

# Elderly abuse in nursing homes

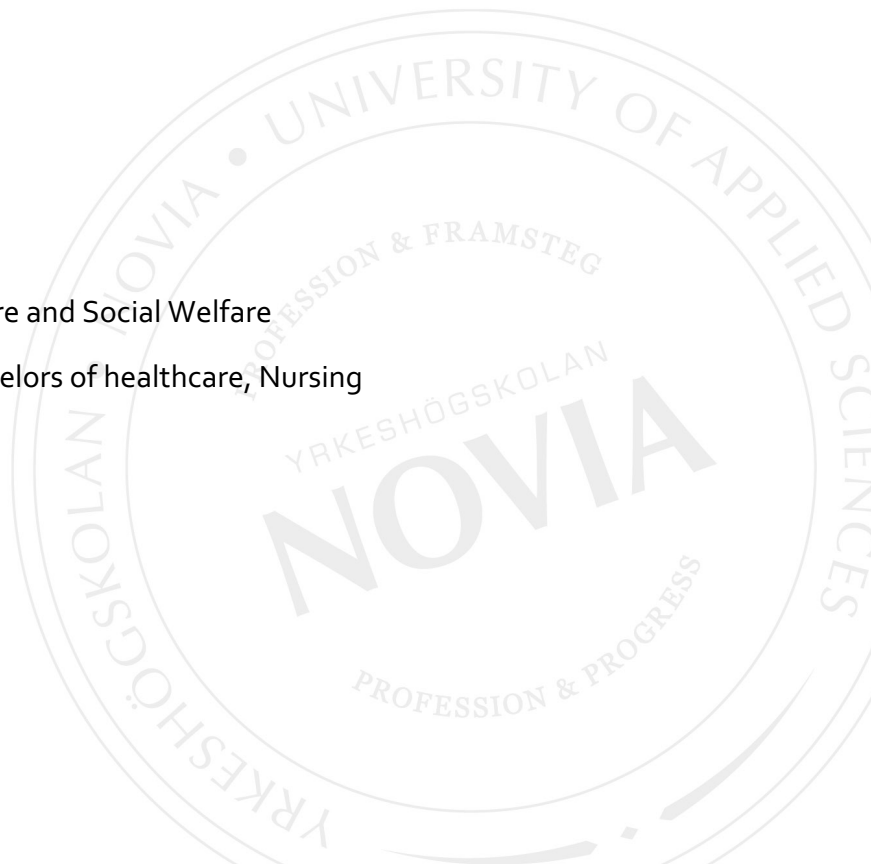
**A Systematic literature review**

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**BACHELOR'S THESIS**

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**Abstract**

Elderly abuse has become the top trending issue in nursing homes at global level. Elderly abuse can be defined as single or multiple acts happening within any relationship leading to harm to an elderly person and causing distress where there is expectation of trust. Elderly is referred to those persons who is over 60 years but over 65 is the old age in most countries of the world. Despite various efforts at different levels, research on elderly abuse is still lacking a lot specifically at institutions level in comparison with other types of violence such as child abuse. This proposal is solely developed to look in elderly abuse in nursing home settings. To achieve the aim, study has focus on 2 major objectives which include risk factors associated with elderly abuse and possible interventions to curb this issue. During research process, systematic literature review has been used where 10 latest articles not older than 10 years has been briefly studied to under the quality of its content fit for this study. Every publication has been carefully reviewed against the inclusion criteria of studies and all articles were peer reviewed. Findings from the study has showed Physical, sexual, psychological, neglect and financial abuses are 5 common, and most practices abuses against elderly residents in nursing homes. Study also elaborated risk factors among elderly are gender, psychological complications, staff resident relationship, institutions, and their management. Findings of this study also elaborates that elderly abuse can be avoid or minimise by applying certain techniques such as staff training, appropriate working conditions, institutional management, helpline, multicultural environment as well as appropriate education.

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Language: English    Key words: Elderly, nursing, residents, staff members, systematic review, elderly abuse, nursing homes.

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## 1 Introduction

Elderly abuse can be defined as single or multiple acts happening within any relationship leading to harm to an elderly person and causing distress where there is expectation of trust. Elderly is referred to those persons who is over 60 years but over 65 is the old age in most countries of the world (WHO, World Health Organization, 2021). There are various types of violations including sexual, psychological, physical, financial, and emotional abuse. Elderly abuse is a fundamental health care problem and reviews of 52 studies conducted in 28 countries from different regions confirms that 15.7% which is 1 out of 6 people over 60 years and older have faced and suffered some sort of abuse (WHO, World Health Organization, 2021).

Elderly abuse has different forms depends on the engagement of individual whether person is residing with family, community health centre, home care services or central hospitals. Abusing factors can be family members, healthcare professionals, formal and informal caregivers. Neglected form of abuse is physical, financial, sexual, and mentally stress that usually happen in care provider institutions or in elderly care homes (Chopin, 2020). Abusive behaviour and neglect of care inimical to the health and welfare of elderly people which is most common in nursing homes due to several factors. Those factors can be staff shortage, excessive overtime burnouts, resources of the organization and workloads (Andela M Truchot & Huguenotte, 2021).

