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## Assessment of physical health status and quality of life among Saudi older adults

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**Purpose:** This study investigated physical health status and quality of life among older Saudi adults.

**Subjects and Methods:** Participants included older adults (N = 55) aged 60–90 years (mean = 67.9± 7.71) from a major hospital in Jeddah. Subjects completed surveys and evaluations including assessments of personal and sociodemographic characteristics, caregiver presence, personal habits, perceived health, primary physical and psychological complaints, physician-diagnosed chronic diseases, and functional capacity (i.e., activities of daily living).

**Results:** Results showed a significant positive correlation between age and ADL (activity daily living); age and memory problems, anxiety, and loneliness; and sleep disturbance and falls. Main factors contributing to quality of life decline were chronic disease, falls, sedentary lifestyle, sleep disturbances, and financial concerns. Participants with diabetes mellitus (58.18%) and hypertension (29.0%) had a very high fall rate. Participants engaged in minimal physical activity (63%), often due to bone and joint pain (90.0%), and led sedentary lives (69%). Single sensory impairments were significantly and independently linked to high depression risk and decreased self-sufficiency. [Conclusion] Healthy lifestyle and behavioral changes should be promoted through community-based health education programs for older Saudi adults. Chronic disease screening programs for the elderly population (especially diabetes and hypertension) are recommended.

**Key words:** Elderly, Falls, Depression

### Biography

Dr. Samira Alsenany BSc (Hons), RN, MSc, PGCert ANP, Mphil, PhD graduated with a BSN Bachelor degree in Nursing from the Faculty of Medicine and Allied Sciences, King Abdul Aziz University, with an honors degree grade, followed by masters' degrees from the UK: firstly, an MSc in Health Care Management from the University of Wales, Swansea, UK, and a MPhil in Nursing Research from the University of Sheffield, UK. She then achieved a PhD degree in Gerontology Education from the University of Sheffield, UK, where she developed an interest in the care of older people and has undertaken research focusing on issues associated with Gerontology education and quality of life in elderly people. Recently research interests include the areas of caring for older people and education, including Clinical competence evaluation such as OSCE. Dr Samira is a Member of the British Society of Gerontology and has published several papers in refereed journals.

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