

MORBIDITY PROFILE, DEPRESSION AND FUNCTIONAL ASSESSMENT AMONG GERIATRIC POPULATION IN A RURAL AREA OF THRISSUR DISTRICT – A CROSS SECTIONAL STUDY

Dr Jaya KV, Asst professor, Govt Medical College, Thrissur

Dr Alok Prem, Postgraduate student, GMC Thrissur

Nanditha Suresh, 3rd year MBBS student, GMC Thrissur

Liya MT, Maneesh KM, Mansoor A, Marchi D, Mary M, Mayarani, Meera S, M Althaf, M Hashir, Mridhul A, M Ashif, M Swadique, Nishana C, Noufan KK (MBBS students, GMC Thrissur)

Background: In the present global scenario of “population ageing”, it is important to understand the extent and consequences thereof, of the various medical and psychological issues suffered by the elderly. **Objectives:** (1) To study the morbidity profile, among elderly, in Avanoor Panchayat of Thrissur district. (2) To study the depression among elderly in Avanoor Panchayat using Geriatric depression scale (GDS). (3) To study the functional assessment of elderly in Avanoor Panchayat using Barthel Activities of Daily Living, ADL Index. **Methodology:** A cross sectional study was conducted among elderly people above the age of 65, living in Avanoor Panchayat in Thrissur, Kerala. Morbidity profile of subjects was assessed by semi-structured oral questionnaire. Depression was assessed using Geriatric depression scale and functional assessment using Barthel ADL index. **Results:** The mean age of the study population was 73.61 with a standard deviation of 7.846. Among the subjects, 57.5% were females and 42.5% were males. The major co-morbidities were identified to be visual impairment (86.2%), musculoskeletal disorders (68.8%), hypertension (50%) and diabetes (46.2%). Prevalence of depression was 28.9% and functional assessment revealed 48.8% dependency. Among the study variables, non-communicable diseases ($p=0.009$), dependency ($p=0.016$) and musculoskeletal disorders ($p=0.033$) were found to have an association with depression. **Conclusion:** This study has shown that there is high prevalence of morbidities, dependency and associated depression among elderly. It highlights the need for better social security measures at the family, community and national level.