According to WHO, elderly abuse is on the fastest growing problem in healthcare system which effects the quality of senior citizens in different forms. WHO studies related to elderly abuse enlighten and focuses on different aspects of the subject which includes factors of abuse, types of abuse, reasons that causes abuse, facilities and individual involvement in abuse as well as define prevalence of abuse among others (WHO, 2007).

Since elderly people has various sort of long term and chronic illnesses such as dementia, cancer, musculoskeletal problems, cardiovascular complications, and aging process which cause them to seek moving support and help from family and community settings for elderly. This long-term process of handling matters for family members and caring homes may started to feel burden and this may be the point where different sort of abuses started involving in (WHO, 2007).

Despite various types of amendments and improvements implemented but ratio of elderly abuse is still growing and deepen its roots across globally. According to Frazao 2015, research has found that elderly abuse does happen in every country at community care and in home caring services. However, abuse at institutional level is still lacking about its characteristics and determinants (Frazão, S. L., Correia, A. M., Norton, P., & Magalhães, 2015). According to the report of European commission around 47% of European citizens think and aware of elderly abuse in their residential countries which is in force in the form of neglecting care, poor treatment, and different sorts of physical, psychological, and sexual abuse (Europa, 2016). The presented proposal is developed with the aim of looking elderly abuse and its level of extent in private nursing homes, community elderly homes and home caring services.

The motivation to conduct this research relate the amount of elderly worldwide and particularly in Finland. In 1982 social welfare act of Finland have given responsibility of local government and municipal bodies to provide social and health services to locals. This includes provision of social assistance, housing assistance, family counselling services as well as services for acholic and drug abusers. Under this law, municipalities are also responsible to provide specialists in form of assistance to help people living at home and are not capable to take care themselves for daily life routines. Local government is also responsible for aiding mentally handicapped, alcohol abusers, elderly people,

and drug users whose affliction is so serious that they cannot live at home without supervisory (STM, 1982).

## **2 Background**

Abuse can face by anyone despite their age, race, religion background and cultural background. Every year many thousand adults over 60 years old across the world encountered different sorts of abuses called elderly abuse (NIA, 2020). However, there are still gaps and loopholes are existing in finding the extend and roots of abuse. In 2020 a survey conducted in Norway nursing homes where 76% responded that they have observed more than one abuse incidents over last year in which psychological abuse and care neglection was the most common reported abuse among female staff. Whereas male staff reported more physical abuse incidents (Botngård, 2020).

There are various factors which contribute for aging population. The driving factors towards aging population is age structure which include fertility and mortality rate. For example, low fertility rate eventually led to an aging population and through this example it is easy to understand how low fertility rate play its role in composition of country's population (Thl, 2019). Elderly generation is important part of society and can significantly contribute to providing guidelines for life, supporting family in different manners as well as act as volunteer in various working conditions (Daily, 2010).

Studies conducted on elderly abuse have emphasized on different aspects of subject. This includes abuse causes, extent of different abuses, facilitating factors and presented theories to explain this problem. Despite of all collected data, there are still lope holes exists in literature to find out extent of abuse (WHO, 2007). According to the European commission, 47 % of Europeans indicates elderly abuse in Europe (European Commision, 2007). Despite

various efforts in promoting health care services, there are still causes and ramifications to understand elderly abuse around the world. Health care facilities and nursing homes are most prominent places where different forms of elderly abuses have been noted and reported which include physical, mental, ignorance, sexual, financial, and psychological abuses. Elderly abuse cases are growing with a rapid pace due to difficult and crucial reasons to understand the causes of incidents. A quick action is needed to tackle elderly abuse in nursing homes which is on the rise due to fear of revenge and communicative abuse (Anja Botangård, 2009).

## **2.1 Elderly abuse in Elderly homes**

There are different sorts of abuses faced by elderly in nursing homes and other types of caring facilities which included physical abuse, mental abuse, sexual abuse, emotional, neglect, financial and ignorance abuse in different forms (Acharya, 2021).

According to a study conducted in Nepal, nursing staff of elderly homes had noticed that relatives of elderly are involved in financial exploitation as well as giving psychological pressure to achieve their desired targets. The aetiology of nursing abuse in elderly homes is very complex among personal and organization management factors. Understanding and identification of abuse in elderly homes can be very challenging because definition of abuse can vary differently in cultures, researchers' point of views, interaction and involvement of relatives, family members and residents themselves (Acharya, 2021).

Elderly home residents often demand complex support and care due to acute complications such as dementia and cognitive impairment (Susan, Myhre Janne & Saga, 2020). A study conducted in different French nursing homes in 2021 involving 481 nurses emphasized on elderly abuse committed by nurses and

related caring members. Elderly homes nurses at most are involve in neglect and abusive behaviour towards residents due to job demands by employer, stress, overload work due to staff shortage, psychological behaviour, attitude, socialization, unsatisfactory pay scale and burnouts. Emotional attachments demand with elderlies and poor relationship among colleague nurses and supervisors is also a fundamental factor leading to elderly abuse (Didier, Andela Maria & Truchot, 2021).

