Negative self-perception of health in elderly people assisted at a referral center: prevalence and determining factors

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The self-perception of health status is a relevant construct for the analysis of the health conditions of the elderly population and should be recognized as a guiding instrument for health promotion actions. The investigation of self-perception of health has been widely used in population studies, and interest in the subject has also grown in research involving the elderly. Whether in the national or international scenario, there is a decline in the general health status of this group, affecting self-perception. This study aimed to estimate the prevalence of negative self-perception of health status and to analyze the factors in elderly people assisted at a referral service. Analytical cross-sectional epidemiological survey, carried out in 2015, with a convenience sample. The scenario was the Mais Vida Reference Center for Health Care for the Elderly (CRASI) in Montes Claros, Minas Gerais - Brazil. The association between negative self-perception of health and sociodemographic and health-related variables was investigated. To investigate the variables associated with the outcome, bivariate analyzes were performed, followed by multiple analysis by Poisson regression. The research project was approved by the Research Ethics Committee of the State University of Montes Claros (Unimontes). All participants were instructed on the research and presented their consent by signing a Free and Informed Consent Form. A total of 360 elderly people were evaluated. The prevalence of negative self-perception of health was 60.5%. In the final model, the associated factors were identified: age in the range ≥80 years (PR=0.79; 95%CI=0.648-0.974; p=0.027); frailty (PR=1.28; 95%CI=1.07-1.54; p=0.007); depressive symptoms (PR=1.40; 95%CI=1.19-1.67; p=0.000); provide care to someone (PR=1.49; 95%CI=1.18-1.88; p=0.001). The high prevalence of negative self-perception of health and the associated factors indicate the need for effective actions to promote health and more specific care for the elderly assisted at the referral center. These findings indicate the need for effective actions to promote health and more specific care, mainly aimed at the needs of those elderly people who negatively self-assessed their health status and fell within the aforementioned factors.

Biography

Researcher, pursuing a Doctorate in Health Sciences at the Postgraduate Program in Health Sciences (PPGCS) at the State University of Montes Claros - Unimontes, area of concentration in Public Health. He holds a Master's degree in Health, Society and Environment from the Federal University of Vales do Jequitinhonha e Mucuri - UFVJM (Health Promotion, Disease Prevention and Control Research Line). He has a Specialization in Higher Education Didactics and Methodology from Unimontes. Bachelor of Nursing, graduated from Unimontes. He is a member of the Nursing Research Group and the Center for Clinical Excellence Applied to Primary Care at Unimontes. Ad hoc reviewer of Brazilian and international scientific journals. Its main focus is the fields of Public Health, Epidemiology and Nursing.

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