

Dissertation Supervisor's Opinion

Student : Doc. Kapalin Papp, R.N., MA

Dissertation name: Holistic aspects in elderly care

Supervisor: *prof. PhDr. Valérie Tóthová, Ph.D.*

Relevant character of the selected issue

The processed topic is very relevant because elderly people constitute most of the European population. That is why in next years, the European societies would have to solve the effects and problems of huge increase of demographic aging. In its document called "Green Book", the European Commission states that the number of inhabitants of the EU-27 countries aged 65 and more is expected to grow by 66,9 million between 2008 and 2060 and "very old" people (80+) will constitute the fastest-growing group of inhabitants.

Goals of the Dissertation Thesis

The goal of the Dissertation was to provide an idea, analysis and comparison of life quality of elderly people living in old people's homes. Other goal was to prepare, on the base of the results, a proposal of standard for provision of health and social care that will be oriented towards elimination of the drawbacks found. The goals set were met.

New knowledge achieved in the Doctoral Dissertation Thesis – detailed description:

The theoretical part describes the issue of aging and old age, the organization of health and social service for that part of population. The Thesis is divided as usual into main sections, subsections and lower units. The Thesis includes 210 numbered text pages and after them a list of resources and annexes. I value very positively the list of resources in volume of 115 items. The author demonstrated also her ability to work with foreign literature in her work. The volume of the Thesis and the method of its processing show the precision and high erudition of the candidate in her discipline.

The author formulated 15 hypotheses in the empirical part, on the base of the goals set. The questionnaire technique was used for data collection. Two questionnaires were used; one of them with 31 questions, created by the author, and the other one created by Nestlé Nutrition under the name of MNA (Mini Nutrition Assessment) for the purpose of assessment of status of nutrition of elderly persons. Seven old people's homes and 238 clients of the Szabolcs-Szatmár-Bereg administrative district of Hungary participated in the study. Three old people's

homes are administered by the district self-government, three by the Church, and one institution is administered by a foundation. The research took place in 2008. The collected data were processed with the help of Microsoft Excel program and of the SPSS program for analysis of research data.

The author processed the research results into well arranged charts and diagrams. The study has showed obviously that there is higher share of women in the old people's homes in which the research was implemented. It has also showed that the share of married couples in old people's homes is low. The institution had been selected in the same proportion by the residents themselves and by their children or providers. The most important factor to elderly persons was full provision, care and love. The most frequent chronic diseases are heart and cardiovascular diseases. The residents pay 80% of their pensions as compulsory fee for the provision, and only very little money is left to them for their own expenses. The research results alert to the fact that old people's homes do not employ qualified professionals who should be responsible for everyday activities and occupation of their residents. That is why the research brings, among others, the suggestion that the institutions employ work therapists. The author also suggested activities such therapists should perform. In conclusion, the author has elaborated a plan of occupation for the participating institutions.

CONCLUSION

The submitted Dissertation meets or exceeds all criteria put on works of similar character. The extensive material, the well balanced character of the Dissertation, the achievement of the goals set and the confirmation of the hypothesis demonstrate responsible work of the postgraduate student.

I recommend the submitted Dissertation for plea.

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prof. PhDr. Valérie Tóthová, Ph.D.