014.

Method: This cross-sectional study was conducted on 400 elderly in Birjand in 2014, people entered in the study by multiple sampling method. General Health Questionnaire (28) and demographic questionnaire were distributed and collected. Data entered in SPSS 18 and analyzed using ANOVA and pearson coefficient.

Results: The mean age of the participant was 63.65±3.74. 51.2 percent of the participant was suspected mental disorder, 3.3 percent: depressions; 14.1 percent anxiety, 15.2 physical dysfunction and 14.1 Social dysfunction. Mental health status among older age, female, low level education and disabled people were worse.

Discussion: Prevalence of mental disorder among elderly is high. So use of screening tool for early diagnosis mental disorder among elderly specially women, low educational level and disabled Elderly was suggested.

Key words: prevalence, Elderly, mental disorder, Birjand
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A comparison of peer education and community health nursing care by physical quality of life of the elderly patients with hypertension

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Background: the increase in the elderly population in the world and problems caused by the increasing incidence of chronic diseases, especially in the cortex, the international trend to improve their quality of their life. This study aimed to compare peer education and community health nursing care by physical quality of life of the elderly patients with hypertension who were referred to health centers in 93 in Mashhad has done.

Methods: This is an experimental study on 60 cases of elderly patients with hypertension who were referred to health centers was performed in Mashhad in 1393. A cluster random sampling method based on inclusion and exclusion criteria were. Groups within a period of one month training program for peer and self-care by nurses were. To assess quality of life, sf-36 questionnaire was used. For data analysis software was used SPSS 18.

Results: Comparative evaluation of physical dimensions of quality of life before treatment were not statistically significant (p=0/86). But after the treatment the mean physical dimension between the groups was significant (p<0/006). The difference between pre- and post-intervention between groups was also significant (p<0/01).

Conclusion: Counterparts to help health workers play an important role in helping clients to choose a healthy lifestyle in the community, thus enabling them to improve the health of the society.

Keyword: peer, nurse, Quality of life, aging
Common diseases in the elderly in rural areas of Sarayan, South Khorasan province

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Background: Increasing urbanization and population aging changed the pattern of disease. Considering the importance of early diagnosis in the elderly, complete examination in this age period is necessary. The aim of this study was to determine the status of common diseases in the elderly rural areas Sarayan, South Khorasan province in 2013.

Methods: This cross-sectional study was conducted on 1695 elderly people covered by integrated elderly care program. A Form including elderly characteristics and present diseases were completed. Data was analyzed by SPSS (15) software using X2 test at significant level α < 0.05.

Results: In this study 1695 elderly including 880 women and 815 men were assessed. The mean age of participants was 73.5±8.3 yrs. The number of elderly in the age group 60 to 69 years were 688(40.6%) in age group 70 to 79 years were 669(39.5%) and in age group 80 years and higher were 338(19.9%).The most common diseases in the elderly were Cardiovascular disease 58(3.4%), Musculoskeletal diseases 32(1.9%) and Psychiatric illness 15(9.2%).134(7.9%) were classified in other diseases group that Hypertension was the most common. Musculoskeletal disease was significantly higher in women than men.(p=0.008).There was no significant difference between men and women in other diseases(p>0.05).

Conclusion: The prevalence of non-communicable diseases in the elderly is low in Sarayan city which could be due to healthy lifestyles in rural areas or due to failure to detection and reporting of actual cases. Considering the importance of non-communicable diseases, promoting detection for prevention and control of chronic diseases is recommended.

Keywords: Common diseases, elderly, South Khorasan, rural areas
Epidemiological characteristics of Nosocomial infections in the elderly in southern khorasan province

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Background: Nosocomial infections are an important cause of mortality and morbidity and one of the important health problems. This study aimed to determine the epidemiological characteristics of Nosocomial infections in the elderly in southern Khorasan.

Methods: In three hospitals with more than 100 beds in south Khorasan, an investigator-administered questionnaire was completed for each patient with Nosocomial infections diagnosis in age more than 65 years, from 20 Mar 2013 to 19 Mar 2014. This questionnaire was designed according to standard questionnaire of Iranian Nasocomial infections surveillance system (INIS) of Center for communicable Disease Control, Ministry of Health that its validity and stability has been confirmed. Data were analyzed with SPSS 16 software.

Results: The number of patients older than 65 years was 187. The mean age of patients was 78.5 ± 7.2, with an age range 65 - 93 year. The most common nosocomial infection was pneumonia (46.5%), urinary tract infection (UTI) (24.6%) and Wound infection (18.7%). Pseudomonas aeruginosa 42(22.5%) and Klebsiella 20(10.7%) were the most prevalent bacteria. Most factors associated with nosocomial infection in patients were suction and ventilator (54.5%) and urinary catheters (28.3%). 34(18.2%) of patients had predisposing diseases. Diabetes and hypertension were the most common predisposing disease. 40(21.45) of patients expired.

