

THE EVALUATION OF THE FRAILITY LEVEL AND QUALITY OF LIFE IN ELDERLY WITH DIABETES

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Diabetes is a chronic metabolic disease that affects quality of life and can lead to frailty. It is a serious global health problem that is considered an aging-related disease and continues to gain acceleration. Study aimed to investigate the relation between frailty and quality of life with the elderly people with diabetes.

The study was conducted with 210 elderly with diabetes who applied to one of the family health centers and a research and training hospital. Data was collected with an Elderly Individuals Introductory Information Form that includes 19 questions regarding socio-demographic features and characteristics of diabetes, Edmonton Frailty Scale (EFS) and EuroQol- Quality of Life Assessment Scale (EQ-5D-5L). Data was analysed with frequencies, percentages, mean, median, standard deviation, Spearman's correlation, multiple regression analysis in SPSS programme.

Of the cases, 66.2% (n = 139) were female, 74.3% (n = 156) were married and 61.0% (n = 128) were elementary school graduates. 18% (n = 38) of the cases were not frail, 24.3% (n = 51) were vulnerable, 20.5% (n = 43) were mild frailty, 20.5% (n = 43) were moderate frailty and 16.7% (n = 35) were severe frailty. There was a negative and moderate correlation between Edmonton Frail Scale (EFS) and EQ-5D-5L- EuroQol- Quality of Life Assessment Scale ($r=-0,659$; $p<0,01$). The VAS value ($\beta=-0,040$; $p<0,05$) has a negative and significant effect on the frailty. It was found that the fragility had a negative and significant effect on the quality of life ($\beta = -0.666$, $p <0.001$).

In conclusion, elderly with diabetes with poor quality of life have greater frailty. Frailty and quality of life should be evaluated regularly in diabetes management. In future researches, it is recommended to examine the dimensions of this relationship and the contributors.