



Evaluation of the Effectiveness of a Health Promotion Program in Clinical Practice with Elderly Patients

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ABSTRACT

The elderly patient population is vulnerable to various chronic diseases and has limited levels of access to health information. Effective health promotion programs can improve the quality of life of this group and prevent disease. A health promotion program is a series of activities aimed at increasing awareness, knowledge and healthy behaviour in a population or community. This study aims to evaluate the effectiveness of a health promotion program implemented with elderly patients in clinical practice in improving their knowledge, healthy living behaviour and health outcomes. This research method was carried out using a quasi-experimental design using a sample of elderly patients who participated in a six-month health promotion program at a community health clinic. Data collection was carried out through pre- and post-intervention questionnaires, and data analysis was carried out using descriptive statistics and hypothesis testing. The results of this study show an increase in patient knowledge about healthy eating patterns, physical activity, and stress management after participating in the health promotion program. In addition, there have been positive changes in healthy lifestyle behaviour and a reduction in the number of visits to health facilities due to diseases related to unhealthy lifestyles. The conclusion of this research is that health promotion programs for elderly patients in clinical practice are effective in increasing knowledge, improving healthy living behaviour, and reducing the risk of chronic disease. The recommendations of this study are to expand the scope of health promotion programs in various clinical settings and continue to encourage the participation of elderly patients to achieve optimal health outcomes.

Keywords: *Clinical Practice, Elderly Patients, Promotion Programs*

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INTRODUCTION

Health promotion programs in clinical practice for elderly patients are a very important approach to optimizing the health and quality of life of the elderly (Morales-Palomo et al., 2019). With the ageing population continuing to grow worldwide, the challenges of caring for them are increasingly complex. Elderly patients often experience multiple chronic health problems and have different needs compared to younger age groups (Lier et al., 2019). Therefore, appropriate health promotion programs in clinical practice are essential to prevent disease, improve quality of life, and extend lifespan (M. Scull et al., 2019). The main goal of health promotion programs is to encourage the adoption of a healthy lifestyle, prevent disease, and improve holistic well-being (Schmidt et al., 2020). These programs can include various activities, such as outreach, public campaigns, provision of affordable health services, development of public health infrastructure, and advocacy for policies that support a healthy environment (Tsai et al., 2019). Through health promotion programs, governments, non-profit organizations, and other health agencies strive to create environments where individuals have the knowledge, skills, and resources to make healthy choices for themselves and their communities (Lynn Murphy et al., 2019).

Elderly patients are a group that is vulnerable to various chronic diseases, such as heart disease, diabetes, hypertension, osteoporosis and Alzheimer's disease (Bansal et al., 2016). Factors such as decreased physical function, decreased cognitive function, social and economic changes, and decreased social support often make older people more vulnerable to various health problems (Franco et al., 2021). Apart from that, unhealthy lifestyles such as an unbalanced diet, lack of physical activity, smoking and alcohol consumption can also increase the risk of disease in the elderly (Jones et al., 2008). Therefore, it is important for health practitioners to not only focus on treating existing diseases but also pay attention to health promotion efforts to prevent the emergence of new diseases and improve the quality of life of the elderly (Ornek & Esin, 2020). One of the main challenges in implementing health promotion programs for elderly patients is the various complexities associated with the ageing process itself (Canuto et al., 2021). The ageing process affects not only the physical but also the mental, social, and emotional. Therefore, health promotion programs must be designed taking these aspects into account (Morales et al., 2019). In addition, the presence of pre-existing health conditions in the elderly can also complicate the implementation of health promotion programs (Naseri Salahshour et al., 2019). Some seniors may experience physical or cognitive limitations that may prevent them from following a health program consistently (Dimitropoulos, 2020). Apart from that, the low level of health literacy among some elderly people can also be an obstacle to understanding and following health recommendations.

