



**FACULTY OF CLINICAL SCIENCES**  
**COLLEGE OF MEDICINE, UNIVERSITY OF LAGOS**



# **13<sup>th</sup> Annual Scientific Conference & Gathering**

**THEME**

**Environmental Virology,  
Exposomics and Epigenetics**

**VENUE**

Old Great Hall, College of Medicine,  
University of Lagos, Idi Araba,  
Lagos State

**DATE**

WEDNESDAY 8<sup>TH</sup> JUNE 2016

**TIME**

8.00 am - 5.00pm

• **PROGRAMME & BOOK OF ABSTRACTS** •

**HEALTH RELATED QUALITY OF LIFE OF THE ELDERLY IN INSTITUTIONAL AND NON-  
INSTITUTIONAL CARE IN SOUTHWESTERN NIGERIA.**

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**Background:** The world population is rapidly ageing and the proportion of people aged 60 years and above is growing faster than any other age group. In Africa, the most rapid growth of older persons is expected in Western and Northern Africa.

**Objective:** To determine and compare the health related quality of life of the elderly receiving institutional and non-institutional care in Southwestern Nigeria.

**Materials and Methods:** This was a comparative cross-sectional study of a total of 360 respondents. A multi-stage sampling method was used in selecting 240 respondents in the non-institutional group while all respondents (120) in the institutional group were included in the study. The data was collected using a pre-tested, semi-structured,

interviewer administered quality of life questionnaire (SF-36). SPSS version 17 was employed in the data analysis.

**Results:** The respondents in the institutional group were older with a mean age of  $78.7 \pm 8.8$  years as compared to  $70.1 \pm 8.2$  years in the non-institutional group. The mean HRQOL score was higher ( $64.5 \pm 15.6$ ) in the non-institutional group than in the institutional group ( $52.6 \pm 15.7$ ) and this was statistically significant ( $p < 0.001$ ). After controlling for the effect of other variables, the respondents who belonged to the non-institutional group (OR=2.37), who were female (OR=2.00), engaged in work (OR=4.93) and had no co-morbid condition (OR=7.58) were significantly more likely to have good HRQOL.

**Conclusion:** The non-institutional group had better scores than the institutional group in all the domains except in the body pain domain.

**Keywords:** ageing, institutional, quality of life