Conclusion: The results showed the most common nosocomial infection in the elderly was pneumonia and was associated with disease predisposing and aggressive action. Considering the importance of nosocomial infection promoting detection and reporting system for prevention and control of nosocomial infection was recommended.

Keywords: Nosocomial infections, elderly, South Khorasan
The effectiveness of cognitive behavioral therapy for insomnia on quality of life in older adults

Hajary,M

Background: Insomnia affects all aspects of life and consequently the quality of life. This research aimed to examine the effectiveness of cognitive behavioral therapy for Insomnia on quality of life among older adults.

Method: The sample for this Quasi experimental study included 20 elderly women with an average age 64 years in Mashhad that suffering from Insomnia disorder. The subjects were selected by advertisement, interview and assessment by Insomnia Severity Index. They randomly divided into two groups with 10 subjects in each groups. Experimental group subjects were given trainings for behavioral therapy, cognitive therapy and sleep hygiene in 10 sessions.

Results: The results indicate a significant improvement in quality of life in the experimental group compared with the control group(p<0.0001). These changes were observed in physical and social function, life satisfaction, depression and anxiety.

Conclusion: This study showed that cognitive behavioral therapy for Insomnia can lead to improving the quality of life in elderly patients with Insomnia.

Keywords: Quality of life, Cognitive Behavioral Therapy for Insomnia, older adults
Epidemiology of Suicide in the elderly

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**Background:** burning suicide is the most violent method to terminate the life. Self-immolation may be due to mental disorders, family disputes, financial. Sometimes self-immolation is to get attention, but it often leads to death. Elderly self-immolation is the saddest event. The present study was undertaken to investigate the elderly self-immolation.

**Methods:** A retrospective study (1387to1392) was done with the, medical records of patients older than 60 years from the burn centers of Tehran. Data were analyzed using SPSS 16.

**Results and conclusions:** 72.3% of victims were men. The mean age was 70.704 ± 8.59) and at the range age of 60 to 80 years. The burn percent was between 10 and 90 percent and half of them had resulted to death. Duration of stay was 1 day to 25 days and the most cause of burn were Petroleum and acid. 18 cases of self-immolation and 3 cases were reported from the fire.

**Conclusion:** Self-immolation of the elderly is due to pain, pressure and severe symptoms and other immolation is worst kind of abuse. It should be considered the important mental health problem in community. It is necessary to respect the elder in country and don’t impose the family to meet their needs. Therefore, a comprehensive organizations involvement is necessary to help elder in peace and respectful manner.

**Key words:** Elderly, Suicide, Family.
The incidence of blood-borne hepatitis in the elderly, Isfahan Health Center No.2

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Due to the structure of the population and the increasing number of elderly people in future, it is necessary to pay special attention to problems that the elderly will face with. Chronic viral hepatitis B and C are important factors for early mortality and they are major risk factors for liver cell cancer. Complications occurred in some disease such as blood-borne hepatitis cannot be treated and managed during the elderly time. Therefore, it is necessary to do appropriate proceed. This research aimed to recognize patients with blood-borne hepatitis covered by the health center No. 2 of Isfahan. The research method was a retrospective descriptive analysis. (11.2%) were more than 60 years old. (14%) of patients were in 50-59 age group who will become older very soon in future. Due to that 1.3% of elderly people had uncompleted immunization about HB vaccine and 84.2% had no history of vaccination also 48.7% have another diseases cause by hepatitis so to decrease the mortality and disability caused by disease and the high expenses for treatment it is necessary to do appropriate and efficient interference about screen high-risk individuals and carriers of the virus by education, prevention, treatment.

Keywords: Blood-borne hepatitis, elderly, prevention, Isfahan2
Cardiovascular Disease in Elderly Patients: A Prevalence Study in Emergency Department, Jahrom 2013-2014

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Introduction: Population aging in our society represents the increasing rate of cardiovascular disease (CVD) according to various changes in the cardiovascular system. This study aimed to assess the prevalence of geriatric CVD referring to Peymanieh Hospital of Jahrom University of Medical Sciences.

Methods: This was a cross-sectional study conducted in Emergency Department of Peymanieh Hospital of Jahrom University of Medical Sciences from October of 2013 to October of 2014. Elderly patients (over 65 years old) were assessed to detect the prevalence of CVD by census. Data were collected and analyzed by SPSS software for descriptive statistics.

