

# **2 HOUR GUIDE TO GERIATRICS**

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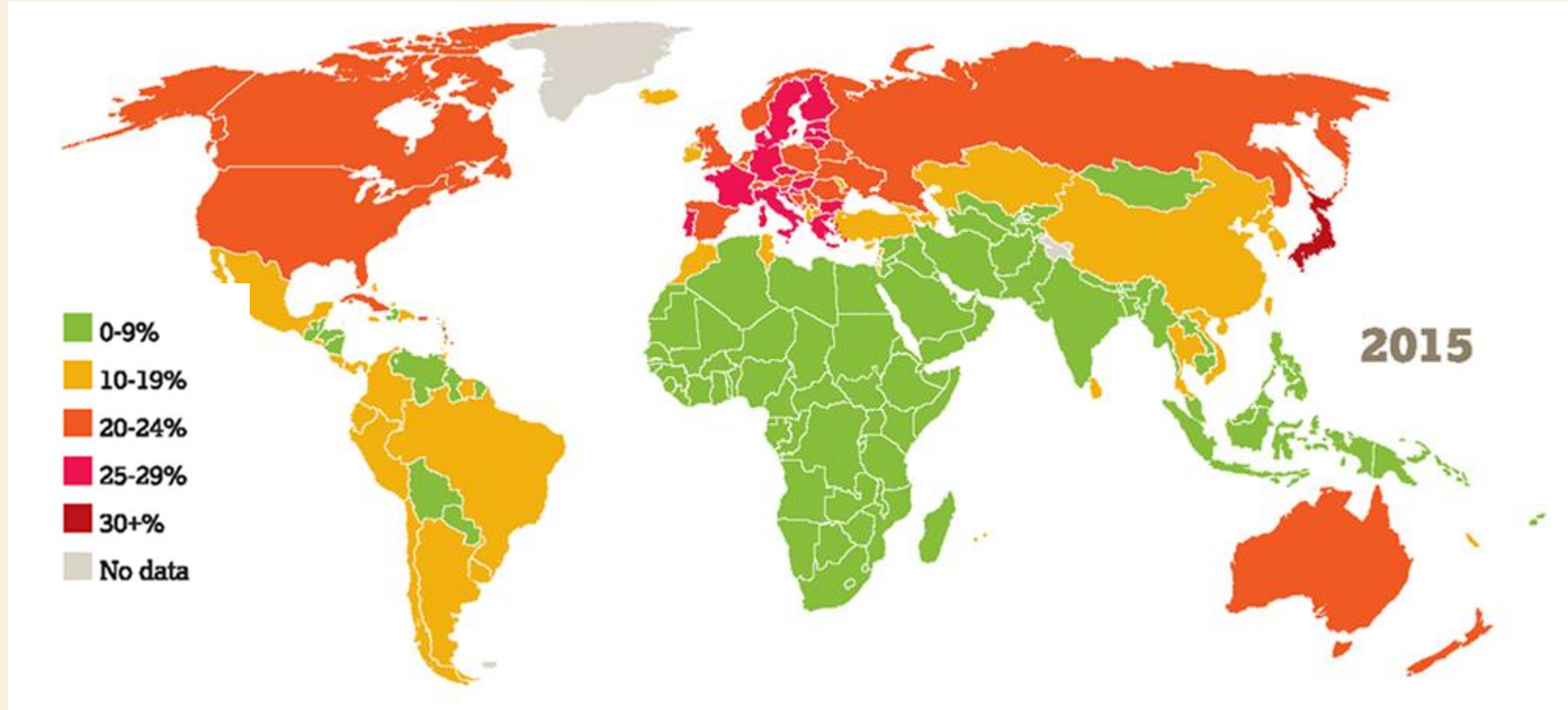
**SUB-SPECIALIST GERIATRICIAN AT WITS DONALD  
GORDON MEDICAL CENTRE**