Nursing staff members in elderly homes are also involve in deliberately neglect for residents suffering from dementia, cognitive impairment, psychological stress and associated aggressive rude behaviours which include by not giving them access to primary physicians and other health care professionals. Such types of neglect are extremely dangerous for elder community, and it is duty of primary care physician to detect and diagnose these abuses, report them to medical community and make decisions about caring at local municipality level (Xinqi, Mosqueda Laura & Dong, 2011).

## **2.2 Physical Abuse**

When someone involves in bodily harms by hitting, repelling, pushing against with physical act and slapping to an elderly person against their will is called physical abuse. This type of abuse includes deliberately locking elderly into their room, pushing them to do something which they are incapable without partial or permanent assistance (NIA, 2020).

An existing study conducted between 2013 to 2017 for a 4-year period has shown that 63% of adults over 65 years who visited to emergency unit for trauma screening have faced some sort of physical abuse. This study concluded that elderly physical abuse is rare issue for adults over 65 refers to emergency department for treatment but professionals need to show suspicion while examine them due to complicated physical abuse diagnosis. Patients with no history of injuries or traumas has also diagnosed with elderly physical abuse



after conducting of suspected radiology imaging (Tatli Mehmet & Altintop Ismail, 2019). Bruises and marks on the soft skin are signs that elderly has been grabbed hard or being hit by someone. Majority of elderly have very soft skin tissues that get damaged with slight pressure (Quinn, M. J. R. M, & Tomita, 1997).

### **2.2.1 Sexual Abuse**

Sexual abuse among elderly is another sort of abuse where elderly is forced to watch or be involve in sexual activities (NIA, 2020). Senior citizens can be victims of sexual abuse both in caring institutions and in their own homes, however ratio of sexual abuse in women is higher than man which includes property theft and physical violence (Thomas P & Hazif-Thomas C, 2021).

A report conducted from French police databased with a total of 130 cases of elderly sexual abuse and finding concluded that mostly events of sexual abuses occurred in victims' own property (Chopin J, Beauregard E, 2020).

### **2.3 Neglect**

Neglect to an elderly is common across the world in all types of caregiving facilities. This includes ignorance to needs, neglecting medicine timetable, neglection of care, physical and emotional help, social assistance and helping elderly to have access to healthcare facility (NIA, 2020). Neglect of care and support leads to loneliness in elderly which causes depressive symptoms to them and eventually ending up in many psychological complications (Dan Zhang, Xia Zaho, 2018).

An active neglect refers to intentionally ignoring the needs of elderly such as meals, hygiene arrangements, room cleanliness, medicine on time and many other tasks by care providers in homes, nursing homes and in hospitals. While

passive neglect means unintentionally neglect of duties and care due to less experience, forgetfulness factors, due to multitasking facility as well as due to staff shortage (Quinn, M. J. R. M, & Tomita, 1997).

#### **2.4 Psychological abuse**

Psychological abuse encloses verbally threats, showing intention to harm, persecution, frightening and isolating someone. This abuse also includes insulting of elderly people through abusive and yelling manner. Another form of psychological abuse is to use hard and abusive talks about family members of elderly who they think, love and care about to put excessive pressure on them. Psychological abuses lead to depression, withdrawal from social activities, being worried, constant state of hopeless and fear (Johnson MJ & Fertel H, 2022).

#### **2.5 Financial abuse**

Financial abuse in elderly care management is a bitter truth which includes misuse of their assets by providing them false or fake information, stealing property, changes in their will, signature forgery to obtain benefit, overpaying for services as well as using of their assets without permission. Financial abuse also includes forcing them to make financial changes which are not in their best interest by taking advantages of them in capabilities. Relatives and family members also involve in taking money for visiting them to provide their services as social support by making them fool (Johnson MJ & Fertel H, 2022).

#### **2.6 Risk Factors in elderly abuse**

There are several risk factors connected to elderly abuse and events of their mistreatment, so it is very important to understand involving victims, offenders, and premises. It is significant to understand the correspondence between victims' habits such as health difficulties, challenges associated due to intensity

of illness, level of dependency and caring needs in compared to personalities involve based on their strength of task management, financial dependence, and level of stress management. In terms of linguistic risk factors, it is important to pay attention to both victims and perpetrator regarding their ethnicity, race, religion, age and working environment (RA;Francis;Hairi;& Wan, 2016).

It is important to implement health care audits to avoid elderly abuse because this group can be classified at high risk. Another important risk factors is financial suffering by elderly due to strict amount of pension which they rely on in compare with their growing dependency which is cost effective. Pension amount usually not enough to cover all expenses based on their growing needs which leads to elderly abuse (Pillemer;Burnes;& S, 2016).

### **3 Aim**

The aim of this study is to raise awareness among nursing students and staff regarding elderly abuse as well as describing associated risk factors and possible interventions.

#### **3.1 Research questions**

To achieve this goal, the aim of study will focus on existing data and material available on elderly abuses.

- What factors influencing elderly abuse in elderly care management by professionals?
- What is the nursing role in prevention of elderly abuse in nursing homes?

## 4 Theoretical framework

Theoretical framework is a principal exploration of existing research which act as pathway to develop the concept of work. This provided a smooth understanding to reader regarding the grounds of conducted research. Elderly abuse and its factors have gained massive interest around the world for researchers which was not common a decade ago. Sensitivity of this issue has gained good attention worldwide and urged researchers to provide more details about this rising issue and related factors (Anetzberger, 2004).

