

Looking To the Future: Patient Perceptions of Aging and Health at St. Luke's Catholic Hospital



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Aging in Ghana



- Projected life expectancy is 61 years of age
- Healthy life expectancy
 - 49 for males, 50 for females
- Persons aged 60+ will represent 14.1% of the national population by 2050
- Traditional Social Welfare Systems vs. Urbanization/Modernization

Age Group	Male - 2000	Male - 2020	Female - 2000	Female - 2020
0-4	1,465,724	1,590,561	1,432,364	1,553,756
5-9	1,392,831	1,569,716	1,359,800	1,536,136
10-14	1,289,806	1,546,604	1,270,681	1,514,990
15-19	1,082,020	1,492,381	1,054,330	1,463,961
20-24	896,225	1,338,801	880,670	1,317,430
25-29	817,877	1,301,195	814,797	1,285,629
30-34	696,008	1,194,162	697,376	1,191,157
35-39	563,355	983,207	564,302	963,413
40-44	439,929	795,254	449,769	777,753
45-49	318,390	707,457	337,879	703,137
50-54	222,615	584,258	259,448	594,619
55-59	191,375	454,624	225,982	473,232
60-64	173,206	334,286	189,645	363,716
65-69	134,727	219,580	142,320	253,565
70-74	93,359	131,024	98,224	169,613
75-79	56,565	86,443	60,206	116,888
80-84	26,567	50,517	29,866	66,415
85-89	8,553	19,365	10,402	26,196
90-94	1,706	4,542	2,266	6,708
95-99	175	601	258	989
99+	8	41	15	76

WHO-SAGE Study



- Multi-country study on aging

- South Africa
- Tanzania
- Kenya
- **Ghana**
- Viet Nam
- Bangladesh
- Indonesia
- India

- Aims

- Patterns of age related health changes
- Better understand changing health over life course

Aims of Independent Project



- Assess patients' perceptions of their health and healthcare utilization as a young adult
- Evaluate patient's perception of his/her current state of health
- Assess patient's perception of current use of and satisfaction with the healthcare system
- Identify patients' anticipated needs from the healthcare system as they age

Methods



Qualitative

- Semi-structured interviews
 - Verbally consented
 - Recorded
 - Coded
 - Analyzed
- Outpatient department
- Adult inpatient wards

Quantitative

- Adapted WHO-SAGE questionnaire
 - Verbally consented
 - Analyzed
- Outpatient department
- Adult inpatient wards
- Accident and Emergency

Respondent Demographics



Quantitative

- Total Number = 8
- 3 Males
- 5 Females
- Ages 51-100+

Qualitative

- Total Number = 17
- 3 Males
- 14 Females
- Ages 45-76



Past Perceptions

7/8 patients denied health problems before age 45

One respondent noted having health trouble at age 31.

Question 1A: How was your health in the past, as a young adult before you were 45 years of age?	
G - Good (0)	7
M - Moderate (1-2)	1
B - Bad (3+)	0



Past Perceptions

Used healthcare system to varying degrees for pregnancy

Hospitalization for an Accident

Question 1B: What were your healthcare needs at that time? What kinds of things did you go to the doctor for?	
H – General hospitalizations	1
H- P – Pregnancy	4
M – Medications	0
T - Trauma/Acute	1
N - Did not go	3



Current Perceptions

Chronic : Hypertension,
Asthma, Diabetes,
Venous Stasis

Infectious:
Tuberculosis, HIV

Parasitic: Malaria

Question 2A: What are your current healthcare problems?	Responses
C- Chronic (HTN, DM, etc)	4
I- Infectious (HIV/TB/etc)	3
P - Parasitic (malaria, etc)	1



Current Perceptions

Routine Clinic Visits & Medication Refills

Exacerbations of current conditions & Medication Refills

Hospitalized for acute condition – malaria

Does not go

Question 2B: What kinds of things do you go to the doctor for?	Responses
R- Routine clinic visits	1
H - Hospitalizations	--
H-E - Exacerbations of conditions	2
H-A - acute conditions	1
M - Medications	4
N - Does not go	2

Current Perceptions



Question 2C: Are these efforts/methods adequately addressing your problems? Tell me more.	Responses
Y- Yes	--
Y-M-Medications	5
Y-T- Taking vitals	1
Y-L-Lifestyle modification advice	2
N- No	0

“It was swollen more than this, but you can see that it has gone down. They have been taking my blood pressure and giving oral drugs and some injections.”

