

**Opponent report of a dissertation thesis of doc. Katalin Papp. R.N.MA. :
"Holistic aspects in the elderly care"**

Author presented a comprehensive doctoral thesis in English on 211 pages plus 115 pages of literature citations as well as attachments.

In the theoretical part of many chapters and sub-headings the author analyzes the general knowledge about aging with special focus on the period after the 2nd World War II .She shows the demographic trends, to focus on the present situation of elderly people in Hungary and care about them.

The practical part defines the objective of the thesis, and 15 hypotheses and describes the methodology. Research conducted among 238 respondents, 179 women and 59 men using questionnaires in the 7 senior citizens homes. Two kinds of questionnaires were used, the original one developed by the author with 31 closed and open questions and 223 possible answers and the second the questionnaire of Nestle Nutrition Institute with 12 questions and 74 possible answers. The results provide a number of knowledge and the candidate refers about them in details, but because of the complexity of the work it would have been more appropriate to differ them . However, the work offers a statistical evaluation of results.

The duty of the opponent is to oppose and ask questions:

1. How did you selected respondents?
2. Explain your superiority of women respondents. Is the majority of women linked to the age or do women 3 times dominate in the facilities?
3. Do volunteers work in these facilities and how many of them, how the facilities get volunteers and what are their responsibilities?
4. Were the facilities possible occupational therapy, music therapy, and animotherapy and other leisure activities available also for men?

Described opportunities were related to women's passions and interests, in the table 62 page .145 activities for men are not represented at all.

5. On pp. 23 the stress in geriatrics is explained mostly as a cure, but for the elderly the care is most important

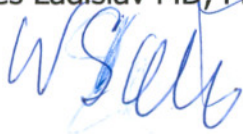
6. Although the thesis is in English all the literary sources are only from domestic literature

7. It should be mentioned in the end that the results correspond only to a chosen sample, since the random selection of respondents was not used, so the results do not have general validity for any population in the statistic meaning of the word.

Finally, the submitted thesis meets the requirements of South Bohemian University , and therefore the oponent recommends that, after answering questions and successful defence, appointed scientific PhD degree in the field would be awarded.

Bratislava 14 / 04 / 10

prof. Šoltés Ladislav MD, PhD. Dr.h.c.



Opponent's opinion about the dissertation

Student: doc. Katalin Papp, R.N.

Title of the dissertation: Holistic aspects in the elderly care

Consulent's name: prof.PhDr.Valérie Tóthová, PhD., R.N.

Opponent's name: PhD. Dr.Prof. Zsolt Lukácskó

Evaluation

The topic actuality

The chosen topic has absolute actuality. Even if the topic concerns the whole world, only a few scientific research papers have been published in this field so far. Although technical literature and cases to be studied can be found, there is a need for an honest, fact-revealing holistic approach which will presumably arouse the readers' interest. Revealing facts can be hindered by several factors, like different economic interests, trendy theories. Sometimes this intention is made impossible by high politics.

The need to tackle the problems of aging societies, demographic crises, the continuously changing family structure and model, as well as several other challenges seems inevitable. In postponing them, they will put a heavy load on societies and nations resulting in almost insolvable difficulties.

The topic itself deserves attention. Results of similar research work are usually not integrated into the mainstream of politics, or if it is so, facts and figures are likely to be omitted. On the other hand because of their growing number, elderly people are often considered as an influential political power which can be used or misused.

Goals of the research

The goal of the research is to present the quality of life of elderly people staying at elderly homes. We are faced with several questions like why elderly people move into old people's homes, and following this step how their relationship with the family and friends, and their lifestyle become different. Questions concerning the responsibility of family, community and society are posed and later answered but also triggers a further question, whether it is a good solution to place elderly people in old people's homes.

The thesis contains 15 hypotheses searching for the answers asked by and asked from the profession. By setting up the hypotheses further problems and answers were brought up to the surface.

Apart from the explicit goals, there is an indirect goal as well. The author tries to make the society and high politics understand that a new approach is needed in order to tackle the problems. The importance of shift in paradigm is clearly explained, the notion of active old-age is also emphasized presenting it as a different mindset from the decision makers.

Finally a programme for employability, a standard, is offered.

All the goals have been reached with great success, which is partly based upon the gripping theoretical part and partly on the survey presenting facts and figures. The author seems to have gained high level of knowledge and practical experience in this field and applied adequate scientific methods to reach the goals.

