

Relationship Between Abilities for Health Practices, Illness Resources and Health Empowerment of Rural Elderly with Chronic Disease

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Abstract

Background: With the acceleration of aging, the incidence of chronic diseases in rural areas is on the rise and higher than in cities. WHO proposes to promote effective health management and ultimately achieve active aging by enhancing the health empowerment level of the elderly with chronic diseases. **Objective** To investigate the status quo of health behavioral competencies, utilization of resources and patient empowerment in rural elderly with chronic disease, to explore correlation between them and to provide a basis for development of relevant interventions and service strategies. **Method:** We conducted a cross-sectional study, using the general information questionnaire, Chinese version of the Elderly Chronic Patient Health Empowerment Scale (C-ECPHES), Self-rated Abilities for Health Practices (SRAHP), and Chinese version of Chronic Illness Resources Survey (C-CIRS). By the convenience sampling method, 223 rural elderly with chronic disease were selected from August to September 2023 in 5 villages under Henan Province. **Results:** The mean score of C-ECPHES, SRAHP and C-CIRS for 223 rural elderly with chronic disease was 70.38 ± 10.65 , 53 (50,57), 66.04 ± 10.37 , respectively. The results of multiple linear regression analysis showed that educational level, light burden of medical expenses, heavy burden of medical expenses, longest duration of chronic diseases ≥ 21 years, and utilization level of chronic disease resources were important influencing factors on the elderly chronic patient health empowerment in rural areas (all $P < 0.05$). The elderly chronic patient health empowerment is positively correlated with abilities for health practices ($r = 0.795$, $P < 0.05$). **Conclusion:** The majority of rural elderly have low levels of health empowerment, their abilities for health practices needs to be further improved, and the utilization of chronic illness resources is not ideal. It is advisable to enrich rural medical resources, promote health education that is suitable for aging and agriculture, improve the abilities for health practices of elderly chronic patients in rural areas, promote their full utilization of chronic disease resources, and guide them to actively participate in health management.

Keywords

Rural Elderly, Chronic Disease, Health Empowerment, Abilities for Health Practices, Chronic Illness Resources