

ORIGINAL PAPER

Ways of Coping With Pain in The Elderly: Turkey Sample

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Abstract

Background: The study presented, widespread pain is prevalent in the community such as headache, tooth ache, stomach pain, backache, knee and leg pain which the elderly seek treatment for at health care organizations as well as traditional medicine.

Objective: This research was conducted to identify ways of coping with pain in the elderly aged 65 and above.

Methodology: This study is descriptive. The study population was taken from those aged 65 and above in the city centers of Canakkale, Mersin, Malatya and Erzurum out of 61.857 a total of 1053 participants took place in the study. Data was collected using a questionnaire which was conducted in a face to face interview method. The study was completed with volunteers. The data was evaluated using frequencies and means on the computer.

Results: According to the results 35.9% of the elderly used analgesic that were in the home to cope with pain, 26.9 % resorted to a health care provider, 20.0% waited for the pain to go away 17.2 % used various Traditional Methods (TMs) of relieving pain at home other than medication.

Conclusions: Based on these results, there is a lack of desire in seeking assistance from a health care provider. Which is thought to be a key factor in why TM delays early diagnosis and treatment in the elderly.

Key words: Elderly, teeth, head, stomach pain, back ache ,knee, leg pain ways to cope with