Results: Of total of 4657 geriatric patients referring to this center, 845 (18.14%) patients had cardiovascular disease. 436 (48.40%) patients were male and 409 (51.6%) were female. The most common CVD was Coronary Artery Disease: 605 (71.59%) patients from that 531 (62.84%) had angina and 74 (8.75%) had myocardial infarction. The other disease was heart failure and arrhythmia with 174 (20.59%) patients and 66 patients (7.81%) respectively.

Conclusion: According to the prevalence of geriatric CVD especially coronary artery disease, special concern towards modifiable risk factors should be done by long term systematic national programs.

Keywords: geriatrics, cardiovascular disease, prevalence
The Study of Self-Care Status in Elderly Patients Referred to Heart Specialist Clinic of Dr. Heshmat Hospital

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Background: Heart failure self-care is vital to achieving clinical stability and improved health outcomes. The aim of this study was to determine self-care status and its related factors in elderly patients who referred to heart specialist clinic of Dr. Heshmat hospital.

Methods: This study was a descriptive cross-sectional study that, we assessed 109 elderly patients with heart failure who referred to heart specialist clinic of Dr. Heshmat hospital in Rasht in 2013. Data were collected by Self Care Heart Failure Index (SCHFI). Data were analyzed with SPSS and by descriptive and inferential statistics with regard to the significance level of p≤0.05.

Results: Results showed that mean score of self-care in patients was 43.49±12.04 from 100 score and 96.3% of patients had undesirable self-care. Significant associations were found between the status of self-care and education level (P≤0.02) and marital status (P≤0.04).

Conclusion: a majority of patients had undesirable self-care; therefore, recommended that more attention to assess of this patients and presenting care plan for them based on it.

Keywords: Self-Care, Elderly, Patients, Heart
Depression, safe dose of selective serotonin reuptake inhibitor (SSRI) alert and systemic recording of patient past medical history

Marjan Manouchehri, Dr. Parisa Taheri

Background: This article aimed to identify the benefits of clear recording and communication within healthcare system. World health organization defined chronological age of 65 as elderly (WHO et.al 2014). The pharmacokinetics and pharmacodynamics of most drugs are changed in elderly. Healthcare professionals should work closely together to avoid poly-pharmacy with clear medicine management plan. Patient records should be kept in Smart system where all healthcare professionals can assess. Maximum dose of citalopram, common selective serotonin re-uptake inhibitor (SSRI) use to treat depression in elderly over age of 65 is 20mg (MHRA alert et. al 2013); this is due to increased risk of QT interval prolongation.

Method: A total of forty patients were randomly selected during geriatric clinic. Their past medical history and current medication of the test group was recorded. The table designed by the author to record patient medications record indicated a high dose of SSRI. The control group had no intervention. The number of drug-drug interaction, side effects, duplicate treatment, and contraindication of medicine in use with their current medicines was recorded and compared with test group.

Results: Patients who visited geriatrician were more precisely assessed with geriatric assessment tools. Use of clear recording made it easier for the healthcare professional to remember patient medication on each visit, discontinue the unnecessary treatment and avoid poly-pharmacy.

Conclusion: There is a great need for elderly to be under a care of geriatricians rather than general practitioners. The quality of life of our geriatric patients can be improved by clear communication and recording.

Key words: Geriatric safe prescribing, systematic recording, clear communication, improved care, guidelines
The relationship between degree of airflow obstruction and exercise tolerance in elderly patients with chronic obstructive pulmonary disease

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Background: Reduced exercise tolerance is a chief complaint in COPD patients. COPD not only affects the respiratory muscles, but also impairs the exercise tolerance by inducing negative impacts on skeletal muscles that lead to disabilities. This study aimed to investigate the relation between degree of airflow obstruction and exercise tolerance in COPD patients.

Material & methods: 40 patients (60-80 years old) with spirometric evidence of mild to very severe COPD were recruited in this cross sectional study. The six minute walk test was performed according to American thoracic society guideline for assessing exercise tolerance. The test was performed indoors, along a flat, straight corridor with 30 meters length that was marked every 3 meters. The patients were encouraged to walk as far as they could in 6 minutes. Finally the data was analyzed using Pearson's and spearman correlation coefficient by the SPSS16.

Findings: the results showed a significant positive correlation between 6 minute walk test and FEV1% predicted (r=0.36, P<0.05). Also, the value of FVC% was positively correlated with 6 minute walk test (r=0.37, P<0.05). A negative significant correlation (r=-0.38, P<0.05) was observed between disease severity based on GOLD staging and 6 minute walk test.

