

Levels in the Life Styles in Patient Geriatrics and Their Relationship with the Tobacco

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Abstract

Background: the characterization the lifestyles in patient geriatrics as prevention from the medical sciences is one of the lines of the work team in the consultation of mental health.

Objective: to characterize the lifestyles in patient geriatrics and their relationship with the tobacco. The investigation embraced one period from January 2021 to September 2022.

Method: a descriptive study of traverse court was used. Registered to 41 patient geriatrics for sampling intentional non probabilistic, of a universe of 80 patient geriatrics. It was used empiric methods; clinical histories, interviews structured and the questionnaire.

Results: it was evidence that toxic styles of life exist and the male sex prevailed Conclusion: of why the most frequent reasons began to smoke it was the relaxation and the pressure group given by a code of companionship. It is corroborated that it is demanded to develop educational actions to modify inadequate lifestyles for other appropriate ones in bigger adults.

Keywords: patient geriatrics; lifestyles; tobacco

Introduction

The older adult in Cuba occupies more than 19%, and it is expected that by 2025, one in four Cubans will be older adults. Of this population only one percent is in institutions, 9% live alone and the rest live with family members [1].

The so-called third age, also known in the terms of old age, late or adulthood, has been addressed in the literature in isolation or as a phase of involution and not as an authentic stage of human development. It is located around the age of sixty, associated with the event of occupational retirement [2].

The call third age, bigger or later adulthood, it has been approached in the medical literature in an isolated way and I don't eat an authentic stage of the human development [2].

Physical rehabilitation consists of restoring the affected function by means of specific interventions, which obey a plan previously established on the basis of the clinical characteristics of the patient in question. Its ultimate goal is the recovery of functions, so that the patient can meet daily demands with a minimum of efficiency [4,6].

In spite of the demographic increase and the high degree of population aging that Cuba exhibits, there are not ample references of research in relation to the geriatric study that measure the cognitive and affective state, however, there are statistical data that have been attended and offered monitoring and special treatment of the psychological well-being of the elderly, precisely in these last five years [7,10].

The objective of the present investigation was to characterize the lifestyles in patient geriatrics and their relationship with the tobacco.

Methods

Was carried out a descriptive study, traverse with elderly patients belonging to the polyclinic "José Ramón León Acosta" of the municipality Santa Clara, Cuba in the understood period of January 2021 to September 2022, with the objective of characterize the lifestyles in patient geriatrics and their relationship with the tobacco.

It was study object a universe constituted by 41 in patient geriatrics and in those that was identified risks related with the tobacco, to those which

previously were requested informed consent. The selection was based on the following approaches:

Inclusion approaches:

- All the patient geriatrics with risks of the area of health that possess favorable psychic conditions to respond the questions.
- That they resided in the area of chosen health.

Exclusion approaches:

- Patient geriatrics that emigrate of their residence place during the study.

Exit approaches:

- Patient geriatrics that abandon the investigation voluntarily.

It was used the following variables starting from the obtained data: age and beginning sex in the tobacco, and levels in the lifestyles in patient geriatrics

Authorization was requested the patient geriatrics, belonging to the educational policlinic "José Ramón León Acosta" for the realization of the study. To these they were explained the importance of the investigation. The

data were used by the specialists of the health and with investigative ends, fulfilling the principle of the confidentiality of the data.

