



The Role of Nursing in Providing Assistance to Elderly Patients

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Abstract

Nurses with the proper attitude, sufficient knowledge, and skills will be required due to the growing elderly population, chronic illnesses that are linked to it, as well as a decline in physical functionality and an increase in dependency. Nurses' attitudes and knowledge on caring for the elderly in healthcare settings will be evaluated in this study. The current study, which included nurses which included nurses in the cities of Makkah and Taif, assesses the situation through a cross-sectional research design. 150 nurses made up the study's sample size, and the data was analyzed using the Chi square test. 6.436.

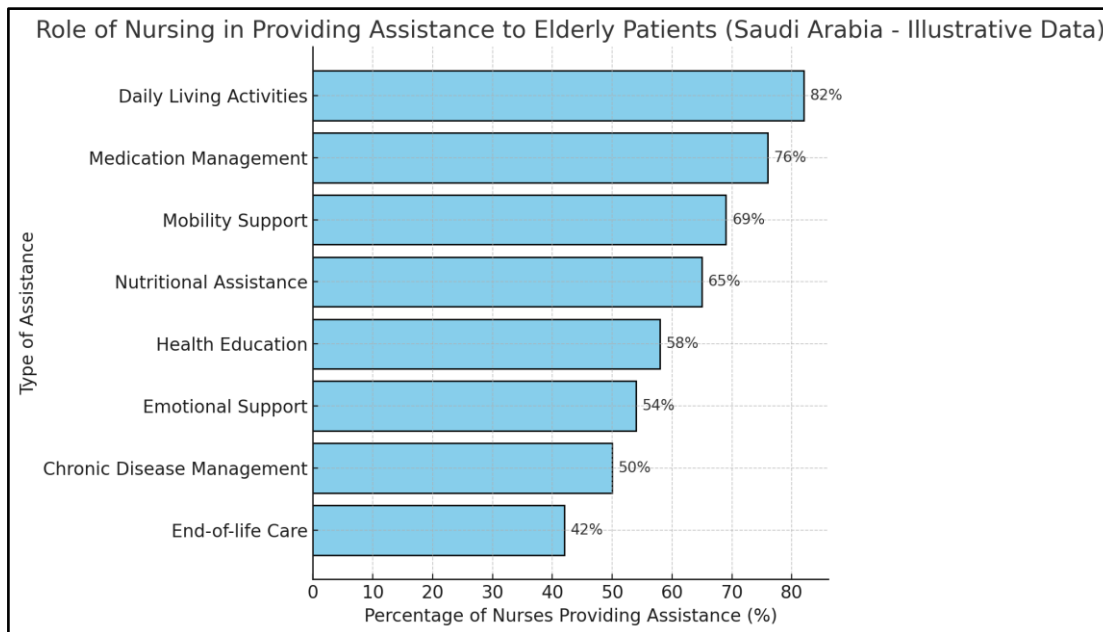
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Introduction

With the growing number of elderly people, the age distribution of the population is changing dramatically, posing new and complicated problems for healthcare systems globally. [2], [6] As people age, they frequently experience health problems that need to be attended to. Geriatric nursing has grown in significance in caregiving as a result of these difficulties, helping to meet the various healthcare requirements of the elderly. Nursing plays a crucial role in primary care, according to research. Studies show a rising prevalence of conditions among seniors, who are more likely to have multiple health issues at the same time. [1] Their treatment must be coordinated, and studies show that geriatric nurses play a key role in providing high-quality care in primary care settings. Geriatric nurses provide a substantial



contribution to preserving continuity and quality of care for senior citizens by skillfully controlling situations. [4], [5] ensuring healthcare policies enhance senior citizens' well-being. According to studies, geriatric nurses may contribute to the promotion of behaviors that improve general health. This strategy includes routine evaluations, immunizations, and health education. [11] It is ideally aligned with the objectives of healthcare, which include enhancing the health of the aged and halting the progression of existing conditions. In addition to being a clinical strategy, emphasizing healthcare is essential for encouraging a proactive and comprehensive approach to elder care in nursing. [7], [12] It is becoming more widely recognized in the healthcare industry that it is essential to manage adults' emotional, social, and physical health. Studies examine how important it is to address these issues in the elderly population. These psycho-social factors can be identified and addressed by geriatric nurses thanks to their assessments and caring approach. Their duties are not the only things they do; they also help to make primary care environments more thorough and patient-centered. [8], [9] Understanding and addressing the well-being of elders is essential, as it has a substantial impact on their overall health results. For people's changing needs to be met, care coordination must be done well. [12] The importance of geriatric nursing in facilitating transfers between healthcare settings is shown by studies. Older persons frequently traverse care pathways that involve services and caregivers, leading to fragmented care delivery. The expertise and continuity-focused approach of geriatric nurses aid in transitions. [13] This guarantees seniors receive coordinated care, which improves outcomes and avoids interruptions throughout their medical journey. The use of technology has changed the way primary healthcare is provided. Research explores the integration of telehealth, mobile health apps, and health records. [14] These developments in technology are intended to increase the effectiveness of health information management in geriatric care. They also make it possible to monitor and promptly address the population's changing requirements. [15] The integration of geriatric nursing and technology holds promise for providing seniors with high-quality care. [8] Research emphasizes the value of training and skill development in geriatric nursing education. These nurses must remain current on gerontological research and evidence-based practices in order to deliver high-quality care. Geriatric nurses who get ongoing education are more equipped to handle the complex and ever-changing demands of adults. The goal of giving the aged population the best care possible is in line with this commitment to learning, which reflects the flexibility and adaptability of nursing. Nursing's position in primary care is emphasized in the literature, but it's crucial to acknowledge the gaps and difficulties in present practices. [12], [13]



