

Risk Factors of Suicidal Intent in the Elderly

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ABSTRACT

Background: The suicidal intent in old men constitutes an individual and social problem at the present time.

Objective: To identify the factors of risk of the suicidal intent in the elderly.

Methods: Was carried out a retrospective descriptive study of the suicidal intents happened in patient of 60 there are 80 years in the period understood among October of the 2017 until October of the 2018, in the municipality of Santa Clara, county of Villa Clara. Of an universe of 60 it was a bigger sample of 41 adults with intent. It was used empiric methods; interviews open, revision of the individual clinical histories and of family health.

Results: The male sex, 51,2 % of the old men understood between the 60 and 80 years of age prevailed, 78 %, the most frequent causes in the why they began the suicidal intent they were the family conflict and the social isolation, it was demonstrated that the old men that attempt against its life make it from their homes and it conforms it 61 %.

Conclusions: The difficulties are related by the lack of affection, the family talkative authoritarian style and the method more employee was the hangs.

Keywords: elderly; suicidal intent; suicide; risk factors

INTRODUCTION

The suicide one has known as individual phenomenon in all the societies, their antecedents go back to the humanity's same existence and their characteristics vary of agreement with the culture and the socioeconomic structure in their context.¹

The term suicide comes from two Latin expressions: Sui and occidere that mean "to be killed itself". The suicide, therefore, is the act of being caused the death in voluntary, deliberate form, in which intervene three stages successively, calls on the whole process commits suicide: the desire, the idea and the suicidal act finally.²

According to the OMS it exists around 10, 2 million inhabitants at world level that you/they carry out some type of suicidal behavior, those that require medical care and around 30 million

they would be in risk of presenting this type of behaviors.³

Cuba is not unaware to this situation; the provoked lesions intentionally occupy the ninth position inside the first ten causes of deaths in all the ages, with a rate de13, 3 for each 100000 inhabitants, with prevalence in the male sex.⁴

The suicide to advanced age of the life should be reason of great concern, for its great complexity and nature multi factorial, what occupies the interest of the investigators and professionals of health, as well as of those responsible for the taking of political decisions and the society in general.⁵

The biggest adult in Cuba occupies more than 19%, and it is expected that for the year 2025, one of each four Cubans is mature bigger. Of this population one percent is only in institutions, 9% lives alone and the rest cohabits

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with family, with the result that Villa Clara is one of the most aged counties in Cuba. ⁶

The call third age also well-known with the terms of age, bigger or later adulthood, it has been approached in the literature in an isolated way or I eat involution phase and I don't eat an authentic stage of the human development. ⁷

The human behavior is part of the determinant of the health together with other psychological, biological nature aspects, politics, economic, social, cultural and environmental, that would be susceptible of being intervened for the improvement of the health in the community, just as it proclaims it the Letter of Ottawa. ⁸

The population increase in the world has come being presented in the last years and the increment of the age demands from an integral attention to the old men from the sector of the health.

At present the phenomenon of suicidal attempt generates a social and individual problem from the inappropriate behavior of elderly which motivated to carry out the present investigation in a community mental health belonging to the teaching polyclinic "José Ramón León Acosta of Santa Clara, Villa Clara, Cuba with its general objective to identify the factors of risk of the suicidal intent in the elderly.

METHODS

A descriptive, cross-sectional study was carried out in a health area, belonging to the "José Ramón León Acosta" polyclinic of Santa Clara municipality, in the period from October 2018 to October 2018. The patients consisted of 41 elderly. who met the following criteria to participate in the study.

Inclusion Approaches

- All elderly with previous suicide intent.
- That they reside in the health area belonging to a health area and are dispensed.

Exclusion Approaches

- Elderly whose legal guardians do not give consent to participate in the investigation.

Exit Criteria

- That they abandoned the investigation

RESULTS

Table1. Distribution of elderly according to age and sex

Groups of ages	Sex					
	Female		Male		Total	
	No.	%	No.	%	No.	%
60 - 75	8	66,7	24	82,8	32	78,0
76 - 80	4	33,3	5	17,2	9	22,0

Methods of the Theoretical Level

- Synthetic analytical: It made possible the interpretation of each one of the studied texts, to conform the criterion assumed in the epigraphs and paragraphs, as well as to particularize in the data obtained in the surveys to integrate them and to establish the corresponding generalizations.
- Inductive-deductive: It facilitated going from the particular to the general in each of the analyzes carried out in the theoretical study and in the processing of the obtained information.
- Generalization: It allowed the establishment of the regularities that were revealed in the study carried out.

Methods of the Empiric Level

- Open interview: It made it possible to provide information on the elderly.
- Clinical histories: Contribute to identify the risk of factors in elderly with suicidal intent.