# WHY GERIATRICS?

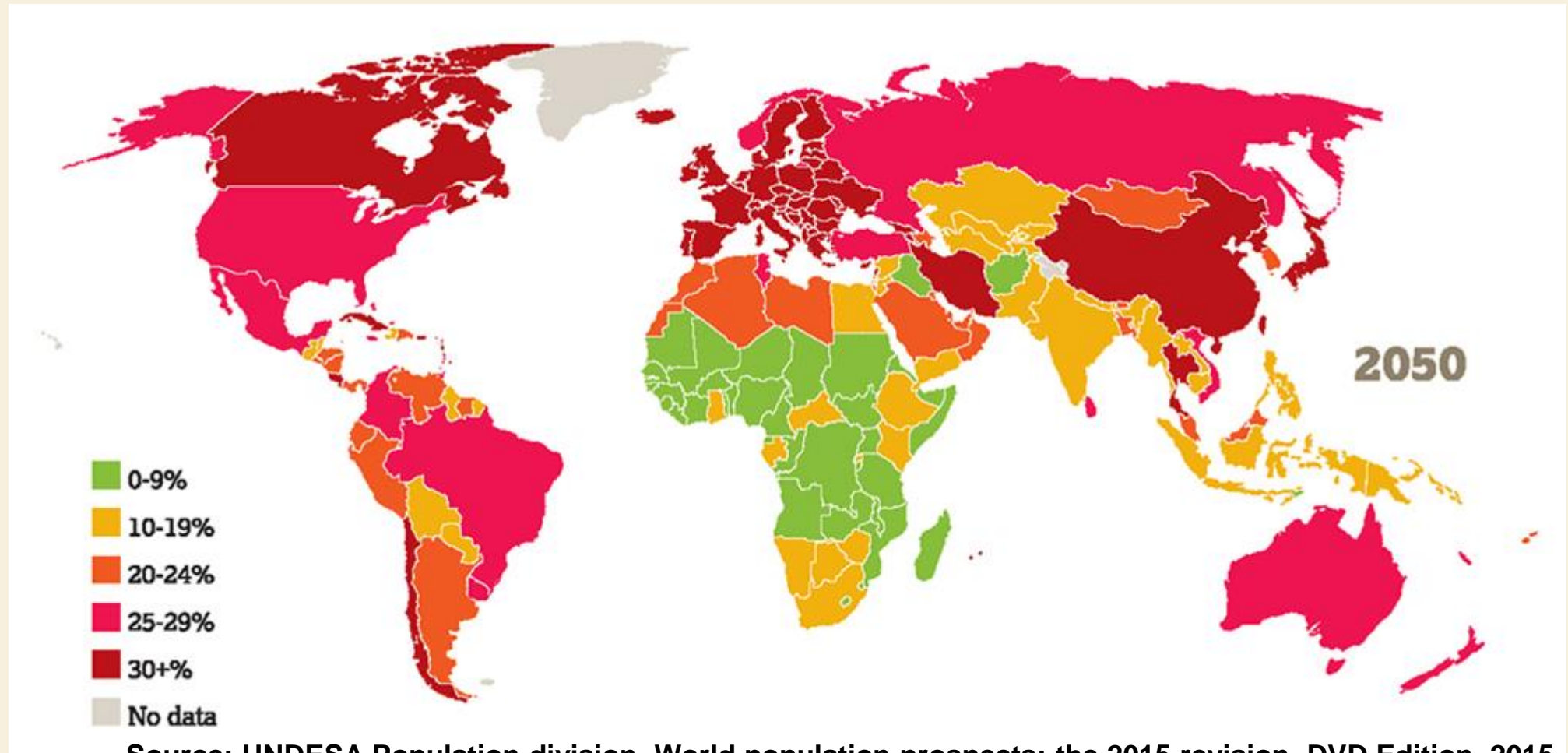
“AGEING IS A SUCCESS STORY,  
LETS CELEBRATE IT!”