The applied scientific methods to prove the hypotheses are valid, professional and used in an exact way.

She has proved her experience in compiling and performing surveys, and analysing statistical data.

She has relied on a wide range of technical literature of 115 elements, while 101 tables and 43 charts help the reader to understand the thesis.

New result are achieved in the dissertation

The thesis takes into account the new paradigms and studies the problems from a new viewpoint. Throughout the research work the holistic approach is applied.

The figures of the thesis will promote the professional work of the institutions caring for elderly people.

A new feature of the thesis is the honest style which does not gloss over the issue. Its wording is concise and scientifically established. It is a professional, exact thesis but still readable, as a matter of fact I would like to highlight the first part of the thesis.

The thesis also involves critical remarks, which together with the scientifically established opinion and honest wording enhance the value of this thesis. It seems inevitable that the author has adequate knowledge in this field, brave enough to form personal opinion and ready to dispute the issue.

Opponent's personal opinion

The topic of current concern, written in a well established way and full of professional reasoning, makes the thesis enjoyable and exciting for the readers. All the requirements concerning form and content have been fulfilled. A large number of technical literatures were used, besides the author has gained enough experience to be conversant with the topic the theoretical background as well as the survey.

The thesis is suitable for informing the decision makers, being taught as teaching material in training programmes organised for professionals, as well as for a base to plan other types of programmes.

Ending

This thesis is recommended for the final exam (oral defence)
This thesis is recommended to award a Ph.D. degree at South Bohemia University.

Conclusion


With this thesis the candidate proves the knowledge she has gained in the doctoral programme and all the requirements has been fulfilled.

I do recommend her obtaining the Ph.D. degree.

Date:

Nyíregyháza, 28 April 2010

Signature



Prof.Dr. Zsolt Lukácskó PhD



**VYSOKÁ ŠKOLA
ZDRAVOTNÍCTVA A SOCIÁLNEJ PRÁCE
SV. ALŽBETY, N. O.**

Palackého 1
811 02 Bratislava

DISSERTATION READER'S OPINION

Topic: Holistic approaches and aspects of care for elderly people

Postgraduate student: Dr. Katalin Papp

Dissertation reader: Prof. PhDr. Alžbeta Mrázová, PhD. MPH.

The solution of the issue of “population aging” is **extraordinarily relevant**. Dr. Papp got down to a difficult task in her Dissertation. Similar to other studies, she also alerts that the society should prepare for considerable changes on the labour market, in the social, provisioning and protective system, in the health care system and in other processes of social integration. All studies deal with creation of strategy of active aging, which the author of this Dissertation partially tries as well.

She set as **goal** of the dissertation research to examine the life style of elderly people living in institutional care, the question what moved them to leave home or how they keep in contact with their families, which are their most frequent (chronic) diseases, what health aids they use or what health and social services they miss in order to increase the quality of their life; in summary, to what extent their life style has changed because of old age.

I consider the **research methods** (both questionnaires and data processing by SPSS program) as well as the choice and number of the researched sample of respondents (238 inhabitants of old people's homes) proportionate to the goals set. The research results have shown that the most important factor of elderly citizens consists in provision of full maintenance, peace, safety and love. The share of married couples in institutional care is low, which indicates that when two elderly people live in common household, they are able to help each other, and problems emerge usually when they are left alone.

Heart and cardiovascular diseases were evidenced as the most frequent diseases – as in common population of that age group. The inhabitants of old people's homes see relatively high fees for stay (up to 80% of their income) as considerable problem. But I think that it is a problem of whole Central Europe – proportionally to the living standard of the individual countries.

The author wrote a formally faultless Dissertation eligible to serve as model for the other postgraduate students.

The submitted Dissertation has 211 pages of text, 99 charts, 43 diagrams and references to quoted authors. The author paid great attention to the contents as well; the detailed analysis, comparison and bases of the individual factors observed are eligible even to a Habilitation Thesis. **I definitely recommend publishing the results of the research study both in national and in international press, after editorial revision.**

Conclusion: The submitted Dissertation of Dr. Papp meets and at times exceeds the requirements on the criteria of Dissertations; I recommend it fully for the plea, and after the fulfilment of all requirements related to the award of the degree of

Philosophiae doctor (Ph.D.)

I agree to its awarding.

In Bratislava, 22/04/2010

Prof. PhDr. Alžbeta Mrázová, PhD. MPH., *v.r.*
Dissertation Reader

PS: Does the postgraduate student intend to continue research also at further academic level?