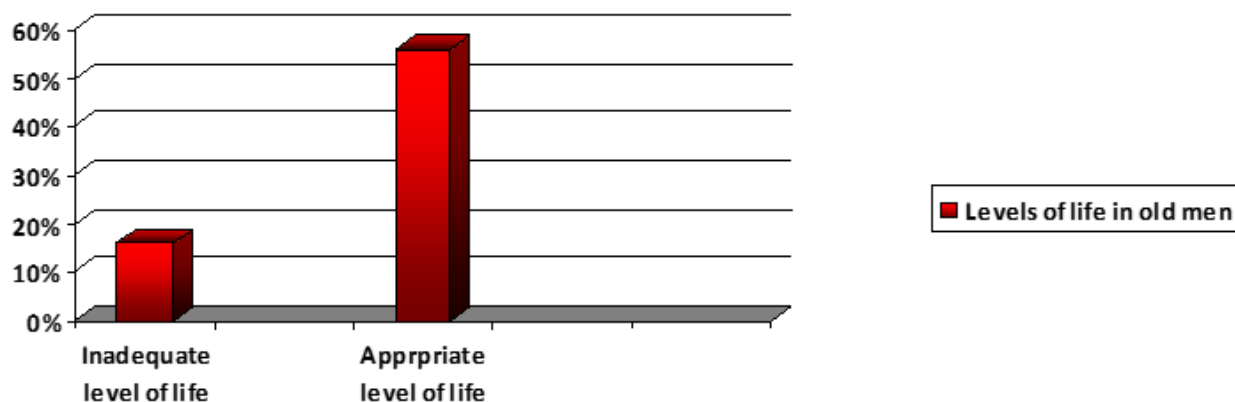
Collection of the information

To begin the development of the investigation was carried out a bibliographical revision of the topic making a meticulous analysis of the most excellent aspects in the Cuban means as at international level. It was used as technical, the documental revision that included individual clinical histories and it was applied a questionnaire with the objective of obtaining information with respect to the consumption of cigarettes and the levels in the lifestyles in patient geriatrics and their relationship with the tobacco.

Statistical prosecution

The information was stored in a file of data in SPSS version 21.0 and it is presented in statistical charts; for the description it was calculated the arithmetic stocking, standard deviation, absolute frequencies and percent. In the analysis it was used non parametric tests as Squared Chi for adjustment kindness and independence of factors. One worked with significance levels to 5 %.

Results



Graphic 1°. Levels in the lifestyle in patient geriatrics and their relationship with the tobacco

Source: Interviews structured and Questionnaire.

An inappropriate level exists in the study sample in the lifestyle geriatric for 12 patients for a 12% in the masculine sex and 29 patient geriatrics in the feminine sex only reach an appropriate level in its lifestyle for a 55%. Most of the patients associate the consumption of tobacco to their lifestyle and they generate damages for their health, other patients don't come the consumption of appropriate tobacco for their health and they want to modify their inadequate lifestyle for a form adapted in their daily life. However, the immense majority of the patient geriatrics exposes personal reasons to smoke.

The patient geriatrics begin to smoke is to relax, 40 of the 41 patient geriatrics responded this way in study for 97,6 %, it continues him the presence of smoking parents in the home with 31 patient geriatrics for 75,6 % and in third place to feel adult with 29 for 70,7 %. It is necessary to highlight that the patient geriatrics with friends that smoke presented a high probability of beginning to smoke, and this way it was reflected in the work, where 28 of the patient geriatrics admitted that they began to smoke because their friends made it, for 68,3 %.

Discussion

The results of this investigation belonged together since with the world and national tendency every time it increases more the addiction in early ages. It coincides with a study carried out according to the authors and with other investigations starting from authors like on the tobacco in patient geriatrics in a community in Spain, where it was reported that the half age of beginning in this habit, is located in the 65 years of age [7,8]. A study in this respect having offered by another investigator as they outline that the early

beginning of the habit of smoking brings future problems of health and it is the entrance door for the consumption of alcohol or other drugs [9].

Due to the early age in that this addiction appears, was carried out this investigation where was appreciated that the committed ages in the study are from 60 to 65 years being predominant the masculine sex, coinciding with [10-11]. that argue that the biggest prevalence in the tobacco is among the adolescents of the masculine sex, standing out the enormous risk that have of smoking the patient geriatrics whose family makes it and the fateful consequences that brings the habit of smoking for its future life.

In spite of the present behavior patterns in these adolescents, and the permissive of the habit for some parents and tutors, the way of obtaining of the cigarettes is through friends or contemporary, followed by traveling salespersons. This coincides with that found by other authors like [14-15]. although it is important to point out that in the study, a group of them obtains it in the schools and the practice of its habit is recurrent, that which is possible for the lack of professors' demand that facilitate the cigarette to the student in many of the cases. This belongs together with other studies like the one carried out in Argentina [16-17].

On the other hand, other studies for [18]. they reflect the place of the smoking adolescents' more frequent consumption (50,9 %) between friends' house and parties, and in 40,4 % in their houses.

The authors of the investigation agree with other investigators where consumption of cigarettes harms the operation in the lifestyle of the biggest adults, and needs to modify this type of decisive of the health in the old men.

Conclusions

The male sex prevailed in the study, where the stadium average of beginning to present addiction to the tobacco is in early ages. The most common reasons for those that begin the addiction to the tobacco are to relax, the presence of infection grope among friends, to depression, as well as smoking parents in the home that is equal to 75,6 % of patient geriatrics. By way of conclusion, patient geriatrics begin smoking tobacco to feel relaxed, adults followed by imitative behaviors due to members of the family who are addicted to tobacco. It is corroborated that it is demanded to develop educational actions to modify inadequate lifestyles for other appropriate ones in bigger adults.

Conflicts of interest: The authors declare that they have no conflicts of interest.

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