Suffering is unavoidable reality in healthcare system. A person who is having difficulties to carry out his/her regular activities and need external assistance comes under the terminology called suffering. Suffering can be categorized based on patients, health care professionals, health care facility and involved family members (E.J, 1982). It is important to understand that theory of suffering act as theoretical framework of this research. This theory has been picked based on its roots connected with research questions of this study. Secondly, this theory also enriches with many other theories reviewed in this study which is perfect for this study.

Katie Eriksson (1994), theory of caritative care discuss the concept of suffering and explains that life suffering is one of the most fundamental types of suffering and all other factors comes under the shelter of this problem. This includes different sorts of diseases, chronic types of complications, poor health and no hope to be in life anymore. Suffering of care is closely associated with human beings, humanity, dignity, and their rights to be a human. This includes lack of love, loneliness, condemnation and not to get welcomes by care providers and family members (Eriksson, 1994).

Suffering can be more brightly explain in different formats which includes good suffering, Evil Suffering, desire suffering and struggle suffering (Eriksson, 1994). According to Eriksson (1994), good suffering allows human

being to achieve certain goals in their life by going through hurdles and challenges they faced during that journey. This type of suffering is worth to take that can take someone on a successful stage. An example of this being a university student, we wake up early than normal, attends a lot of lectures, gain useful information, preparation and assignment task submissions always remains in our mind. This sort of struggles comes under good suffering which is associated directly with our goals that will make our life better in future perspectives (Eriksson, 1994).

According to Eriksson (1994), struggle of suffering is a type of suffering in which human being fight against hard moments, feeling of shame and humiliation. If person is moving along with suffering and have consistency to drive with struggle then there is always hoped to move towards desires and sense of meaning in life (Eriksson, 1994). Desire and suffering act in opposite way in some consequences. However, suffering can be changed into desire of happiness since it is closely related to one's will. This kind of struggles applies in nature of life, for example an intensive suffering of patient can only change with having a desire to become healthy and a strong will to act properly under this situation (Eriksson, 1994).

Evil suffering is a special suffering in which human beings feels guilty on combination of their freedom and responsibilities. Evil suffering comes dominate when a person is not ready to take or realize its responsibilities and in deep understanding not ready to understand things serious at all. This suffering guilt the person and remind the non-seriousness behaviour of life due to which person does not feel any freedom to carry out life situations in suitable manner. This suffering makes the person afraid, conscious, evil and discourage in many serious decisions (Eriksson, 1994). Pain and suffering have central relationship among each other. During medical procedure, a patient suffers the pain to get treated in many ways. However, illness does not connect with pain.

According to patient's perspective, pain is due to illness that can lead the patient in mental and spiritual death (Eriksson, 1994).

It is clearly visible that outcomes for this study directly linked with objectives of this study and due to this theory can be used to elaborate risk factors and possible solutions among involved parties.

## **5 Method**

The study will use systematic literature review which is a qualitative research method to comply with research process. Previous conducted scientific studies are used to answer research questions and relevant issues.

### **5.1 Systematic literature review**

Systematic literature review is an extensive study and examination of literature that relates to a specific topic and provide general view of research for specific area. Systematic literature reviews are important for research questions because they gathered all available material and data which is available for research topic (Helen & Aveyard , 2010).

The aim of systematic literature review is to provide a comprehensive summary of secondary researched data (data collected by others rather than primary users) to answer designed research questions. Literature review can generate new ideas of research which can be pioneer of relevant study. Literature review provides a good understanding to readers regarding background studies on research topic and give inspiration of new study. Literature review supplies more accurate and wide range of different studies during search process because to rely on the results of single study can be problematic because of existing errors in publication or due to wrong applicable methodology (Tatano Beck & Denise F. Polit , 2009).

## **5.2 Data Collection**

Collection of data is done by available databases of school, through reliable scientific researchers of web-based sources, available scientific articles in different databases provided by school. The collection data process includes scientific books, evidence-based journals, through scientific researchers and web-based sources. There are various sources used provided by Novia University of Applied Sciences such as eBook Central, EBSCO, PubMed, and Medline.

Boolean operators (AND or and OR) have been used to specify the keywords obtained from research topic. These operators are recommended to obtain more precise information and narrow required search results from databases. For example, use of AND among “Elderly abuse” AND “Nursing homes” will show the available data containing combine terms in search results.

