

NAZIV DISERTACIJE: UTICAJ HRONIČNIH MASOVNIH NEZARAZNIH BOLESTI NA KVALITET ŽIVOTA LICA TREĆE ŽIVOTNE DOBI**Autor:** Nizama Rudić-Aliefendić**Mentor:** Prof. dr. Aida Rudić**Datum odbrane:** 02.02.2018.**DOI:** <https://doi.org/10.17532/DD.2018.02>**SAŽETAK**

Uvod: Hronične masovne nezarazne bolesti predstavljaju vodeće bolesti sa visokom stopom morbiditeta i mortaliteta sa tendencijom rasta. Procjenjuje se da najveću stopu čine kardiovaskularne bolesti, maligne neoplazme, dijabetes melitus, bubrežne bolesti, respiratorne bolesti. Određene poteškoće u aktivnostima svakodnevnog života doprinose smanjenju kvalitete života lica treće životne dobi. U cilju unaprijeđenja kvalitete života osnovni cilj su promotivno-preventivne aktivnosti sa zadatkom spriječavanja prerane smrti u ranoj starosti i održavanje funkcionalne aktivnosti do duboko u starost.

Ciljevi istraživanja: Procijeniti kvalitet života lica treće životne dobi oboljelih od hroničnih masovnih nezaraznih bolesti i postaviti odrednice u domenu promotivno-preventivnih aktivnosti.

Ispitanici i metode istraživanja: Uzorak je predstavljalo 750 lica treće životne dobi, pokretna i nepokretna lica, kategorizirana u dvije grupe u odnosu na mjesto boravka ispitanika one koji žive u vlastitom domu, a koriste profesionalne usluge Centra za profesionalnu njegu Ruhama i one koji permanentno žive u Centru za profesionalnu njegu Ruhama u Zenici.

Istraživanje je prospektivna studija, provedena tokom 2016-2017. godine. Instrumenti primjenjeni tokom istraživanja su:

Istraživanje je provedeno kao cross sectional study, pomoću Barthelov-og index ASŽ (funkcionalne sposobnosti u obavljanju aktivnosti svakodnevnog života, upitnik MANSA (The Manchester Short Assessment of Quality of Life), upitnik o kvaliteti života Svjetske zdravstvene organizacije (World Health Organization Quality of LifeVersion questionnaire WHOQOL-SRPB.

Rezultati:

- Utvrđena je učestalost masovnih hroničnih nezaraznih oboljenja i stepen funkcionalnosti ispitanika porastom godina života.
- Istraživanjem je utvrđen subjektivni stepen kvaliteta života u odnosu na postojanje oboljenja spitivanog uzorka, te je utvrđena veza između stepena kvaliteta života, socioekonomskih i demografskih karakteristika, te masovnih hroničnih nezaraznih oboljenja.
- Štićenici sa smještajem pri Centru Ruhame su imali najveći procenat zadovoljstva kvalitetom života u odnosu na ispitanike smještene u kućnom okruženju u svim postavljenim domenama: fizičkog zdravlja, psihičkog zdravlja, nivoa neovisnosti, socijalnih odnosa, interakcije okoline i duhovnosti.
- Percepcija kvalitete života se razlikovala od starosti ispitanika, pola, mjesta boravka, nivoa obrazovanja, broja djece, psihičkih faktora sredine, zdravstvenog stanja, socijalnih odnosa, individualne percepcije, religijskog shvatanja života, finansijskog aspekta i mogućnosti samostalnog obavljanja aktivnosti svakodnevnog života.

Zaključak: Tokom istraživanja uočeni su pozitivni aspekti usluga zdravstveno-medicinskog nadzora pri Centru za profesionalnu zdravstvenu i palijativnu njegu Ruhama u domenu zadovoljenja psihičko-fizičkih aspekata, unaprijeđenja kvalitete života lica oboljelih od masovnih nezaraznih bolesti i zadovoljenja socijalno-bioloških faktora.

Ključne riječi: kvalitet života, lica treće životne dobi, hronične masovne nezarazne bolesti

DISSERTATION TITLE:**Author:** Nizama Rudić-Aliefendić**Mentor:** Prof. dr. Aida Rudić**Date of defence:** 02. February 2018**DOI:** <https://doi.org/10.17532/DD.2018.02>**ABSTRACT**

Introduction: Chronic mass non-communicable diseases are the leading disease with a high rate of morbidity and mortality with a tendency to increase. It is estimated that the highest ranks of cardiovascular disease, malignant neoplasm, diabetes mellitus, renal diseases, respiratory diseases. Certain difficulties in daily activities contribute to reducing the quality of life of people of the third age. Aiming to improve the quality of life are the basic goal of promotional and preventive activities with the task of preventing premature death at an early age and maintain functional activities well into the age.

Research objectives: Assess the quality of life faces elderly suffering from chronic noncommunicable diseases and set up guidelines in the field of promotional and preventive activities.

Subjects and Methods: The sample was constituted of 750 people the third age, movable and immovable face, categorized into two groups with respect to the place of residence of the respondents who live in their own home, and use the services of the Center for professional care Ruhama and those who permanently live Center for professional care Ruhama Zenica.

The study was a prospective study, conducted during 2016-2017. The instruments applied during the research are: the study was conducted as a cross sectional study, using a standard questionnaire to assess quality of life, as research instruments. The instruments of research are: Barthel index ASŽ- functional abilities in performing activities of daily living, questionnaire MANSA- (The Manchester Short Assessment of Quality of Life), Quality of Life Questionnaire of the World Health Organization (World Health Organization Quality of Life Version questionnaire WHOQOL- SRPB. Statistical analysis data analysis was performed by SPSS for Windows, nominal and ordinal variables in the study were analyzed by the χ^2 test, the lack of expected frequency was used the Fisher's exact test for continuous variables were analyzed by the symmetry of their distribution by the Kolmogorov-Smirnov test were used correlation test (Spearman - rho. Pearson-r), the P values are based on the decision of acceptance or rejection of the hypothesis in appropriate assays.

Results: Beneficiaries with accommodation at the Center Ruhama had the highest percentage of satisfaction with quality of life than those placed in the home environment in all positioned domains: physical health, psychological health, level of independence, social relationships, the interaction of the environment and spirituality. The perception of quality of life was different from the age of respondents, sex, place of residence, education level, number of children, psychological factors, environment, health, social relations, individual perceptions, religious view of life, financial aspects and possibilities of individual performance of activities of daily living.

Conclusion: During the study noted the positive aspects of the services of health and medical supervision at the Center for professional health and palliative care Ruhama in the area of meeting the psychological and physical aspects, improving the quality of life of persons suffering from noncommunicable diseases and satisfying social and biological factors.

Keywords: quality of life, faces third age, chronic mass noncommunicable diseases