# Proportion of population aged 60 years or over.



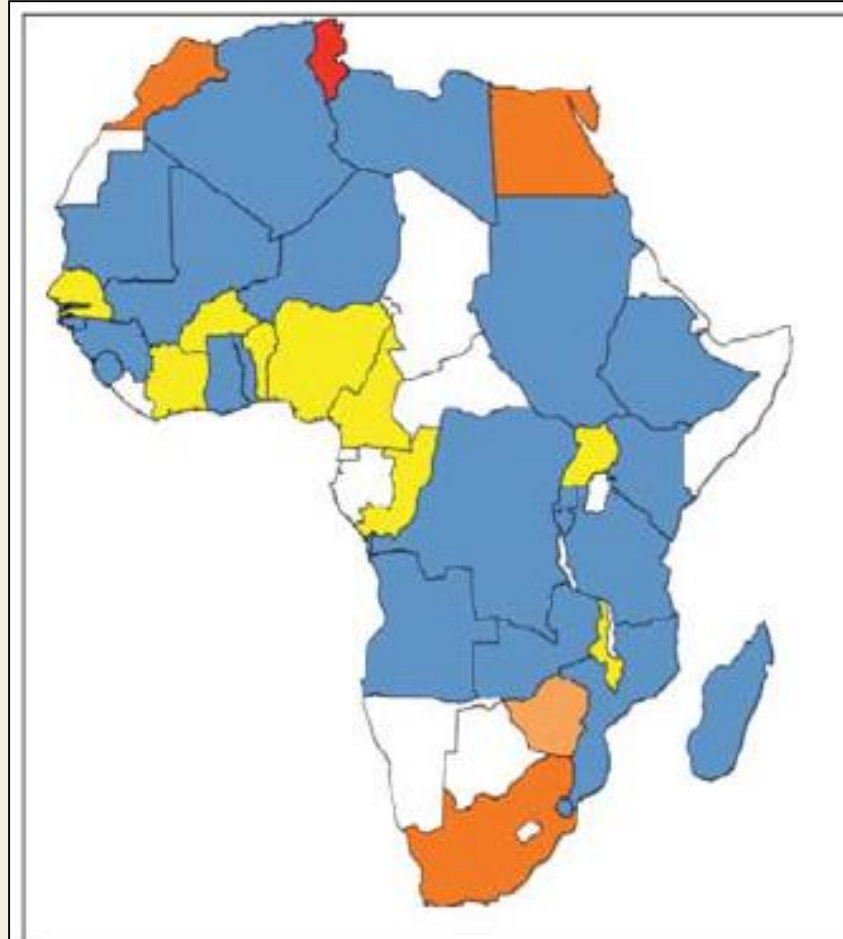
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