



“Emotional and Sexual Health on Informal Caregivers of Older Adults in Condition of Functional Dependency”



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Introduction

The increase of the population aged 60 years and older is imminent (Instituto, 2018) and will increase the probability that a greater number of senior adults will be in a situation of functional dependency that will require support for the performance of their activities of daily living, mainly provided by informal caregivers (IC), usually wives or daughters of the Older Adults (OA) (Villarreal-Reyna, Cruz-Quevedo, Vicente Ruiz, & Salazar-Gonzalez, 2017). Due to different burdens imposed by the task of permanent and prolonged care, the IC modifies the time dedicated to their own activities such as personal care, recreation, social activities, intimate life and their freedom, putting at risk their emotional health and deterioration of their sexual health (De Valle-Alonso, 2015) (Madruga, 2016).

Aim: to describe the relationship of the bio-psycho-social and situational factors and the sexuality of elderlies in Saltillo Coahuila, Mexico

Methodology

Design: correlational descriptive

Population: female IC of functional dependent OA, who provide care and support with activities of daily living, residents in the city of Saltillo, Coahuila.

Sample and Sampling: calculated by nQuery Advisor 7.0 software non-probabilistic method for convenience.

In order to know the state of emotional health, the Depression Scale of the Center for Epidemiological Studies (CESD) of Radloff and the inventory of trait-state anxiety (IDARE) Spanish version of the STAIN (State Trait Anxiety Inventory) of R. Gorsuch, R. Lushene and Ch. Spieldberger. To find out the IC’s sexual health state, the questionnaire of sexual function in women will be applied (Sexual Functioning Questionnaire Women, SFQ-W-Karen Syrjala 2000).

Results

Will be obtained through SPSS V.23. Descriptive statistics (measures of central tendency and dispersion) and inferential statistics (correlations), parametric or non-parametric, will be used according to the results of the normality test.

Conclusions

The results will be compared with the literature reviewed, identifying similarities and differences. The importance of the results in the search of the improvement of the clinical practice of nursing in the field of the emotional and sexual health of the IC will be discussed, seeking to contribute to the base of the nursing knowledge of the development, implementation and measurement of interventions for mitigate the impact on health and quality of life of the IC.