Collection of Information

In order to carry out the research, the documentary review and individual clinical histories were used as techniques in order to obtain extended information.

The following variables were used from the data obtained: age, sex and risk factors in the suicidal intent.

STATISTIC ANALYSIS

The data obtained were stored in a computerized database and processed through the SPSS system. 21.0 for Windows. Statistical techniques were used according to the descriptive design of the work. It was used as absolute frequency (number) and relative (percentages) as summary measures. For the quantitative variables, the mean and the standard deviation were determined as a measure of central tendency and dispersion. The association between qualitative variables rested on the test of independence of variables, based on the chi-squared distribution. A significance level of 0.05 was used.

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Total	12	100	29	100	41	100
Media ± DE	15,2 ± 1,8		13,8 ± 1,6		14,2±1,7	

Source: Open interview

As you it can appreciate in the Table 1 referred to age of beginning of the suicidal intent and sex, the biggest adults that execute it in ages of 60 prevail - 75 years represented by 32 of them for 78%, behaving in a very different way as for the sex, finding that in the sex female 8 patient geriatrics for 66,7% and in the male sex 24 for a high 82,8%.

A difference exists as for the age average of beginning of the suicidal intent with regard to

the sex, finding that in the female sex it is of 15,2 years and in the 13,8 year-old male sex, for what we can reach the conclusion that the male sex begins to manifest suicidal intents in quicker ages that the female sex.

The age average to the beginning of the suicidal intent is significantly smaller in the adults bigger than the male sex according to results of the test OR of Mann Whitney with $p=0,0048$ value

Table2. Distribution of elderly according to risk factors in the suicidal intent

Risk of factors in the suicidal intent	Sex					
	Female		Male		Total	
	No.	%	No.	%	No.	%
Death of a to be wanted	8	66,7	21	72,4	29	70,7
Terminal illness	5	41,7	14	48,3	19	46,3
To feel alone	9	75,0	22	75,9	31	75,6
Depression	8	66,7	20	69,0	28	68,3
Economic lacks	0,0	0,0	3	10,3	3	7,3
Family conflicts	11	91,7	29	100	40	97,6
Total	12		29		41	

Source: Clinical histories

The Table 2 refer to the causes of the suicidal intent according to the sex, where it is appreciated that the most common cause for which the biggest adults that carry out the suicidal intent are the family conflict, 40 of the 41 patient geriatrics responded this way in study for 97,6%, it continues him the presence of social isolation with bigger 31 adults for 75,6% and in third place the death of a being loved with 29 for 70,7%.

It is important to highlight that the biggest adults that feel depressed have a high probability of carrying out a suicidal intent, being reflected in the work, where 28 of the patient geriatrics admitted that they had carried out it for depression causes, for 68,3%.

When analyzing the proportion of old men in each sex for each one of the causes, differences are not evidenced statistically significant according to results of the test Squared Chi with $p>0,05$ values in each one of the analyses.

DISCUSSION

It was evidenced in the studied series an increment of the suicides in the year 2010 and 2013 coinciding with the report carried out in the Statistical Annual 2013 in Cuba ⁹ similar results they are reported in countries like Colombia, where the suicide rates in these years

reach the 4,08 for 100.000 inhabitants constituting the fourth cause of violent deaths ¹⁰, other investigators ¹¹ point out in cities like Bogotá increment in the suicide rates in the 2012 an increase of 18% it was presented regarding previous years.

In occasions the biggest adult that carries out an intent commits suicide it distinguishes for the presence of depressive events, the recent losses of dear beings, the solitude, the affective isolation, and so much the chronic illnesses, as the terminals, besides the lack of nets of family or social support, the loss of lists and the status among other characteristics behave a pattern in these cases. ¹²

The aging process has some changes considered as factors of risk of the suicide: anatomical and functional corporal transformations, indifference psychological, smaller capacity of adaptation to the stress, bigger tendency to the protection and the eviction, social impoverishment in which the old man moves, for loss of his couples and the frequent rejection of the environment. ^{13,14}

Other investigations report the use of the firearms like more common prejudicial method, countries like United States they present the highest rates ¹⁵ In China, the drug ingestion is common ¹⁶. In general, the old men to make the

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suicide use methods of easy readiness that bear a high lethality.¹⁷

CONCLUSIONS

The suicidal intent is a frequent behavior in the biggest adult, prevailing old men of the male sex, of origin in communities with low cultural level, with a lot of accumulation and with the existence of marginal situations.

The suicidal intent to an advanced age of the life should be reason of great concern and it justifies that it is centered in it the attention of investigators, professionals of the sanitary attendance, responsible for the taking of community political decisions and society in general. The interventions of prevention of the suicide believe an effective answer, in the environment of the society, in front of the growing problem of the suicide in people of advanced age.

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