### **5.2.1 Inclusion Criteria and Research Process**

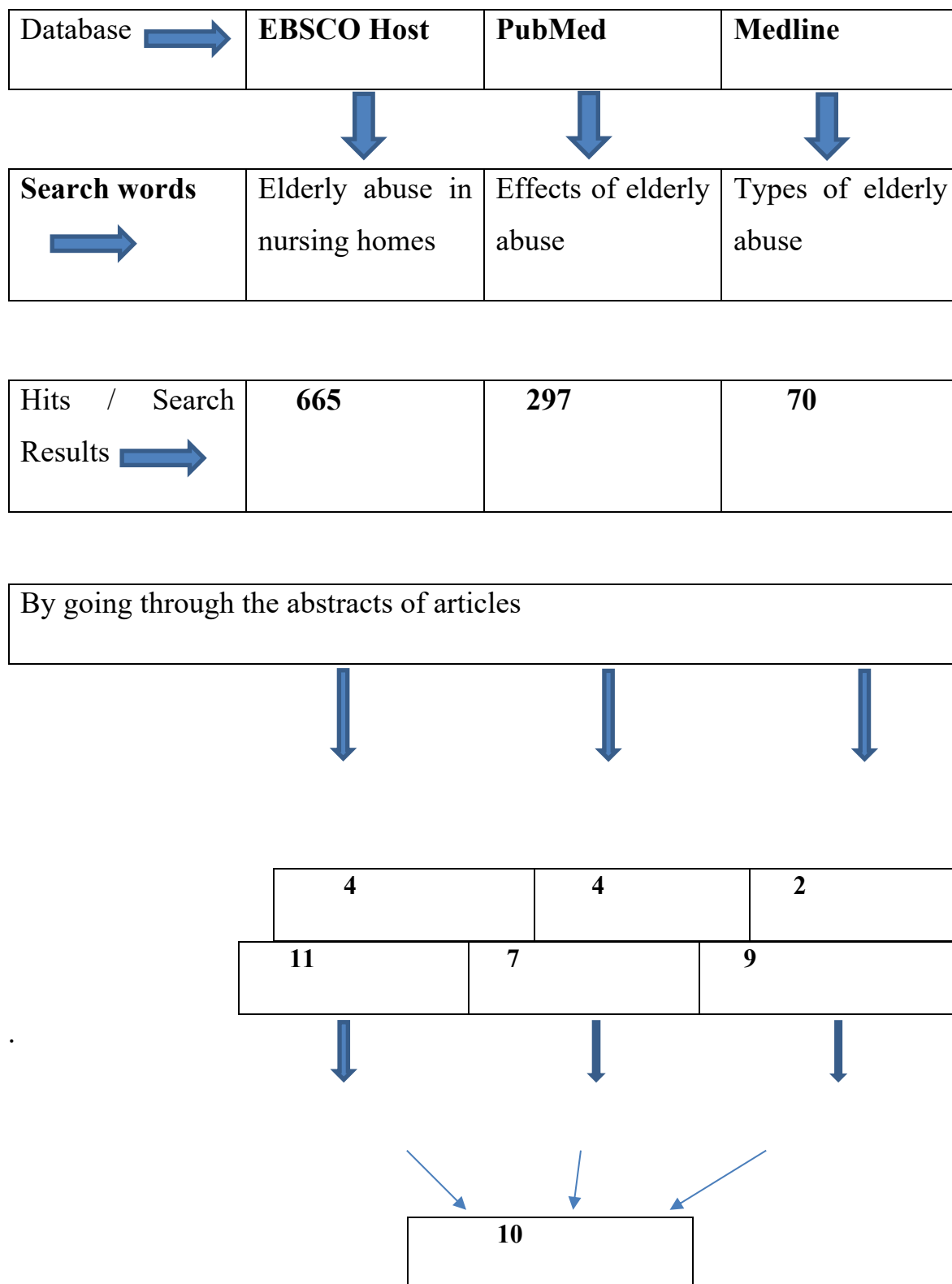
All articles that chosen for this study have met following criteria

Year of publications should be within 10 years and peer reviewed. The study should be primary and focus of studies should be based on professional caregiving in nursing homes. Study should be published in English and has direct link to outcomes or objectives of this study. Articles that do not fulfil inclusion criteria has been excluded from study.

In EBSCO host database, by inserting a search phase “elderly abuse in nursing homes” at basic search tab showed 665 articles that has been previewed. After going through abstracts of those articles, 11 articles have been picked for reflection. PubMed is another database which has been used by inserting a search phase “effects of elderly abuse” resulted in 297 hits. By going through abstracts of PubMed hits, 7 articles have been chosen for further consideration. Medline was the 3<sup>rd</sup> database which has been used by inserting search phrase

“types of elderly abuse” results in 70 hits along which 9 articles has been picked for further consideration.

Figure 1





After carefully reading of 27 articles abstracts, 10 articles have been finally chosen by implementing inclusion and exclusion criteria.

## **6 Ethical Consideration**

According to the Finnish advisory board on research integrity (TENK), data will be collected with confidentiality and values like trust, accountability and respect must be fulfilled and well-maintained during research process. Data which will be derived from scientific books, articles, and other sources must evade plagiarism and would be referenced correctly. Participants of conducted study should not be harmed, however relevant information would be use related to topic (TENK, Finnish National Board on Research Integrity, 2021). The conducted study in this research has only used secondary data which means authors privacy and contents are not in danger at all.

### **6.1 Data Analysis**

Methods of data collection depends on 4 major factors regardless of what type of data is under collection procedure. These includes structures (same information will be gathered from all contributors), quantifiability (data that will be examined bases on statistics), researcher observances (researcher becomes obstacle in data collection and participants are aware) and objectivity (methods adopted by researcher to obtain objectives) (Tatano Beck & Denise F. Polit , 2009).

