

Elderly and home care: The responsibility of nursing academy for attention to community approach in Iran

Sadati Ahmad Kalateh*

Keywords: Elderly care, Depression, Health risks, Public health

Dear Editor in Chief

Elderly is the new issue in third millennium. Elder people experience loneliness and depression, either as a result of living alone or due to lack of close family ties and reduced connections with their culture of origin [1]. Common problems faced by the elderly are health risks [2], self-care [3], abuse [4], social isolation, and loneliness. However, surveys of the elderly have largely neglected the medical or social intervention and give little information as to whether the abnormalities they uncovered were already known to the general practitioners [5].

A new discourse which is progressed during last decades in health and healing sphere which called "home care" or "home health care". During last decade, home care service model is taken into consideration seriously. For example, the American Public Health Association supported that health care home model as a critical manner that essential forethought might help gathering people in general health objectives about expanding access to care, diminishing health disparities, and better integrating health care with public health systems [6].

Nursing plays a pivotal role in home care of old people. Nurses are the largest professional provider of health care services in the home setting [6].

There is lack of knowledge about home care in Iran. However it seems that two main parts have main role about this model from many years ago. In on hand, some governmental hospitals have provided some home cares model for citizens. In this model, generally a physician and a nurse provide the primary care for emergence people, for example about hypertension. Due of development of Emergency Medical Responder (EMS) in Iran during last decades all of mentioned role are conducted by EMS team. However, long-term care for the elderly is necessary.

Sponsorships or competing interests that may be relevant to content are disclosed at the end of this article.

Department of Sociology, Yazd University, Yazd, Iran

*Corresponding Author. Address: Department of Sociology, Yazd University, Yazd, Iran. Tel: +98(35)3123222. Email address: asadati@yazd.ac.ir (Sadati AK).

Copyright ©2018 Kalateh SA. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

Healthy Aging Research (2018) 7:16

Received 18 December 2018; Accepted 26 December 2018

Published online 02 January 2019

DOI: 10.12715/har.2018.7.16

On the other hand, because of rising elderly and chronic diseases in Iran as well as elsewhere, the private sector provides a similar model of home care for ill and elder people who cannot have self-care. Although this services are established by some doctors of specialists nurses, however generally, this role was done with some not specialist people who pass a short term about medical care. In addition some nursing students and some retired aid nurses work in this system. This system is not evaluated scientifically and we do not an evidence based data about it. In addition, it seems that the system not working properly. In other words, there is a gap between health care home model and this local model. Finally, because of lack of insurance system contribution, these services are done so expensive for households.

Home care is more related to nursing discipline than other. This is the main responsibility for college of nursing to develop the new community based approaches on aging and elderly. This responsibility is related to physical needs and self-care among these people as well as their psychological needs. The vulnerable people that are not only themselves but also their family are fragile about the many problem of aging. Thus as Naylor and Buhler-Wilkerson mentioned if we are successful in realizing our dreams through Living Independently For Elders (LIFE), we will have articulated a concept for community-based care for the new millennium that embraces the leadership of nurses in offering innovative and practical solutions to the complex needs of high-risk, vulnerable persons and their families [7].

Because of trend of elderly of our country and due to pivotal of nursing in home care, it is the time of developing this model in Iran. Nursing academies play important role in this direction. For this purpose, of course designing of a national model based on legal and ethical principles is inevitable.

Conflict of Interest

Not declared

References

- [1] Singh A, Misra N. Loneliness, depression and sociability in old age. *Ind Psych J* 2009;18:51-5.
- [2] Menec V. Loneliness and social isolation are important health risks in the elderly. *McMaster University* 2016.
- [3] Machado MMP. Health and self-care profile of older people: a descriptive study in nursing homes, in northern portugal. *Quality Prim Care* 2016;24-.

- [4] Lachs MS, Pillemer K. Abuse and neglect of elderly persons. *New Eng J Med* 1995;332:437-43.
- [5] Williamson J, Stokoe I, Gray S, *et al.* Old people at home their unreported needs. *The Lancet* 1964;283:1117-20.
- [6] Marek KD, Baker CD. Nurse home visit programs for the elderly. *Annu Rev Nurs Res* 2006;24:157-78.
- [7] Naylor MD, Buhler-Wilkerson K. Creating community-based care for the new millennium. *Nurs Outlook* 1999;47:120-7.