

A Study to Assess the Prevalence of Benign Prostate Hyperplasia among Older Adult

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ABSTRACT

AIM: The present study aim is to assess the prevalence of benign prostate hyperplasia among older adult, in Mappedu. **METHODS AND MATERIALS:** A Descriptive with Non – Experimental was used in the present study. A Total 60 samples were collected using convenience sampling technique. The demographic variable is to assess the prevalence of benign prostate hyperplasia among older adult. The prevalence of benign prostate hyperplasia among older adult were assessed using structured questioner, followed by that data was gathered and analysed. **RESULTS:** The results the study revealed that 38.3% were at low prevalence, 11.6 % were in moderate prevalence, 50% were in high prevalence. Demographic variables such as marital status and smoking history shows significant association with level of prevalence. **CONCLUSION:** Thus, the present despites that the present study assessed the prevalence of benign prostate hyperplasia among older adult. Based on statistical findings, it is evident assess the prevalence of benign prostate hyperplasia among the older adult was found to be effective.

KEYWORDS: Prevalance, Benign prostate hyperplasia, Older adult

INTRODUCTION

An significant contributing factor to Bladder Outlet is Benign Prostatic Hyperplasia. Male obstruction that causes persistent strain during micturition Adults who consistently strain to urinate may develop an inguinal hernia. Age is a factor in the incidence of inguinal hernias and benign hyperplasia with associated symptoms of urinary tract obstruction. Additionally, benign obstructive prostate enlargement increases the risk of hernia and the worsening of hernia-related symptoms. Elderly people are more likely to have an inguinal hernia and symptomatic benign prostatic hyperplasia combined. This evidence suggests a strong association between inguinal hernia and obstruction-causing benign prostatic hypertrophy.

Chronic straining caused by BPH is listed as an etiological factor for inguinal hernia in the senior male population in several major General Surgical textbooks. However, some investigations revealed that Instead of being regarded a cause and effect relationship, their co-existence is viewed as a coincidence. The purpose of this study is to determine whether males who have benign prostatic hyperplasia

are at significantly increased risk of having an inguinal hernia. The unprecedented and ubiquitous development of population ageing in the 21st century has led to an increase in worry regarding ailments affecting the senior population. The most prevalent condition in older males is benign prostate hyperplasia (BPH). According to reports, BPH affects 15% to 60% of males over the age of 40, and the prevalence rises sharply with age. Lower urinary tract symptoms (LUTS), such as urgency, frequency, nocturia, incomplete bladder emptying, and weak urine stream, are linked to BPH, which is defined by a benign overgrowth of prostatic tissue surrounding the urethra that eventually narrows the urethral opening.

MATERIALS AND METHODS:

A Descriptive with Non – Experimental was used in the present study with purposive purposive sampling technique and who were satisfied with inclusive criteria. The inclusive criteria were the client who are willing to participate in the study, clients who can understand Tamil / English. The exclusion criteria were Clients who are not willing to participate,

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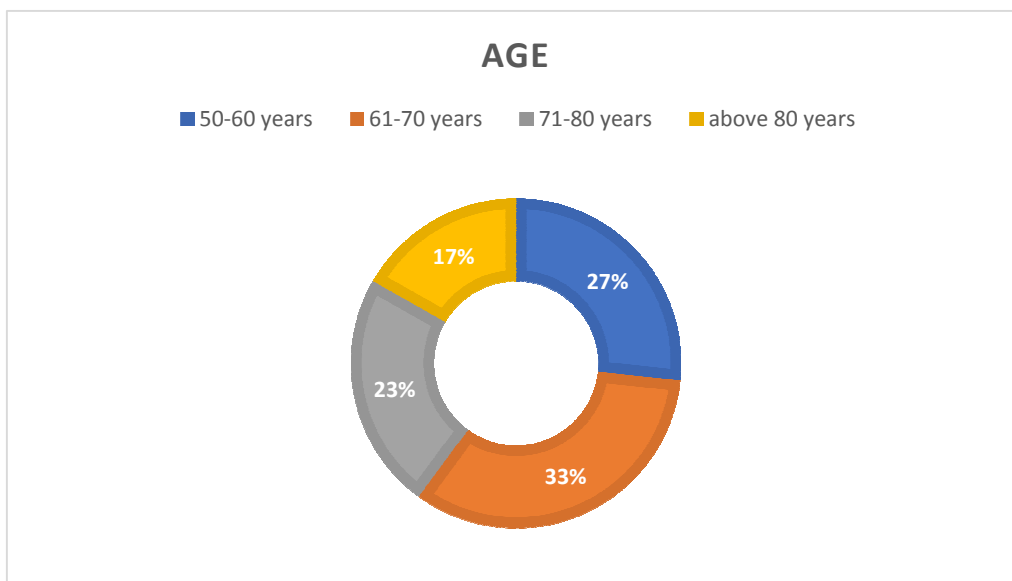
Clients who are critically ill and non-co-operative, Clients who are not available at study period, Clients who are not able to follow verbal command. The data collection was done by prior permission from the hospital authority and ethical clearance was obtained from the hospital. The purpose of the study was explained to the samples and written form consent