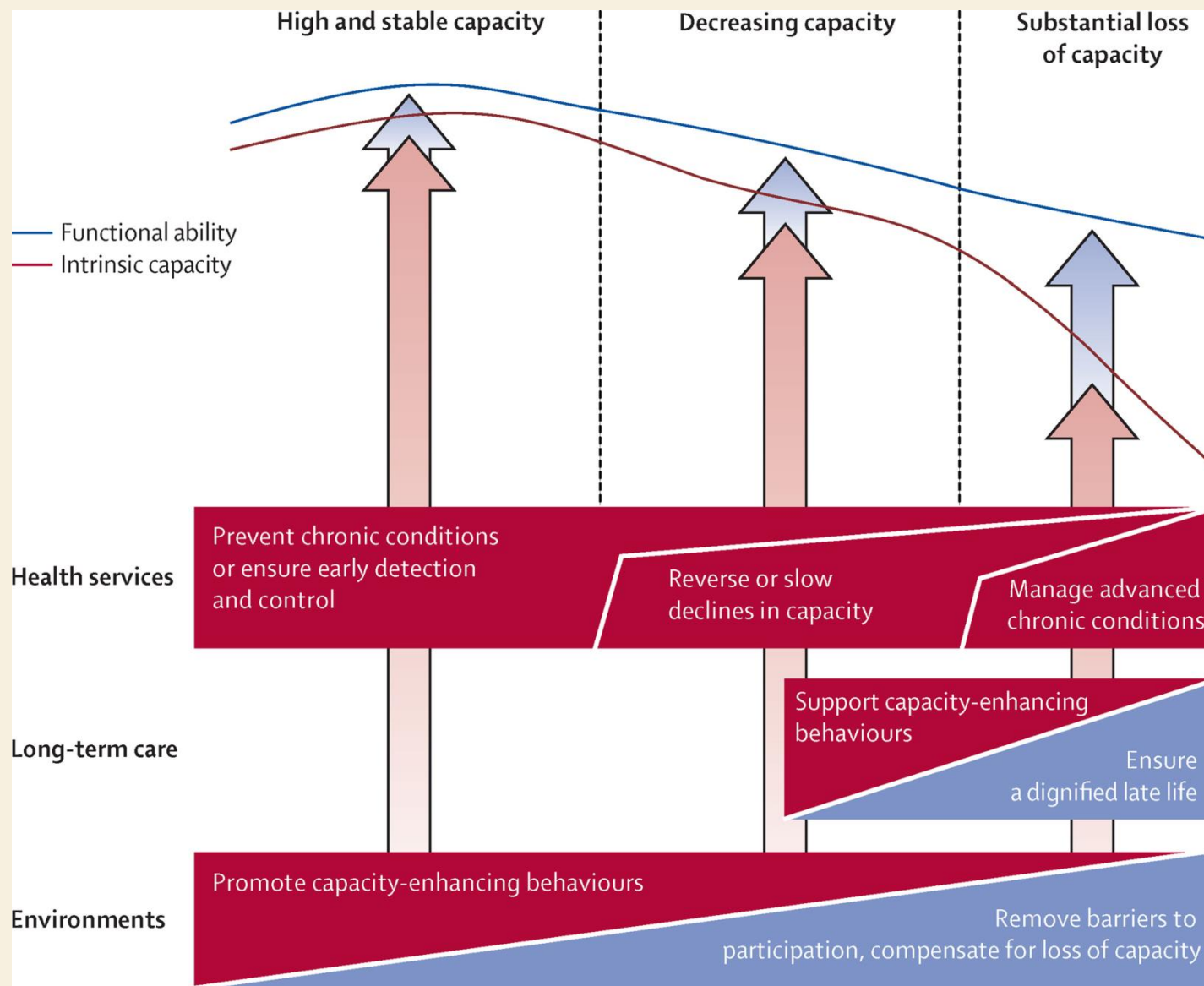
Source: UNDESA Population division, World population prospects: the 2015 revision, DVD Edition, 2015