Conclusion: the result showed a weak correlation between 6 minute walk test and the degree of airflow obstruction in COPD patients. Also, it is been shown that the exercise tolerance will be decreased with increasing disease severity.

Keywords: Airflow obstruction, exercise tolerance, chronic obstructive pulmonary disease, 6 minute walk test, elderly patients
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An Epidemiologic Evaluation of Injuries among elderly Groups of Trauma Patients in Shiraz: 2009-2013 Report

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Background: Increasing of old population and unclear knowledge of epidemiology in Iran, encouraged us to determine the trend and the risk factors of mortality of injuries in elderly.

Methods: All cases of trauma-related older than 65 which admitted to Rajaee Hospital, Shiraz, Iran were studied from 2009 to 2013. Trend of frequency of admissions, Age, gender, length of hospitalization, body site of damage, outcomes and type of injury were compared with young patients. Stepwise multiple logistic regression analysis was used to determine the factors related to mortality.

Results: From 2009 and 2013, 41655 patients were admitted to Rajaee Hospital. 3284 (7.9%) patients aged ≥ 65 years old. The sex ratio (male/female) in older patients was 2371/904 vs. 30648/9570 in younger population (p<0.001). Mortality rate was 8.4% in older patient and 1.8% in younger patients (P < 0.001). The common cause of injury was due to motor vehicle accidents in both groups. Damage to vertebral column including neck was more prevalent in older group than younger (P<0.001). Being female (OR=1.59, CI= 1.23-2.06), trauma to brain & skull injury (OR=6.45, CI=4.16-10), length of hospitalization>7 days (OR=3, CI=2.15-4.17) were associated with an increased chance of mortality.

Conclusion: Depending on the type of injury, being vulnerable and higher mortality in the elderly, methods of intervention and prevention in the elderly is of great importance

Keyword: injuries, aged, epidemiology, mortality
Article ID: HN10105370500

Novel anti-Alzheimer’s herbal agent from Iranian traditional medicine

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Background: Alzheimer’s disease (AD) is a neurodegenerative disease with symptoms such as loss of cognition and memory impairment which occurs more often among older people. It has been proven that complications of AD are associated with cholinergic deficiency and reduction in acetylcholine release (ACh). In this context, many studies have been focused on the development of effective anti-Alzheimer’s agents based on the acetylcholinesterase inhibitors (AChEIs). Unfortunately, there are various problems with these drugs such as pharmacokinetic, side effects and high costs of treatment. Hence, access to novel agents with less adverse effects is demanding. Iranian Traditional Medicine (ITM) is a collection of versatile medical experiences. Amnesia or forgetfulness which refers to memory corruption has been a controversial issue in ITM. Among different recommended medicinal plants, we focused on “Cyperulongus” known as So’d in ITM, as a potent anti-Alzheimer’s agent. Many investigations proved anti-Alzheimer’s effect of “Cyperurotundus” known as So’d Koufi, but there was no study in other species.

Methods: Herein, Cyperulongus rhizomes were bought from plants market. Aqueous and methanolic extracts were prepared using the maceration extraction method. The extracts were dried and their AChEI activities were evaluated using modified Ellman’s method in six concentrations and compared with Rivastigmine as the reference drug. Also DPPH radical scavenging activity assay was utilized to determine the total antioxidant activity of the extracts in compared with BHA.

Results: Our results according to the calculated IC50 values indicated the good AChEI (IC50=73.523µg/mL) and excellent antioxidant activities (IC50=50.282µg/mL) of the methanolic extract of so’d rhizome comparing with Rivastigmine (IC50=7.623µg/mL, anti-AChE agent) and BHA (IC50=1.593µg/mL, antioxidant agent).

Conclusion: The present study introduces a naturally occurring anti-AChE agent; Cyperulongus (so’d). Our remarkable results related to AChEI and antioxidant activities as well as findings in ITM indicated that this plant would be an efficient agent for the treatment of AD’s signs and symptoms.

Keywords: Traditional medicine, Alzheimer’s disease, Herbal medicine, Acetylcholinesterase inhibitors, antioxidant
Comparing motivational factors among older male and female individuals in accordance to self-determination theory

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Background: The purpose of the present study was to compare the sport motivational factors among older male and female.

Methods: this was a descriptive study. Of all the male and female individuals over 50 years old, 47 female and 58 male were selected. Sport Motivational Scale (SMS-6, Mallet, 2007) was used to collect data. The scale includes six subscales: from amotivation to intrinsic motivation, and it frequently used studies for it is subordinate to the self-determination Theory. As data were normal (through K-S test), the independent T-test was used at significance level of 0.05 (α<0.05).