“When I come for the drugs it helps to bring down the condition and sometimes it helps the condition go away. The drugs are making more impacts on the condition...when I come for hypertensive drugs it makes it go down. Like the hypertension has come to stay with you so it won't go away, but it makes it go down. Sometimes the BP is normal. “

Future Perceptions



Question 3A: What do you think your healthcare needs will be in the future?	Responses
A - Access to care	--
A-C - Community Health Centers	1
A-R- Routine clinic visits	2
M – Medications	2
N - Will not have problems	1
U - Does not know	3

“God takes care of us each morning and each night. We can't tell what sickness we will face in the future. If anything should happen I will come to the hospital.”

“My health [nutritional health] will be really good when I get older. When my children are older if, I am financially stable, my health will be maintained. “



Future Perceptions

Many similar ways as current needs are addressed

Home visits

Financial Support

Question 3B: How do you think the healthcare system will address those needs?	
E- Education	--
E-L-Lifestyle modifications advice	1
E-M- Medications	1
A - General access to care	2
A-H- Home visits	1
G - Giving of goods	1
X - no response	2

“I would like the hospital to give me money so I can work in my store to take care of my children. I have a small store with goods. If given money, I can use it to take care of my children.”



Future Perceptions

Routine care the does not require extensive travel

Home visits

Community Health Centers

Older patients seen first

Question 3C: How do you think the healthcare system can prepare to address your needs in the future?	
W- Decreased wait time	1
A – General access to care	2
A-H- Home visits	1
A-C-Community Health Centers	1
G - Giving of goods	1
X- No response	2

“When I grow older they will be seeing the older patients before they pay attention to the others. Because I am older I'll be attended to first.... because I don't have maximum strength.”

Adapted WHO-SAGE Questionnaire



- General Health
- Moving around
- Self Care
- Body Aches/Pains
- Concentration/Memory
- Personal Relationships
- Shortness of breath at rest
- Sleep
- Sadness/Depression
- Seeing
- Hearing
- Urinating
- Defecating

Adapted WHO-SAGE Questionnaire



- None (1) – deny any issues with health or the stated question
- Mild (2) – issues occurring less than twice weekly
- Moderate (3) – issues experienced at least twice weekly
- Severe (4) – persistent issues
- Extreme/Cannot Do (5) – persistent issues accompanied by inability to function due to particular issue

Selected Questionnaire Frequencies and Percentages



	None 1	Mild 2	Moderate 3	Severe 4	Extreme/ Cannot Do 5
Q2000: In general, how would you rate your health today?	4 (24%)	6 (35%)	6 (35%)	1 (6%)	
Q2002: Overall in the last 30 days, how much difficulty did you have with moving around?	10 (59%)	5 (29%)	1 (6%)		1 (6%)
Q2008: Overall in the last 30 days, how much difficulty did you have with concentrating or remembering things?	9 (53%)	6 (35%)		2 (12%)	
Q2014: Overall in the last 30 days, how much of a problem did you have with sleeping, such as falling asleep, waking up frequently during the night or waking up too early in the morning?	9 (53%)	3 (17%)	2 (12%)	1 (6%)	2 (12%)
Q2016: Overall in the last 30 days, how much of a problem did you have with feeling sad, low or depressed?	8 (47%)	2 (12%)	4 (24%)	3 (17%)	

Health and Healthcare Utilization



- **Health and Healthcare Utilization as Young Adult**
 - Trauma and Pregnancy
 - ✦ Access to Care
 - ✦ NHIS 2005
- **Current State of Health**
 - Chronic, Infectious, Parasitic
 - Change from acute and transient issues of youth
 - Majority Mild/Moderate from WHO-SAGE Question
- **Satisfaction with Current Healthcare**
 - Lifestyle Modification – Patient empowerment

Future Needs



- **Future Needs**
 - Routine Care
 - Community Health Centers
- **How will future needs be addressed**
 - Medications
 - Lifestyle Modification Advice
 - Home Visits
 - Financial Support
- **Preparation by Healthcare System**
 - Access to Care
 - ✦ Decreased Wait Time
 - ✦ Less travel distance
 - Financial Assistance

General Conclusions



- Respondents utilize healthcare system for acute and chronic care
- Maintenance and expansion of current healthcare services in the future is expected
 - Easier access to healthcare professionals, care and medications
- Confidence in healthcare systems to provide care as respondents age

Limitations



- **Translators**
 - Ward Nurses
 - Variation in the nurses used
- **Small sample sizes**
 - Uneven gender distribution
 - Less complex statistical analysis
 - ✦ Chi-square
 - ✦ Fisher's Exact Testing

Future Studies



- **Involve community members outside of the hospital**
 - Provide different perspective
- **Larger sample size**
 - Assess variations in gender
 - Assess variations among certain age demographics

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