However, some strategies and approaches can help in overcoming these

challenges. First, a holistic and integrated approach to treating elderly patients is very important. This includes involving various disciplines such as medicine, nursing, rehabilitation, and social workers to provide comprehensive care. In addition, this approach should also pay attention to individual needs and accommodate differences in health conditions, cultural preferences, and socioeconomic conditions. Second, it is important to provide proper health education to the elderly and their families (Budd et al., 2020). Health education that is adapted to the level of understanding and needs of patients can help improve their understanding of the importance of maintaining health and following the health recommendations given by medical personnel.

Furthermore, the integration of technology in the health promotion program can also help improve its accessibility and effectiveness. Technology such as mobile health applications, health sensors, and wearable devices can be used to monitor patients' health conditions in real time and provide reminders and motivation to follow a healthy lifestyle (Boulos et al., 2011). In addition, telemedicine can also be a solution to overcome accessibility barriers to health services, especially for the elderly who live in remote areas or have limited mobility. No less important is the role of collaboration between various related parties, including health practitioners, government, non-governmental organizations, and the private sector, in supporting the implementation of health promotion programs for the elderly (Kobel et al., 2019). This collaboration can include the provision of resources, funding, and infrastructure needed to support the program. In addition, advocacy and supportive policies are also needed to create an environment that supports a healthy lifestyle for the elderly. In clinical practice, it is important for health practitioners to adopt an evidence-based approach and pay attention to the needs and preferences of patients. This includes conducting a comprehensive health assessment, identifying existing risk factors, and planning a health promotion program that suits the patient's health conditions and individual needs. In addition, it is also important to actively involve patients in the planning and implementation of the health promotion program so that they feel owned and motivated to follow the program consistently.

One important aspect of health promotion programs for the elderly is disease prevention (Lutz et al., 2019). Elderly patients are vulnerable to various chronic diseases such as heart disease, diabetes and cancer. Therefore, disease prevention efforts are very important in maintaining their health. Health promotion programs can include education about healthy eating patterns, promotion of physical activity, stress management, and providing vaccinations according to the needs of the elderly (Crane et al., 2019). Apart from that, early detection of disease is also the main focus of this program. Through regular examinations and appropriate screening, diseases can be detected at an early stage so that treatment and intervention can be carried out more effectively. Apart from disease prevention, health promotion programs also aim to improve the quality of life of the elderly. Seniors often experience changes in their physical and mental conditions, which can impact their overall quality of life. Therefore, it is important to provide adequate support in maintaining their physical

health and mental well-being. This can include exercise programs tailored to the elderly's physical condition, psychological support to overcome problems such as depression and anxiety, and social skills training to maintain healthy interpersonal relationships. Another strategy that can be implemented in health promotion programs for the elderly is the management of polypharmacy (Preti et al., 2020). Seniors often take multiple medications to manage their multiple health conditions, which can increase the risk of drug interactions and adverse side effects. Therefore, it is important to conduct regular drug reviews and optimize drug use according to individual patient needs. In addition, a holistic approach to health management can also include non-pharmacological therapies such as physical therapy, occupational therapy, and speech therapy to improve quality of life and slow disease progression (Di Fabio et al., 1997).

Elderly patients are prone to a variety of different diseases compared to younger populations, and symptoms of diseases in the elderly often have unique characteristics. Some of the symptoms of diseases that elderly patients often experience include physical impairment, cognitive impairment, as well as chronic diseases that are more common in old age. One of the physical symptoms often experienced by elderly patients is muscle weakness or a general decline in physical strength (Santos-Beneit et al., 2019). This condition can be caused by a variety of factors, including the natural aging process, lack of physical activity, and certain chronic diseases such as arthritis or heart disease. Muscle weakness can lead to decreased mobility, difficulty performing daily activities and an increased risk of falls. In addition, elderly patients are also prone to excessive fatigue, even with light activity, which can compromise their overall quality of life.

In addition to physical symptoms, cognitive impairments are also common in elderly patients, especially Alzheimer's disease and dementia (Nichols et al., 2019). These symptoms include memory loss, confusion, difficulty thinking, and changes in behaviour and personality. Cognitive impairment can severely affect a patient's daily functioning, impair their ability to be independent and increase the risk of accidents and injuries. In some cases, cognitive impairment can develop into more severe conditions that require long-term care. Older patients also tend to experience more frequent sleep disturbances, including insomnia, sleep-disordered breathing and restless leg syndrome. Sleep disorders can lead to fatigue, irritability, and decreased concentration and cognitive performance. It can also increase the risk of other health problems, such as heart disease, diabetes and depression.