Result: The finding showed that older woman had higher scores in amotivation and external regulations, while older man had higher scores in internal motivation and integrated regulation. There was no significant difference in other subscales.

Conclusion: The study concludes that all people their motivational factors should be attended to commence or continue sport activities. According to the findings, as women are amotivated, they are exposed to psychological disorders. Therefore, with providing joyful environment, they should be motivated to contribute to sport activities. On the other hand, male who take part in such activities for internal factors could be simply encouraged to do this activities by motivation.

Key words: motivation, self-determination, sport activity, integrated regulation
Factors affecting satisfaction with dental services in the elderly: structural equations modeling

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Background: Quickly aging populations constitute a critical issue for researchers in the country. Satisfaction in older patients has not been adequately studied in various fields of health care. This study is aimed to identify factors affecting elder’s satisfaction with dental services.

Methods: There were 110 elder patients (age ≥ 60 years old) included in the study. By using a validated questionnaire, elder’s satisfaction with dental services was evaluated. The instrument measured three factors that included availability of services, environmental condition of clinics and behaviors of the staff. Structural equation modeling was used to examine the interrelationships among three sets of contributing factors, related to the patient’s satisfaction.

Results: The mean of age was 71.8 ± 6.8 years. Nearly 60% of patients were satisfied with dental services. Our model explain the 71% of variance of patient’s satisfaction. The most important factor was environmental conditions of clinics (standard β = 0.48) that measured by sanction condition, modern instruments, and the entertainments in clinics. The availability of services was second important factor (standard β = 0.32). The behavior of staffs was third factor that explain the patient satisfaction (standard β = 0.19). The fitness indices confirm this model (Chi square= 0.1, CMIN/DF=1.27, GFI=0.92, AGFI=0.86, NFI=0.93, TLI=.98, Partio=0.71, and RMSEA=0.05).

Conclusion: The results provide a comprehensive understanding of what factors influence satisfaction in the elderly. This finding shows that elder’s satisfaction with dental services is acceptable and greatly explained by environmental conditions of clinics.

Key words: elder’s satisfaction, structural equations modeling, dental clinics.
Is communication skills training effective on Caring Burden of caregivers of the elderly with Alzheimer's disease?

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Background: Providing good care for Alzheimer's patients requires suitable communication with them. Incorrect communication between caregivers and patients is one of the causes that lead to considerable caring burden in caregivers. The aim of this study was to determine the effect of communication skills training on caring burden of caregivers of elderly with Alzheimer disease in 2012.

Methods: This study was a quasi-experimental type. In this study, 98 caregivers of Alzheimer's patients referral to the Iranian Alzheimer Association, Tehran, Iran were selected and assigned into a control in the two groups (intervention (n=49) and control (n=49)) by using block randomization. Then, two groups completed two questionnaires of demographic variables and caring burden before the intervention. Educational program was designed according of pre-test results and conducted to the intervention group. Two groups were followed-up one-month after the intervention. Statistical analysis of data was performed with independent sample T-test, Paired sample T-test. In this study, p<0.05 was considered significant.

Results: Significant reductions in caring burden were observed in intervention group (from a mean of 35.32 (± 8.7) to 32.9 (± 8.3) at 4 weeks after intervention compared to control group.

Conclusion: Finally, it is concluded that communication skills training is one of the appropriate strategies for reducing caring burden of caregivers of elderly patients with Alzheimer's disease.

Keywords: Alzheimer disease, Aged, Caregivers, Communication skills, Burden
The effect of 2 months exercise therapy using games on emotional state of elderly women

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Background: Aging has negative emotional effects such as anxiety, depression and stress. These signs would affect the elderly attitude for participation in exercise programs which may have secondary consequences such as decrease in muscle performance and falls. Studies have shown that half of negative effects of aging originate from inactivity and laziness instead of aging effects. Exercise therapy using gaming would encourage elderly to take part in exercise groups along which would change their emotional moods. Previous studies have shown positive effects of gaming on balance, pain management and cognitive states of elderly men. The aim of this study was evaluating the effect of 2 months exercise therapy using games on emotional states of elderly women.

Method: For this RCT study, 30 elderly women participated using simple sampling from Jahandidegan Sanatorium of Shiraz city. After signing the consent form, they were grouped randomly into two equal groups. The experimental group took video gaming for 60-90 minutes each session, 3 sessions per week, and 8 weeks. The control group took no exercise intervention period for determining emotional state. Kolmogorov–Smirnov test was used for normality of data along with Levene’s test for variance equality. Statistical analysis performed with SPSS 16 using Mixed ANOV and One-way ANOVA. Level of significance was 0.05.