Content analysis method used to conduct this study is inducive content analysis. It is an analysing method which is done based on already available resources from various authenticated databases, scientific research, government approved webpages and scientific articles. Content analysis method has been adopted to provide broad understanding of specific field which has been researched and this allows access to authors to explore various reliable sources (Chesney, Mary De, 2014).

Content analysis generally comprises reading over and over thoroughly to understand the correct pattern, themes, and correlation of a text. Qualitative content analysis is adopted in this study because books, articles and other sources data chosen for this purpose are descriptive and suitable to elaborate and identify relationship (Tatano Beck & Denise F. Polit , 2009).

## 7 Results

Among reviewed articles, several factors which directly lead to victims as well as offenders were carefully analysed to evaluate their impact on elderly people in nursing homes. The top 11 identified abuses include physical abuse, psychological abuse, financial abuse, sexual abuse, and neglect. By assessing through legitimate literature, it has been noted that how psychological and social characteristics could cause elderly abuse occurrence. While on the other hand, 4 studies focus on risk factors among elderly in nursing homes while all 11 articles provide tips and guide regarding prevention strategies of such abuses. All 11 articles also provide guide on interventions techniques to curb elderly abuse in nursing homes.

**Table 1: Objective of Risk factors grouped in themes and categories.**

<b>Study objectives</b>	<b>Categories</b>	<b>Subcategories</b>
<b>Risk factors of elderly abuse</b>	Elderly abuse by staff members.	Stress, poor salary package, burnout, neglect, and depression.

	Elderly abuse by another elderly resident	Gender, Psychological complications
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**Table 2: Objectives of elderly abuse preventions based on themes and categories.**

Study objective	Categories	Subcategories
<b>Prevention of elderly abuse</b>	Staff approach	Education Training
	Institutional strategic development	Helplines
	Residents Management	Financial management, shelter

## 7.1 Risk factors of elderly abuse

Research studies elaborate risk factors associated with elderly abuse specifically for people living in nursing homes and community settings. A solid amount of literature enlightens factors affecting elderly abuse occurrence in nursing homes.

### 7.1.1 Characteristics of residents

The study has identified issues associated in nursing homes based on clients' characteristics. Risk factors associated with everyone can be assessed as positive and negative based on ADL (activities of daily living) and IADL

(instrumental activities of daily living). Clients in nursing homes required different sort of assistance and that help sometimes leads to abuse. Factors in IADL can be assistance to take bath, dressing of wounds, no movement at all, aggressive behaviour, and psychiatric problems. Study conducted in 100 random nursing homes in Norway in 2020 results that most common observed elderly abuse was neglect, psychological abuse, financial and sexual abuse (Botngård A. E., 2020).

### **7.1.2 Staff Characteristics**

Another study conducted in 2021 in Norway among nursing homes where psychological abuse from staff to residents has been mostly reported by family members and relatives of elderly. This information has been reported by 16 different families of residents which was conducted through qualitative personal interviews. They have also blamed staff issues in nursing homes as well as question mark raised on competence level of nurses and other staff members. Physical abuse and aggression towards residents were also a big issue noted under this study which was associated to staff members (Saga, 2021).

### **7.1.3 Attribution of institutions**

A conducted study on resident-to-resident abuse among elderly for nurses, leaders, and other staff members of nursing homes. This study focuses on elderly abuse where male resident can abuse physically or sexually to female resident that can leads to harm. This can be due to many factors such as dementia and long-term cognitive problems (Ellis, 2014).

Some risk factors include ageism, staff depression and burnouts, nursing types such as practical nursing profession also play a crucial role in staff abusing towards elderly. In nursing homes, where tendencies of such risk factors are high, then percentage of high nursing abuse towards residents are possible. As a result, staff characteristics risk factors associated with nursing homes are

mainly because negative attitude toward elderly people. Institutional risk factors study has strongly attributed towards a smaller number of staff, poor management, weak leadership and approach, poor communication among staff members, ageing, cost cutting as well as poor distribution of resources such as number of bed and available rooms for clients (Saga, 2021).

There were few important variables which has been discussed without statistical significance to elderly abuse in nursing homes. In this regard, factors associated with staff has identified such as personality, marital status, family members such as number of children, academic background, clinical skills and expertise, passion, and motivation towards work (Saga, 2021).

## **7.2 Prevention of elderly abuse**

Studies reviewed for elderly abuse in nursing homes basically enlightens directly or indirectly preventions and curbing factors. However, selection process and evaluation of these factors have main quite challenging due to lack of available data on those factors. There are certain strategies which proving as pyramid to avoid elderly abuse in nursing homes.

### **7.2.1 Residents approach**

After carefully reviewed of articles, results elaborated that there are certain key factors which can be adopt by elderly in nursing homes to prevent abuse towards them. This includes the adoption of more ADL and IADL in their daily life's, co-operation with staff members during caring process. Elderly people required in house knowledge in their routine life to understand indication of abuse towards them and how they can report it which will surely attribute significant impact within organization. It is important for elderly to acknowledge them about their needs, their required co-operation with staff

members to ensure that they are safe. Elderly should not be fear of to speak about abuse towards them (Day, 2017).

