

## **ABSTRACT**

**Introduction/ Background-** Population ageing is evident in Sri Lanka and worldwide which has many implications. Concept of healthy ageing enables to convert ageing from a burden to a resource. It can be achieved through life course approach. Assessing knowledge on healthy ageing among different age groups is vital. Nursing officers are service users as well as service providers. Assessing their knowledge and attitudes regarding healthy ageing is essential.

**Objectives-** Study was conducted with an objective of assessing knowledge, attitudes and associated factors on healthy ageing among nurses aged 40 to 60 years in teaching hospitals of Colombo district

**Methods-** A descriptive cross-sectional study design was conducted. The sample was selected among nursing officers based on inclusion and exclusion criteria in nine teaching hospitals of Colombo district. A self-administered questionnaire with face and content validity was administered to 426 nursing officers selected using simple random sampling. The data was collected and analyzed by the principal investigator. Knowledge was assessed using a scoring system. The associations were analyzed by Chi square test using SPSS statistical package, version 22.

**Results-** The average knowledge score for life style factors was 68.1 % while average knowledge score on elderly care services was 65.7%. Statistically significant association among knowledge score on life style factors and marital status was found. Knowledge on elderly care services was not significantly associated with sociodemographic factors. Majority (47.9%) of the participants attitude was to retire at 60 years of age. Approximately 51% of the participants had not planned on any financial management after 60 years of age. More than 50% of the study participants were not engaged in physical exercises as a daily routine. Nursing officers had a good knowledge score on diet related factors. Nursing officers considered that maintaining social contacts is important to obtain healthy ageing.

**Conclusions and Recommendations-** Nursing officers had satisfactory knowledge on life style factors and elderly care services. Further improvement of knowledge regarding financial planning, physical activity, social contacts and elderly home modifications should be focused to promote healthy ageing among the nursing population.

**Key words-** healthy ageing, nursing officers, knowledge, attitudes, associations