Results: Exercise therapy using gaming had significant positive effects on anxiety, depression and stress levels of experimental group in comparison to control group of elderly (P<0.05).

Conclusion: Based on the findings of current study, exercise game therapy has beneficial effects on emotional states of elderly women.

Keywords: Gaming, emotional state, elderly, anxiety
Falls and preventive strategies in the elderly

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Backgrounds: Due to increasing number of elderly people in different countries, fall and related injuries have been increased. Fall and its injuries are common health problems of the elderly and they are cause of long-term disability and dysfunction, mortality and cost to the person and community.

Methods: In this narrative review, trials and reviews from 2000 till 2013, using falls, elderly and prevention or their synonyms as key words with "AND" and "OR" in electronic resources extracted and their effectiveness was assessed.

Results: Various methods and programs have been implemented to prevent fall and its consequences in the world and classified in single interventions and multi-factorial interventions. Individual and group exercise, home assessment and modification, supplements of calcium and vitamin D, withdrawal of psychotropic drugs, cataract surgery, hip and other protectors, cardiac pacemaker and multi-factorial prevention programs that simultaneously focus on multiple risk factors, are the most common interventions.

Conclusion: Individual and group exercises and home assessment and modification in high risk persons, reduce the rate and risk of falls. Cataract surgery, cardiac pacemaker and multi-factorial interventions reduce fall rate and Tai chi reduces fall risk. Vitamin D consumption in people with vitamin deficiency, hip protectors in high risk patients and footwear modifying in winter conditions have an effect on reducing falls. Educational interventions, withdrawal of psychotropic drugs, fluids and electrolyte therapy, vision correction with glasses and psychological interventions have not been effective.

Keywords: Falls, Elderly, Aged, Intervention, Prevention
Quality Of Life in Older People in Iran: A Systematic Review and Meta-Analysis

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Background: It is acknowledged that societies of a considerably vast amount of nations are ageing. An increase in age compromises the functions of the body's organs, consequently diminishing the sense of well-being and quality of life among elderly individuals. A high Quality of life (QOL) is denoted as when an individual has a sense of wellbeing, better functional capacity and ability to manage an independent life.

Objectives: This systematic review was carried out in view of determining the quality of life in the elderly living in Iran, and presenting a summary of their current situation in this regard.

Data Source: English language electronic databases such as Cochrane, CINHAL, Pub med, EMBASE, Scopus, ISI and Persian language databases such as , MEDLIB, Iranmedex, SID, Magiran were used to identify relevant studies.

Study Selection: Studies that evaluated the QOL in the elderly by means of the SF-36 tool were included in the analysis.

Data Extraction: The name of journal, year of study, first author, type of study, location of sampling, city or province, type and method of sampling, sample size, gender, mean and standard deviation of age and level quality of life was extracted from studies.

Results: The mean score for quality of life among the elderly ranged from 28.1 to 74.05. The overall score of QOL in all dimensions was (50.52, 95%CI: 46.68-54.36).The least average score belonged to role physical subscale (44.95, 95%CI: 39.85-50.06). Highest average to the physical functioning (55.42, 95%CI: 50.21-60.63). The physical and mental component scores were (51.34, 95%CI: 45.44-57.24) and (56.42, 95%CI: 51.57-61.27) respectively. The overall quality of life scores in women and men was (46.18, 95%CI: 40.03-52.33) and (49.32, 95%CI: 41.50-57.14) respectively. Heterogeneity tests were not significant for any of the QOL subscales scores and for the overall QOL scores in men and women.

Conclusion: The quality of life among elderly people in Iran is at an average level. Those living in nursing homes have a low QOL due to lesser social and family interactions than those residing in their own homes. Physical illnesses are the main cause in the decline of QOL in those residing in their own homes.

Keywords: Iran, Elderly, Older People, Aging, Quality of life
Key methodological topics in elderly studies

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Background: Managers need the results of scientific research for executive planning. Considering some methodological bugs in reported studies in Iran and the lack of specific and summarized references, this article aimed to provide practical considerations in elderly studies.

Methods: in this narrative review, we conduct a comprehensive search in all accessible electronic data bases using “epidemiology” or “methodology” and “elderly” or their Synonyms as keywords. Related papers and books were selected. After review, considerable notes were extracted and presented.