### **7.2.2 Staff approach**

Study showed staff strategies which plays an important role to curb elderly abuse among nursing homes. Staff members should need to show professional and co-operative behaviour towards residents in conflicted situations. Staff leaderships, teamwork, management of premises, caring style based on resident's situation such as psychiatric conditions are few factors which play a sublime role if utilise properly to curb abuse among elderly (Mydin, 2019).

### **7.2.3 Institutional approach**

Similarly, nursing homes needs to show their responsibility and standout against elderly abuse at top management level. Techniques which can be helpful are employing motivational staff, clear job description, elaborate duties, reducing work overload, staff management with supervisors as well establishing clear guidelines about what to do in event of elderly abuse and how reports should work (Mydin, 2019).

## **8 Discussion**

In the background of this study, there are certain important types of elderly abuses has been evaluated in nursing homes. Most common types include physical abuse, sexual abuse, financial abuse, psychological and neglect. According to (NIA, 2020) physical abuse refers to when someone involves in bodily harms by hitting, repelling, pushing against with physical act and slapping to an elderly person against their will. This type of abuse includes deliberately locking elderly into their room, pushing them to do something which they are incapable without help of someone who is capable. According to (Johnson MJ & Fertel H, 2022), psychological abuse encloses verbally

threats, aggression to harm, persecution, frightening and isolating someone. This abuse involves verbal insulting of elderly people through abusive and yelling manner. Another form of psychological abuse is to use hard and abusive talks about family members of elderly who they think, love and care about to put excessive pressure on them. Psychological abuses lead to depression, withdrawal from social activities, being worried, constant state of hopeless and fear.

Sexual abuse among elderly is another sort of abuse where elderly is forced to watch or be involve in sexual activities (NIA, 2020). According to (Thomas P & Hazif-Thomas C, 2021) senior citizens can be victims of sexual abuse both in caring institutions and in their own homes, however ratio of sexual abuse in women is higher than man which includes property theft and physical violence.

According to (Quinn, M. J. R. M, & Tomita, 1997), an active neglect abuse refers to intentionally ignoring the needs of elderly such as meals, hygiene arrangements, room cleanliness, medicine on time and many other tasks by care providers in homes, nursing homes and in hospitals. While passive neglect means unintentionally neglect of duties and care due to less experience, forgetfulness factors, due to multitasking facility as well as due to staff shortage. According to (Johnson MJ & Fertel H, 2022), financial abuse in elderly care management is a bitter truth which includes misuse of their assets by providing them false or fake information, stealing property, changes in their will, signature forgery to obtain benefit, overpaying for services as well as using of their assets without permission. Financial abuse also includes forcing them to make financial changes which are not in their best interest by taking advantages of them in capabilities.

Katie Eriksson (1994), theory of suffering was used in theoretical framework explains that life suffering is one of the most fundamental types of suffering and all other factors comes under the shelter of this problem. This includes different sorts of diseases, chronic types of complications, poor health and no

hope to be in life anymore. Suffering of care is closely associated with human beings, humanity, dignity, and their rights to be a human. This includes lack of love, loneliness, condemnation and not to get welcomes by care providers and family members. This theory has direct influence and impact on elderly abuse in nursing homes. Non-availability of resources as well as their poor management at different levels, poor income for nurses, stressful and overload working environment are major factors of elderly abuse.

Risk factors associated with elderly abuse are quite many in different forms and mainly nursing homes where these residents live and spend their time. Outcomes of this study explains work overload, poor staff management and aggressiveness of residents towards staff members generate factors towards elderly abuse. Emotional abuse and neglect abuse become most common and sometimes even involve physical abuse due to intolerance of situation. Institutions which are incapable to provide flexible working environment, poor leadership and lack of resources are often see that staff members are unable to give their best which causes eventually a burnout situation for them.

There are various prevention strategies and techniques which can be utilize such proper education and ethical trainings, problem solving approach, helpline services by applying modern technology for elderly in case of emergency. Similarly, financial and will management, abusing matters to handle by appropriate authorities rather than staff members of same unit as well as by ensuring a safe shelter for elderly.

### **8.1 Strength and weakness of studies**

This study has followed Finnish national ethical board (TENK) guidelines for writing this thesis by making sure no plagiarism or original text copied for someone else work as it is. This has encouraged me to go through and read



articles carefully for my study by citing text appropriately as it should be. By going through different data bases and research channels, I have gone through many articles to understand deeply about elderly abuse, its types, situation, prevention techniques and what interventions has been discussed.

Access to some interesting articles cannot be enclosed in this study because those required to be purchased however their abstracts was quite relevant to my research topic.

## **8.2 Implication of study**

Existence of elderly abuse in nursing homes is mainly associated with institutions, staff members, residents, resources, and their management. Psychological, physical and neglect abuse are the most common practice elderly abuses has observed in nursing homes which require immediate amendments at institutional and regional level. Residents who are uncooperative due to their cognitive disorders and aggressiveness towards staff members are most vulnerable in elderly abuse. Similarly, staff risk factors are due to poor work conditions, long shifts, overwork, burnout, stressful days, and non-professional attitude towards residents are common causes of elderly abuse. Elderly abuse at institutional levels has different sorts of contributing factors such as poor leadership, unclear task, poor salary system, staff problems, work under extreme pressure and lack of resources.