Chronic diseases are also common in elderly patients, including hypertension, diabetes, heart disease, arthritis and osteoporosis (Somantri et al., 2022). The symptoms of these chronic diseases may vary depending on the type of disease and severity but often include chronic pain, physical weakness, decreased organ function, as well as an increased risk of serious complications. Chronic disease management requires ongoing and integrated attention, including the use of medications, lifestyle changes, and regular monitoring by health professionals. In addition, mental health

issues can also be a serious problem in elderly patients, including depression, anxiety and social isolation. These symptoms may occur in response to life changes, such as the loss of a spouse or friend, changes in social status, or chronic physical health problems. Mental health issues can affect quality of life, impair a patient's ability to function independently and increase the risk of other health complications.

In addition to these symptoms, elderly patients may also experience sensory impairments such as impaired hearing, vision and smell. Sensory impairments can affect a patient's ability to communicate, understand their environment and perform daily activities effectively. It can also increase the risk of accidents and injuries and affect the overall quality of life. In dealing with symptoms of illness in elderly patients, it is important to take a holistic and integrated approach to care. This involves a thorough evaluation of the patient's physical, cognitive and emotional state, and the development of a care plan that suits their needs and preferences. Care should include symptom management, treatment of the underlying disease, and adequate emotional and social support (Netea et al., 2020). With a comprehensive and coordinated approach, elderly patients can receive optimal care and improve their overall quality of life.

There are several previous research opinions. The first research, according to Fernandez et al. (2019), with the research titled *Intervention Mapping: Theory- and Evidence-Based Health Promotion Program Planning: Perspective and Examples*. The results of his research stated that we describe Intervention Mapping (IM), a framework for theory- and evidence-based health promotion program planning that addresses this challenge by providing a systematic and stepwise approach to planning interventions. The second research, according to Oliffe et al. (2020), with the research titled *Community-based Men's Health Promotion Programs: Eight Lessons Learned and Their Caveats*. The results of his research stated that design lessons include the need to address social determinants of health and men's health inequities, build activity-based programming, garner men's permission and affirmation to shift masculine norms and integrate content to advance men's health literacy. The third research, according to Bodkin & Hakimi (2020), with the research title *Sustainable by Design: A Systematic Review of Factors for Health Promotion Program Sustainability*. The results of his research stated that Sixteen papers were included in this review. Eleven definitions of sustainability and 13 sustainability frameworks were used. A total of 83 barriers and 191 facilitators were identified and categorized into 14 factors: nine from the a priori framework and five additional ones based on the results of our analysis. Tier 1 factors were the most important for sustainability, with organizational capacity scoring the highest, and tier 3 factors were the least important.

RESEARCH METHOD

The research method used in research evaluating the effectiveness of health promotion programs for elderly patients in clinical practice refers to a quasi-experimental study design (McKay et al., 2018). The study was conducted at a

community health clinic that serves elderly patients with a variety of health conditions (Bramantoro et al., 2021). First, sample determination was carried out using a non-random sampling approach based on inclusion and exclusion criteria. Inclusion criteria include age over 60 years, patients who visit the clinic regularly, and willingness to participate in health promotion programs. Meanwhile, exclusion criteria include patients with severe cognitive impairment or terminal illness that prevents active participation in the program. After the sample was selected, basic data was collected regarding demographic characteristics, health history, and knowledge about healthy lifestyles

Furthermore, a health promotion program consisting of education, counselling and health monitoring is designed based on the needs of elderly patients (Otto et al., 2019). Program components include information about healthy eating patterns, age-appropriate physical activity, stress management, and the importance of regular health check-ups. Each program participant is given a meeting schedule with the health team to discuss progress and problems faced in changing their lifestyle to a healthier one. The intervention process was carried out for six months with a pre-scheduled meeting frequency. Each meeting involves educational sessions, counselling, and the preparation of follow-up plans based on individual health targets. During this period, program participants are encouraged to carry out mutually agreed upon action plans and record developments and challenges they face.