Results: Considering attrition, death and non-response rates in sample size calculation, proportional sampling from all strata and considering differences in clinical manifestations and diagnosis is important. Matching for main confounders, considering recall bias, creation a quiet and comfortable environment to conduct the interview, allocation a certain percentage of participants to high risks, registration of age and other quantitative variables in detailed and non-categorized, home visit for interview after the elder informed consent or his/her agent, interview at the closest location to the elderly home, avoiding long interviews, considering bold and legible words on questionnaire design, data re-checking with proxy and documents, applying age and sex adjustment for rates, evaluation functional status, appropriate interpretation related to Odds Ratio and considering the cost of the studies are the most essential considerations in aging studies.

Conclusion: using epidemiological methods with respect to the characteristics of the elderly and well design and implementation will provide appropriate evidences for practitioners and planners.

Key words: elderly, epidemiology, methodology, older people
Study the demographic characteristics of the third generation university graduates on arrival at the University

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Background: The increasing elderly population is a global phenomenon that has become a crisis. At present the population of aged 60 years are more than the growing of the world's child population. Modification of lifestyle and attention to quality of life can greatly increase the efficiency and independence of older people and help them in control of many complications and treatment approaches. Study the status of the demographic characteristics of participants in training programs on arrival at the university seems useful.

Methods: ZHD medical university used the experiences of some developed countries to establish the third generation university. After expert review and poll of the target group, the theory and practical training programs were developed and implemented for a month. To evaluate the demographic characteristics of students, a ten-question questionnaire was designed and used.

Results: The average age of graduates was 55 years. 65% were female. 0.5% were single, 59% were living with their spouses. For some reason (death or divorce), 36% lived far away from their spouses. The average number of children was 3.6. 2% were undergraduate, 30% were graduate, 32% were associate, 21% were bachelor, 15% were MA. 39% of independents, 57% with children, 4% lived with relatives.

82% of their homes, 13% is leased, 3% with children and 2% lived in homes of their relatives.

Discussion: Promote the third generation universities in the country can have a significant impact in raising awareness and improving the quality of life of elderly people.

In this context, women are men's doubles. This indicates that women were more welcoming.

Key words: Elderly, University of third generation, The demographic characteristics
The relationship between quality of life and lifestyle in elderly in Isfahan Province 2011 - 13

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Introduction: Increase in human life expectancy is a new issue in health system in many of country today. The only aging period aim isn’t increasing their longevity, the quality of life is also important. Due to increase the problems rate among the elderly so find the relationship between quality of life and lifestyle in elderly helps us for planning, especially for training lifestyle.

Materials and Methods: This study is a descriptive cross-sectional that enrolled 4321 elderly people. Sampling was randomized by multistage stratified cluster. Information was collected based on SF-36 & Iranian elderly lifestyle questionnaires. Data collected and analyzed by SPSS 20 software using ANOVA & Pearson tests.

Results: In this study the mean age in samples was 68/74 ± 7/33 years .The mean score for life style in elderly was 143.52 and mean score for quality of life in elderly was 57.96. In all areas the quality of life and lifestyle were considered statistically significant.

Conclusion: The quality of life in elderly directly and significantly associated with lifestyle and with raising the areas lifestyle the significantly increase the score of quality of life. So increase awareness of lifestyle leads to the improvement of quality of life and health of the elderly.

Keywords: Quality of life - Lifestyle– Elderly
Background: Today, aging is not a disease; But In fact elderly is one of the stages in life. It is a physiological phenomenon with many inevitable complications, which their effects reduced by individual's lifestyle. Exercise can be effective on better feeling, maintain functional ability and reduce medical and economic costs in all people.

Therefore in this study evaluated the exercise training on the knowledge and practice of the elderly.

Methods: In this research, we trained 4 expert persons by supervision sports medicine specialists in theory and practice workshop for two days. Then they were as focal point for training of all staff. The elderly were recalled in health centers and home health. Each old man and old woman has trained in 2 sessions of 60 minutes. Evaluation was performed before and after training sessions, with a standard questionnaire for assesses information. Evaluation was performed after two months for persistent data. Evaluation was performed for change of their behaviors after four months. The data were analyzed by software Excel.

Results: Finally 120,942 elderly people were trained (30.2% of all elderly people). Of this number, 77,293 elderly people (9/63%) had immanent information and 49,483 of these cases (64%) change their behavior.

Conclusion: The results of the present study, appropriate exercise training has been useful for geriatrics. Extend it to the whole country are recommended. Support of authorities and design of educational tools will be effective to enhance the performance index.

Keywords:Elderly - Train - Exercise
Chronic Diseases among the Elderly in Fars Province

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Introduction: the increasing growth of elderly population and the substitution of infant population explosion with elderly population in the next two to three decades will lead to a change in the population pyramid, form its current pyramid-shape to a cylinder-shape, since one in every five individuals will be elderly and this emphasizes the significance of elderly population in developing communities. Currently, more than 7.2 percent of Iran’s population and 7.3 percent of Fars Province population are elderly. Hence, the present study aimed to investigate the prevalence of chronic diseases among elderly men in Fars Province.