It is very important for staff members, residents, and institutions higher management to draft well defined plans for all stakeholders along with clear instructions to curb elderly abuse in nursing homes. There is need of transparent reporting procedure where elderly abuse can be reported and immediately respond team act by acting as neutral body. It is key responsibility of nurses to ensure professional working attitude towards resident and provide them high standard of care in nursing homes.

## 9 Conclusion

Elderly abuse which is a great challenge for healthcare globally have established its existence in this study which is practical in nursing homes. Therefore, it is important and obligatory to find resolution to curb this issue. To achieve this goal, conducted studies has identified types of elderly abuses and their extent in nursing homes. At the same time, study has also discussed causes and associated risk factors which are playing their roles as well as preventions and intervention techniques.

This is a nursing thesis therefore it underlined the role of nurses. Nurses are backbone of public health care to ensure that elderly residents have up to date information regarding their rights against elderly abuse to ensure a safe living. Regarding such kind of major problems, nurses need to act as advocate to educate elderly people through different manners. It is responsibility of nurses to make sure institutional higher management has taken appropriate measures to ensure safety of elderly and clear instructions has been implemented on all staff members to follow in real practice. Nurses by themselves needs to ensure no tolerance policy against elderly abuse in their practice nursing homes which will help to reduce such events. It is evenly responsibility of all stakeholders involve such as regional management, residents, residents, relatives, nursing home team leaders as well as unit supervisors' nurses to show a transparent collaboration among themselves to resolve this on growing problem.

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## Appendix 1

Authors, Title, and year	Aim of study	Study method	Results
<p><b>Botngård, A. E. (2020)</b></p> <p>Elder abuse in Norwegian nursing homes. <i>a cross-sectional exploratory study. BMC health services.</i></p>	<p>This study has aimed to collect information from nursing staff members regarding elderly abuse in terms of their experience. It has also focused on types of abuse and their possible preventions.</p>	<p>A cross sectional data methodology has been adopted where nursing staff completed pen and paper survey.</p>	<p>The findings of this study have reported possible preventions of elderly abuse can be achieved through institutional measures by implementing amendments of processes between staff and residents</p>
<p><b>Myhre, J. S. (2020).</b></p> <p>A qualitative study of how nursing home leaders follow up on staff-to-resident abuse. <i>BMC health services research.</i></p>	<p>The aim of this study is to focus reaction of nursing homes leader towards a reported of elderly abuse from staff to resident.</p>	<p>Qualitative explorative data methodology has been used to conduct this study. Constant comparative method has been used to review data in analysing.</p>	<p>Nursing leaders needs to follow up staff to resident's abuse by focusing on solutions at organization level, correct adjustments of resources, training, and appropriate education.</p>
<p><b>Saga, S. B. (2021).</b></p> <p>Relatives' experiences with abuse and neglect in Norwegian nursing homes. A</p>	<p>This study aims to elaborate relatives experience of elderly abuse in nursing homes by focusing of their</p>	<p>Qualitative individual interviews conducted with 16 relatives of elderly residents and content analysis was</p>	<p>Relatives has reported that neglect in care is the most common problem as well as physical abuse and</p>

qualitative study. <i>BMC health services research</i> .	experience given by institutional management.	used to analyse the data.	aggression towards residents from staff members.
<b>Authors, Title, and year</b>	<b>Aim of study</b>	<b>Study method</b>	<b>Results</b>
<b>Mydin, F. H. (2019).</b>  The Effectiveness of Educational Intervention in Improving Primary Health-Care Service Providers' Knowledge, Identification, and Management of Elder Abuse and Neglect. <i>Sage Journals</i> .	The aim of this study to find out gaps in knowledge and training among staff members leading to elderly abuses.	A systematic literature review has been used to conduct this study.	Results has reported that staff strategies play an important role in curbing elderly abuse.
<b>Ellis, J. M. (2014).</b>  Managing resident-to-resident elder mistreatment in nursing homes. <i>Journal of continuing education in nursing</i> .	Aim of this study is to evaluate resident to resident abuses within nursing home settings.	The conducted study was blend of qualitative and quantitative methods with combination of interviews and questionnaires.	Results has reported that male residents are specially involve in physical and sexual abuse due to cognitive and behavioural difficulties.
<b>Day, A. B. (2017).</b>  An assessment of interventions that target risk factors for elder abuse. <i>Health and Social Care in the Community</i> .	Aim of this study is to evaluate interventions for elderly abuse preventions by focusing risk factors.	Conducted study has been followed by literature review and data has been analysed by content analysis method.	Results has reported that residents with good attitude and cooperative are on least risk for elderly abuse.
<b>Shen, Y. S. (2021).</b>  The Effectiveness of Psychosocial Interventions for Elder Abuse in Community Settings: A Systematic	Aim of this study is to evaluate psychological interventions for elderly abuse prevention.	Conducted study is the combination of qualitative and quantitative method and meta-analysis procedure has used to	Results has focused on staff professional aptitude to approach residents, their trainings and

Review and Meta-Analysis. <i>Frontiers in psychology</i> .		analyse data as well as content analysis.	knowledge are factors of psychological abuse.
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