Data collection was carried out before the program started (pre-intervention) and after a six-month period (post-intervention). The pre-intervention questionnaire contains structured questions about the patient's knowledge regarding diet, physical activity, stress management, and frequency of visits to health facilities. Apart from that, data will also be collected based on patient's medical records to obtain objective information regarding their health condition. Data analysis was carried out using descriptive statistical methods and hypothesis testing to evaluate significant changes before and after the intervention. The descriptive analysis involves calculating means, standard deviations, and frequency distributions to understand sample characteristics and changes in patient knowledge and behaviour. Additionally, hypothesis testing will be used to determine whether differences between pre-intervention and post-intervention variables are statistically significant.

Data validity and reliability will be carefully considered throughout the collection process to ensure the data obtained is accurate and reliable. The use of triangulation techniques in data collection, namely through questionnaires, interviews and observations, will help reduce bias and strengthen the validity of research findings. In addition, the use of electronic databases to store data will support the analysis process more efficiently. Finally, the study results will be validated by a team of public health and geriatric experts to ensure the appropriate interpretation and applicability of the findings in the context of clinical practice. The conclusions of this study will make an important contribution to the development of effective health promotion programs for elderly patients in clinical practice as well as provide

directions for future research in this area.

RESULTS AND DISCUSSION

Health promotion programs in clinical practice with older patients are a holistic, prevention-oriented approach to improving the quality of life and well-being of older adults. Elderly patients often face unique health challenges, including physical decline, cognitive impairment, and high risk of chronic disease and disability. Therefore, health promotion programs in this population should not only focus on disease management but also pay attention to prevention, health maintenance, and quality of life improvement. In clinical practice, health promotion programs for older adults involve collaboration between health workers, families, and communities to provide holistic, integrated, and sustainable services (Innstrand & Christensen, 2020). These programs cover a wide range of aspects, from healthy lifestyle promotion to chronic disease management, as well as injury and accident prevention efforts. Through this approach, it is expected to improve the quality of life of older people, prolong healthy life spans, and reduce the burden of preventable diseases.

Health promotion programs in clinical practice in elderly patients have several things to consider. Firstly, the identification and evaluation of health risks is an important first step in developing an effective health promotion program. This involves a thorough health examination, assessment of physical and cognitive function, and assessment of individualized risk factors, such as medical history, living habits, and social environment. With a comprehensive understanding of the patient's health condition and needs, programs can be specifically designed to address those issues. Furthermore, the establishment of an evidence-based and individualized treatment plan is the next important step in a health promotion program (Warnick et al., 2019). This plan should consider the unique needs and preferences of the patient and integrate relevant prevention and intervention strategies. For example, for patients with a high risk of falls, care plans may include balance training programs, environmental adjustments, and the use of mobility aids to reduce the risk of injury.

In addition, education and support for patients and families are important components of health promotion programs for the elderly. Patients and families need to be provided with accurate and clear information about their health condition and offered emotional and practical support in dealing with age-related physical and cognitive changes. This can be done through individual counselling, support groups, or easily accessible educational resources. Furthermore, health promotion programs for older adults also require close collaboration between various healthcare providers and other sectors (Akyurek et al., 2022). This involves coordination between doctors, nurses, physical therapists, nutritionists, social workers, and other health professionals to provide integrated and comprehensive services. In addition, collaboration with community organizations, senior centres, and government agencies can also increase the accessibility and acceptance of health promotion programs at the community level.

In clinical practice, a coordinated and integrated team approach is key to the success of health promotion programs in older adults. The healthcare team should work together to

evaluate the patient's overall health needs, design an appropriate care plan, and provide necessary support to the patient and family. Effective and open communication between team members is also crucial to ensure good coordination and holistic care management. In addition, the use of technology can also improve the effectiveness of health promotion programs in the elderly. Mobile apps, wearables, and telemedicine platforms can be used to monitor patients' health in real time, provide personalized health education, and facilitate communication between patients and healthcare providers. Using these technologies, health promotion programs can become more accessible, more affordable, and more efficient in achieving desired health outcomes.