Methodology: This was a descriptive-analytical study. The statistical population included all elderly men in Fars Province who were screened for elderly common diseases by the practitioners. The sample size was estimated to be 11737 elderly men who were covered by National Program of Integrated Cares for the Elderly in Fars Province. Data was collected through questionnaires and the information form for the elderly periodic cares in elderly health files from healthcare centers. Data was subsequently analyzed by SPSS software and statistical tests.

Results: mean age of the participants was 73.8±8.2. Among 11737 individuals treated under National Program of Integrated Cares for the Elderly in Fars Province, 10.9 percent were diagnosed with myocardial infarction and angina, 2.3 percent were diagnosed with stroke, 34.4 percent were diagnosed with hypertension, 16.4 percent were diagnosed with diabetes, and 12.3 percent were diagnosed with dyslipidemia. 1548 individuals (13 percent) had a history of urinary tract disorders, 13.2 percent had a history of mental and memory disorders, and 8.9 percent had a history of osteoporosis. 1353 individuals (11.5 percent) were with the risk factors of eating disorders, 3554 individuals (30.2 percent) had blood sugar disorder risk factors, family history of diabetes, lack of regular exercise and history of falling.

Discussion and Conclusion: Considering chronic diseases among the elderly and particularly cardiovascular disease, hypertension and diabetes, screening the elderly must be taken into account; on the other hand, the increasing growth in the elderly population emphasizes the significance of establishing specialized state centers for continuous screening of the elderly’s health condition and assessing their problems for a better quality of life among the elderly.

Keywords: disease, chronic, elderly
An investigation into the elderly’s satisfaction with delivering healthcare services in Fars

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Background: Life expectancy has increased as a result of recent developments in medical sciences and consequently societies are faced with the increasing elderly population. Planning for delivering any type of services requires the recognition of real needs of the elderly and measuring their satisfaction with the quality of such services for them based on their desires and needs. The present study aimed to determine satisfaction with the mixed healthcare services among the elderly.

Materials and methods: This was a cross-sectional study. The statistical population included 1304 elderly people with 60+ years old, both male and female who used elderly mixed healthcare services in healthcare centers of Shiraz university of medical sciences andFor data collection a two-part questionnaire was used and its validity and reliability of was determined using content validity and test-retest procedures, respectively for data analysis, spss softwary and statistical tests were employed.

Results: The study results indicated that the elderly satisfaction was reported as 10.3% very much, 57.5% high, 28.8% average and 3.4% low. Among the 12 variables in this study, satisfaction with the healthcare centers’, working hours and healthcare givers’ performance was high and far distance of centers providing the services from their houses and laboratory services was low.

Conclusion: Totally the elderly satisfaction with the elderly mixed healthcare services was acceptable. These results are effective steps toward increasing productivity in providing services for the elderly which requires sustainable evaluation and monitoring such services and using applied methods that affect the elderly satisfaction

Key words: the elderly, satisfaction, elderly mixed healthcare services.
The prevalence of chronic diseases in elderly

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Introduction: The growing elderly population and the replacement of the neonatal population explosion with the aging in the next, it is very important, that Assessment and planning of aging issue in developing countries be done. Currently, more than of the population in country and 7.3 percent of the population in Fars province forms of the elderly population.

Methods: This descriptive study has been done on population of elderly in Fars Province. Total sample size was 7402 of elderly. To collect data and information was in health centers. The data entry using SPSS software and statistical tests were analyzed.

Results: The mean age of elderly men was 70.6 ± 8.7 years. in this study of 7,402 elderly men, 7.4% of patients with myocardial infarction and angina pectoris, 1. 8% of stroke patients, 26. 6% of patients with hypertension, 29 . 8% of diabetic patients, 29. 3 percent had dyslipidemia.1239 patients (16. 7 percent), history of urinary tract disorders, 14. 5% of mental disorders and memory, 7.5 percent had a history of osteoporosis.1998 cases (26 .9%) had risk factors for nutrition disorders, 2,554 cases (34. 5%) had impaired glucose risk factors, family history of diabetes, and history of erratic sport and history of falling.

Conclusion: The prevalence of chronic diseases, particularly cardiovascular disease, hypertension and diabetes in the elderly should be considered with screening and monitoring of these diseases. This is necessary that specialized governmental facilities try for evaluating elderly problems.

Keywords: Chronic disease - men – old age