from them. The demographic data were collected using semi structured interview questionnaires and then in prevalence of benign prostate hyperplasia among older adult. The data were analysed using descriptive statistics. The sample characteristics were described using frequency and percentage.

RESULTS AND DISCUSSION:

SECTION A: DESCRIPTION OF THE DEMOGRAPHIC VARIABLES OF THE OLDER ADULT

The finding despite that maximum of them were in age group of 61-70 years, 83.3% were, 56.7% had primary education, 36.7% were business person, 33.3% were gaining monthly income below 5000, 46.7% were Muslims, 66.7% were single, maximum of the samples were residing at rural setup .



SECTION B: ASSESSMENT OF LEVEL OF PREVALENCE OF BENIN PROSTATE HYPERPLASIA

Table 2: Frequency and percentage distribution of pretest and post-test level of dyspepsia among geriatric

PREVALENCE	LOW		MODERATE		HIGH	
	No.	%	No.	%	No.	%
	18	26.67	23	43.33	19	30.0

n=60

The above table 2 shows that in the 26.7 were low, 43.3% were in moderate prevalence, 30% of them in high prevalence

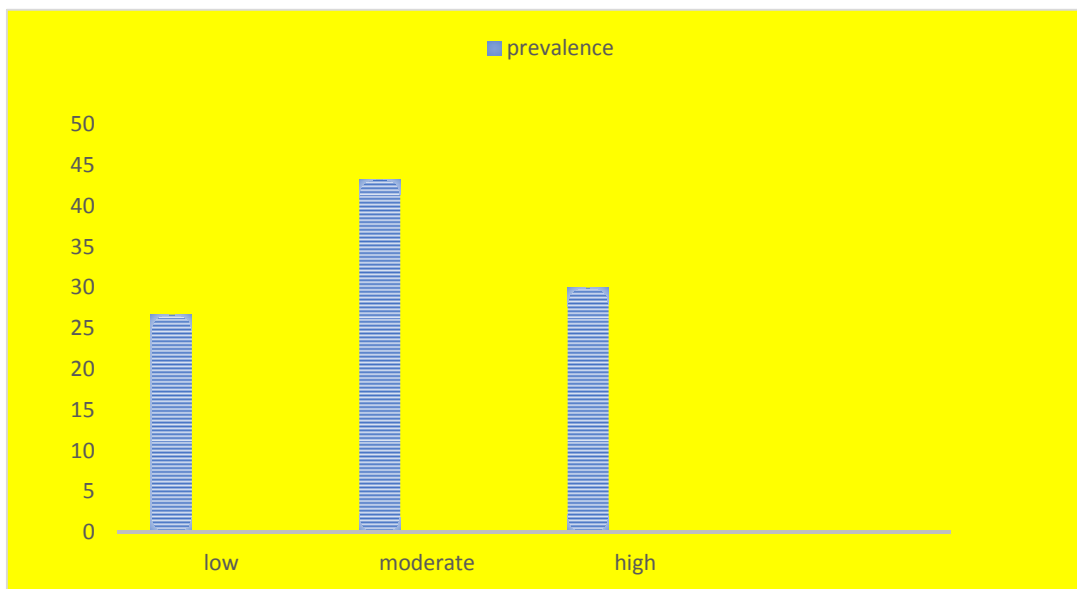


Table 5 mean standard deviation of level of prevalence of benign prostate hyperplasia n = 60

Level of prevalence	Mean	S.D
	1.83	0.83

***p<0.001, S – Significant

The table depicts that the score was 1.83 with standard deviation 0.83 of level of prevalence

SECTION C: Association of level of dyspepsia with selected demographic variables.

Demographic variables such as marital status shows significant association with level of prevalence.

CONCLUSION

From the results of present study shows significant improvement for researcher.

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