

## Quality of life of the elderly in primary health care in the central region of Portugal

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### Introduction

The World Health Organization (WHO)<sup>1</sup> defines quality of life as the individual's perception of their position in life, in the context of their culture and the value systems of the society in which they live and in relation to their goals, expectations, standards and concerns. Healthy aging is essential for quality of life, in this case, we have the World Health quality of life assessment questionnaire<sup>2</sup> Organization Quality of Life (WHOQOL), built and validated by WHO.

### Objective

To evaluate the quality of life of the elderly assisted at a family health unit (FHU) in the municipality of Coimbra.

### Methodology

Quantitative, descriptive and analytical study carried out with 164 elderly people attended at a FHU in Coimbra, Portugal. To compose the sample size, stratified random sampling<sup>3</sup> was calculated by health unit and sex. The Student T Test was used for inferential analysis, with a significance level of 0.05. The study was approved by the Health Ethics Committee of the Regional Health Agency (ARS) of the Center of Portugal, receiving opinion N<sup>o</sup>. 34.2017.

### Results

The majority of the elderly were female (53.4%), with an average age of 76.8 years, octogenarians (46.1%), married (57.4%), retired (65.9%) and educational level incomplete (64.2%). Regarding the self-perception of being or not sick, most of the elderly (60.8%) self-report not being sick. Among self-reported diseases, most are joint diseases (10.8%) followed by arterial hypertension (5.7%). Regarding the quality of life of the Whoqol-bref domains, scores were obtained in decreasing values: Environment domain (D4) (65.6), Social relationships (D3) (62.5), Psychological (D2) ( 62.4), Physical (D1) (60.6) General Domain (DG) (58.2) with significance level  $p \leq 0,00044$  \*.

### Conclusions

The study showed that the interviewees' quality of life obtained the best scores in the Environment Domain while the Physical Domain was the most fragile. This result can be based on the profound changes in the health systems that occurred since 2006 in Portugal.

### Key words

Primary health care, aging, quality of life.

### References

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