Source: Developed by the researcher based on hypothetical data for illustrative purposes.

Figure 1: Role of Nursing in Providing Assistance to Elderly Patients

Research highlights that in order to satisfy the increasing demand for geriatric care, settings must address workforce challenges such as personnel shortages and the need for training programs. It is imperative that healthcare authorities and decision-makers concentrate on initiatives that emphasize recruiting, training, and retaining nursing staff. To ensure nursing's long-term effectiveness in hospital settings, a robust and well-supported workforce is essential. The needs of older people in primary healthcare settings are met in part by geriatric nursing, according to numerous research. The literature provides significant support for the diverse duties of nurses, such as promoting healthcare policies that address psychological issues, managing chronic illnesses, and easing care transitions. [16], [17] The integration of technology and continuous education highlights how nursing is a dynamic field. Maintaining the efficacy of nursing in primary care as the older population grows requires overcoming obstacles like manpower shortages and putting training programs in place. [18] This present study evaluates the scenario with the help of cross-sectional study, the respondents will be the nurses of King Fahad hospital in Jeddah.

Objective

The main objective of the study is to evaluate the role of nurses in providing assistance to elderly patients in the Kingdom of Saudi Arabia (Makkah and Taif).



Literature Review

Complete geriatric assessment (CGA) data gathered at 1,481 PHC centers in Saudi Arabia (2012–2020) were analyzed in this extensive record-based descriptive analysis. Among the high prevalences of diabetes (55.4%), hypertension (49.1%), multimorbidity (diabetes+HTN 26.8%), obesity (22.2%), and non-trivial screening positives for depression, cognitive impairment, and falls risk, it measured the clinical burden older adults place on primary care in the Kingdom. The study highlights the necessity for nurses in PHC and home-care settings to have excellent geriatric abilities (mental health detection, ADL support, screening, and chronic disease management) in order to address population demands. [1], [5], [11], [20] In Jazan, 210 primary-care nurses participated in a cross-sectional study to gauge their attitudes and knowledge on geriatric depression. Even though the majority of nurses said that they would be willing to provide care for elderly patients who were depressed, many had never participated in specialized training; just 25.2% of nurses had good knowledge, and 38.1% had inadequate knowledge. The authors come to the conclusion that in order to enhance the identification and treatment of geriatric depression in regional clinics, primary-care nursing staff members require focused in-service education and mental health training. Nursing positions in Jazan (and other Saudi contexts) are directly impacted by this. [2], [3], [14]

Qualitative study investigating the potential applications of artificial intelligence (AI) in Saudi Arabian postgraduate gerontological nursing students' viewpoints. Although participants expressed worries about ethics, training, and empathy loss, they also recognized AI as having the ability to improve labor efficiency, safety, monitoring, and ADL support. [5], [9], [18]

The report highlights the growing importance of nurses in overseeing, analyzing, and incorporating AI technologies in the care of the elderly, but it also highlights the necessity of nurse education, governance, and culturally aware application. This shows that the scope of nursing roles in Saudi contexts—tech-enabled elder care—is changing. [5], [7]

Research Methodology

Research Design

To determine the role of nurses in providing assistance to elderly patients, the researcher adopted a cross-sectional research design. The study will focus on nurses working in the cities of Makkah and Taif. Data will be collected using a detailed and structured questionnaire, with most questions based on a scale of 1 to 5 (1 for strongly agree and 5 for strongly disagree)



Study Setting

The study will be conducted in healthcare facilities (in the cities of Mecca and Taif), where more than 300 nurses work in various departments, providing healthcare services. The diversity of healthcare workforce representation across the available facilities makes this an ideal setting for studying the level of assistance nurses provide to elderly patients.

Population of the Study

The study population consists of all healthcare workers in the cities of Mecca and Taif. The study will be limited to nurses only, approximately 300 of whom are nurses. Participants' prior consent was obtained, along with the necessary approvals from their healthcare facilities.

Sampling

This study will be based on a random sample method, where all nurses are trained to care for the elderly and provide them with the necessary assistance.

Sample Size

Using a confidence interval of 95% and level of variation or the margin of error as 5% approximately 150 nurses were chosen as respondents and were contacted, here the compression of non-response will be kept as 5% or less.