### Number of Geriatricians per country

- 0
- 1 – 4
- 5 – 9
- 10 -100
- ≥ 100
- No data



# PUBLIC-HEALTH FRAMEWORK FOR HEALTHY AGEING



WHO World report on  
Healthy Ageing



# WE'LL DISCUSS...

- The CGA
- Multimorbidity and polypharmacy
- Frailty
- Falls

# COMPREHENSIVE GERIATRIC EXAMINATION

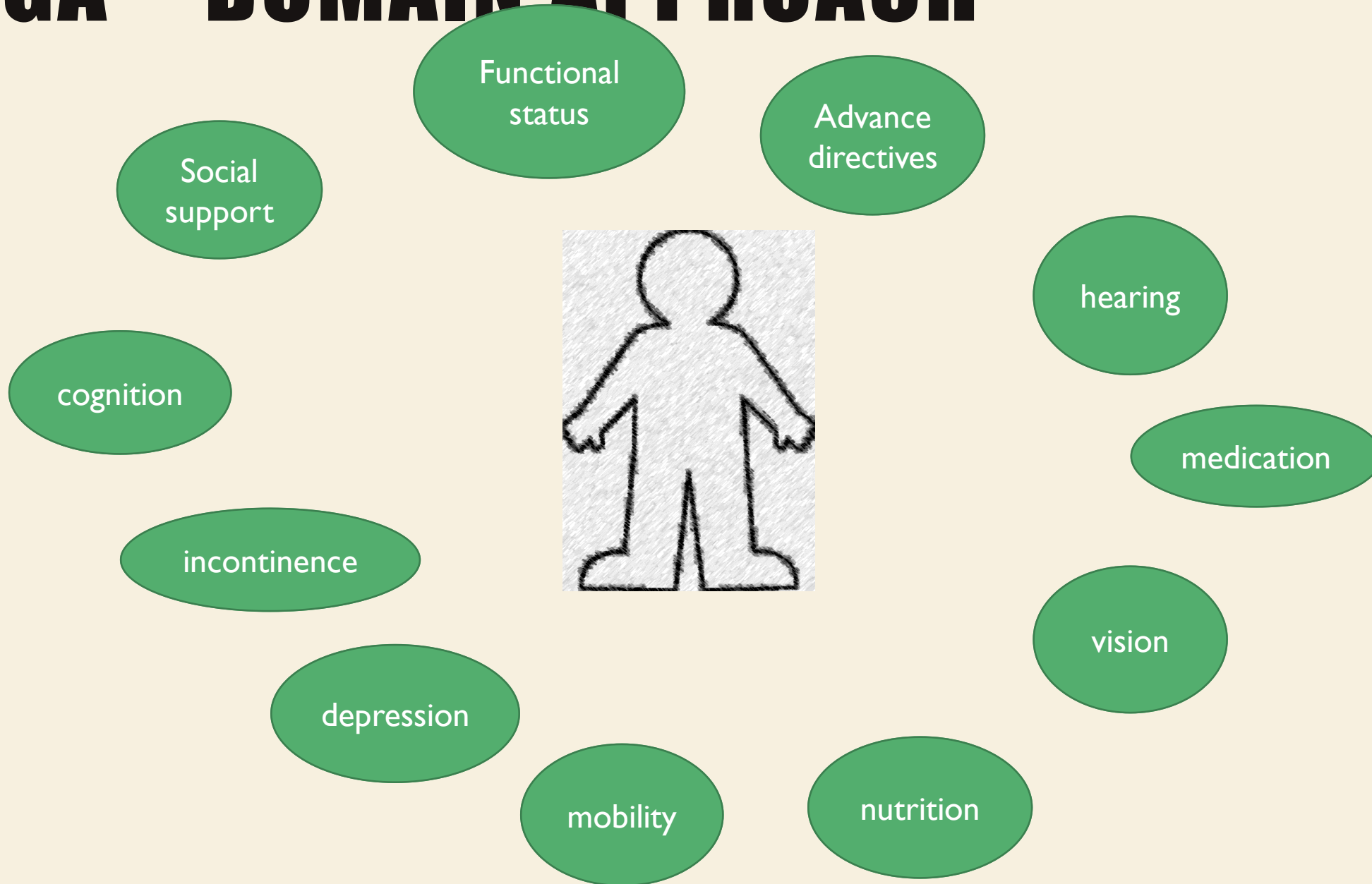
- Comprehensive geriatric assessment is a multidimensional, usually interdisciplinary, diagnostic process intended to determine a frail elderly person's medical, psychological, and functional capabilities and problems with the objective of developing an overall plan for treatment and follow-up.



# MEDICAL SCHOOL

- MEDICAL Consultation = history, examination and tests related to MEDICAL PROBLEMS

# CGA – DOMAIN APPROACH



# BENEFITS OF CGA

- Decreased death
- Decreased re-admission
- Decreased institutionalization
- Decreased costs
- Decreased disability
- Improved mood

## Inpatient rehabilitation specifically designed for geriatric patients: Systematic review and meta-analysis of RCT.

17 trials with 4780 people comparing the effects of general or orthopaedic geriatric rehabilitation programmes with usual care. Overall benefit in outcomes at discharge.

### At discharge:

Functional improvement : OR 1.75 (95% CI; 1.31 to 2.35)  
Nursing home admission: RR 0.64 (95 % CI; 0.51 to 0.81)  
Mortality: RR 0.72 (95% CI; 0.55 to 0.95))

### Follow-up:

Functional improvement: OR 1.36 (1.07 to 1.71)  
Nursing home admission RR 0.84 (0.72 to 0.99)  
Mortality: RR 0.87 (0.77 to 0.97)

# WHO SHOULD HAVE A CGA

- Older age
- Medical co-morbidities (multimorbidity)
- Psychosocial problems including isolation/ depression
- Specific geriatric conditions – including functional disability
- Previous or predicted high health care utilization
- Consideration of change in living situation