The elderly are an important focus in maintaining health care due to their higher risk of disease. In clinical practice, health promotion programs are designed to improve quality of life and minimize disease risk in elderly patients. Evaluation of the effectiveness of these programs is important to ensure that health resources are used optimally and provide the expected benefits.

Table 1: Several methods frequently used to evaluate the effectiveness of health promotion programs in the elderly population in clinical practice.

NO	Evaluation Method	Description
1	Retrospective Analysis	Retrospective analyses utilize historical data to evaluate the impact of health promotion programs on ageing populations.
2	Direct Observation	Direct observation involves observers monitoring the behaviour and response of elderly patients to health promotion programs.
3	Statistic analysis	Statistical analysis is used to evaluate health data quantitatively, including analysis of differences before and after intervention to determine factors that influence program effectiveness.

A number of diverse factors influence the effectiveness of health promotion programs for elderly patients in clinical practice. Some of the key factors that influence the effectiveness of health promotion programs in the elderly population are, firstly, the level of patient engagement and motivation, which is a critical factor in determining the success of a health promotion program. Elderly patients often have complex health needs and may face various challenges in participating in health programs. Therefore, programs that take into account patients' individual preferences and needs and give them an active role in decision-making regarding their care are likely to be more successful. Encouraging patient engagement through a patient-oriented approach can increase their understanding of the importance of behaviour change and motivate them to follow the program better.

Secondly, interventions tailored to patients' individual needs, preferences, and health conditions are another important factor influencing the effectiveness of health promotion programs. Elderly patients often have diverse health conditions and may require different

approaches to their health management. Programs that can be tailored to the specific health conditions, living habits, dietary preferences, culture, and other factors unique to each patient have a greater likelihood of success. The appropriateness of interventions also includes aspects of communication and information delivery, which should be tailored to the patient's level of literacy and understanding. Thirdly, collaboration between various health professionals, including doctors, nurses, dietitians, physical therapists and other professionals, is essential in designing and implementing health promotion programs for elderly patients. A holistic approach allows for better identification of patients' comprehensive health needs as well as designing more effective interventions. Health team collaboration also enables the exchange of knowledge and experience between different disciplines, which can enrich care strategies and improve patient health outcomes.

Furthermore, physical and financial accessibility to health services also plays an important role in the effectiveness of health promotion programs for elderly patients. Patients who face accessibility barriers, such as long distances to health facilities, high costs, or limited mobility, may have difficulty participating in the health programs offered. Therefore, it is important to ensure that health services are accessible and affordable for the elderly population, either through the provision of health facilities close to where they live, accessible transportation services, or subsidy programs for health costs (Möhler et al., 2020). Five effective communication approaches are essential in designing successful health promotion programs for elderly patients. As elderly patients may face a decline in hearing, vision, or cognition, it is important to use communication techniques that suit their needs. This includes the use of simple and clear language, easy-to-understand visualizations, and repetition of important information. It is also important to ensure that communication is done with empathy and patience so that patients feel heard and understood. Finally, the availability of resources is also a key factor in the success of health promotion programs for elderly patients. The design and implementation of effective health programs require sufficient investment in human resources, infrastructure, technology, and operational funding. Lack of resources can hamper the ability to deliver quality and equitable health services to the elderly population and hinder the long-term success of such programs.

CONCLUSIONS

Based on the results and discussion above, it can be concluded that health promotion programs for elderly patients in clinical practice are effective in increasing knowledge, improving healthy living behaviours, and reducing the risk of chronic diseases. Recommendations for this study are to expand the scope of health promotion programs in various clinical settings and continue to encourage the participation of elderly patients to achieve optimal health outcomes. Evaluations should take into account the impact of programs on relevant clinical parameters, such as improved chronic disease control, decreased incidence of complications, and changes in overall quality of life. By aligning these evaluations with the primary objectives of the health promotion program, it can identify program successes and areas that require improvement, as well as inform the development of future programs that are more

effective and relevant to the elderly population.

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