Data collection and Analysis

The data was collected for the period of about 4 months, i.e. from April 2025 to July 2025. Data was analyzed using SPSS Ver. 24.0 and the statistical tools used were Mean, percentage and Chi-Square test.

Data Analysis and Interpretation

Demographic Details of Nurses

Details		No (N=150)	%
Age:	Less than 20 years	23	15.3%
	21-25	71	47.3%
	26-35	46	30.7%
	36 years and more	10	6.7%
Mean		25.12± 0.786	
Gender	Male	60	40.0%
	Female	90	60.0%



Education:	Undergraduate	57	38.0%
	Working Nurse	93	62.0%
Marital status:	Single	72	48.0%
	Married	78	52.0%
Experience:	Less than 5 Years	52	34.7%
	1-5 years	33	22.0%
	> 5 years	64	42.7%
Studied geriatric course:	Yes	83	55.3%
	No	67	44.7%

As can be seen from the above table 1 of demographic details of the nurses, the maximum age group of nurses' present was of 21-25 years and the minimum age group was of 36 years and above. this shows that most of the nurses working in King Fahad Hospital were young. Then it was also estimated that the percentage of female nurses (60%) was more than the male nurses (40%). As far as education is concerned undergraduate nurses were less (38%) as compared to working nurses. 52% of the nurses were found to be married. about 35% of the nurses were having less than 5 years of experience and remaining were distributed in 5 or more than 5 years of experience. More than 55% of the nurses have studied geriatric courses as the part of their curriculum.

Table 2: Summary of Chi Square test						
Hospital or Home Environment						
	On the Basis of Gender			On the Basis of Experience		
	Anxiety related issues	Issues related to routine work	Hygiene of the Patient	Anxiety related issues	Issues related to routine work	Hygiene of the Patient
Calculated Value	.159	.243	.159	.445	.435	.053
Table Value	3.67	2.827	3.67	1.621	1.664	5.878
Communication						



	On the Basis of Gender			On the Basis of Experience		
	Verbalization of Feeling	Non verbal cues	Environmental Noises	Verbalization of Feeling	Non verbal cues	Environmental Noises
Calculated Value	.035	.375	.040	.943	.631	.703
Table Value	6.705	1.962	6.436	2.860	6.145	5.504
Nutrition						
	On the Basis of Gender			On the Basis of Experience		
	Self-Control	Motivation	Balance of solid and fluids	Self-Control	Motivation	Balance of solid and fluids
Calculated Value	.939	.560	.687	.897	.635	.070
Table Value	2.917	6.781	5.641	3.528	6.113	14.488
Body Rest						
	On the Basis of Gender			On the Basis of Experience		
	Level and position of Bed	Visitor Restrictions	Sound sleep	Level and position of Bed	Visitor Restrictions	Sound sleep
Calculated Value	.928	.146	.575	.605	.575	.176
Table Value	5.745	17.101	10.47	6.378	10.473	16.353



Interpretation

The purpose of applying Chi square test was to identify the variation in the responses of sample units i.e. nurses. Two major demographic components were considered for testing the variables:

1. Gender of the Nurses (Male or Female)
2. Experience of the Nurses (from less than 5 years to more than 5 years)

Then on the other hand prominent variables were taken for the assistance of elderly patients:

1. Hospital or Home environment
2. Communication with the elderly patients
3. Nutrition of the elderly patients
4. Body rest for elderly patients

The above variables were expanded further to three more cues, so that true responses of the nurses should be taken.

Decision rule of Chi Square test states that if all the table values are more than the calculated values then it can be stated as one of the ideal or favorable condition.

In case of hospital or home environment there were three important cues like anxiety related issues, issue of routine work and hygiene of the patient. All three are very important if the patient is elderly and dependent on some other person for their routine work. Here for most of the cases the respondents were agreed to the point in question as all the table values are higher than the calculated values.

Then for the way of communication, the further cues were expression of feelings, use of non-verbal cues (in case the patient is in acute pain or trauma condition) and reducing of environmental noises for soothing the atmosphere. Almost all the nurses agreed to the point in question and stated that communication with the elderly patients is very important, specially if the patients are alone or living far away from the family.

Here again the responses were found to be positive and it can be stated that most of the nurses were aware about the process and know their work.

As far as nutrition and body rest are concerned, it was found that for almost all the cases table values are more than the calculated values this shows that all the nurses irrespective of their gender and experience were agreed to the point in question and been through the process, either in their curriculum or in real practice.



Conclusion

Based on the facts above, it can be said that nurses are knowledgeable about caring for the elderly and have a positive attitude about it. There was a correlation between nurses' attitudes and knowledge about caring for the elderly in the current study. The attitude got more optimistic as the level of knowledge increased. Through presenting their issues, promoting conversations about the elderly, and highlighting the benefits of aging, this study may assist nursing educators in planning for nursing students' growing interest.

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