



Acompañamiento y expresión de fe: cuidados fundamentales para la salud de adultas mayores autónomas [

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text (article)

Analítica

Older women live in situations of loneliness, violence, illiteracy, poverty and, consequently, their state of health is affected. Objective: Distinguish the care needed by autonomous elderly women, to promote their health. Materials and method: The research is mixed, it begins with the assessment of the health conditions of older women, using the Yesavage Geriatric Depression Scale, Katz Index of independence in life activities and the Scale of social resources (OARS); These were applied to a sample of 177 women, at the discretion of the researcher. An in-depth semi-structured interview was also applied to 10 older adults, using the phenomenological methodology; these were transcribed, codified and grouped in dimensions considering the central contents of each thematic unit. The data was also analyzed by obtaining percentages and content analysis. Results: For older women, health is synonymous with activity and independence, they use faith and support as coping strategies and to feel accepted, avoid loneliness and improve their self-esteem. Conclusions: Older women require nursing care that contemplates the accompaniment and expression of their faith

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Baratz Innovación Documental

- Gran Vía, 59 28013 Madrid
- (+34) 91 456 03 60
- informa@baratz.es