

Community 432Medicine

Doctor's notes are in **green**.
Additional information are in **orange**.
Unmentioned information are in **grey**.

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HEALTH OF THE ELDERLY POPULATION

LEARNING OBJECTIVES

- Define and classify the elderly population
- Explain the demographic changes associated with ageing of the population
- List the health and social problems associated with ageing
- Describe the interaction between physical ill-health, social problems, psychological problems and functional limitations
- State the top ten causes of years lived with disability, disability adjusted life years lost and death among elderly 70+ years in KSA
- Outline the aims and aspect of elderly care

DEFINITION OF ELDERLY POPULATION

- The United Nations has not adopted a standard criterion but use the age of 60 years and above to refer to older or elderly population
- The CDC uses the age of 65 years and above to refer to elderly population
- The starting age defining the elderly population matches the age of pension that varies between countries (60 years or 65 years)

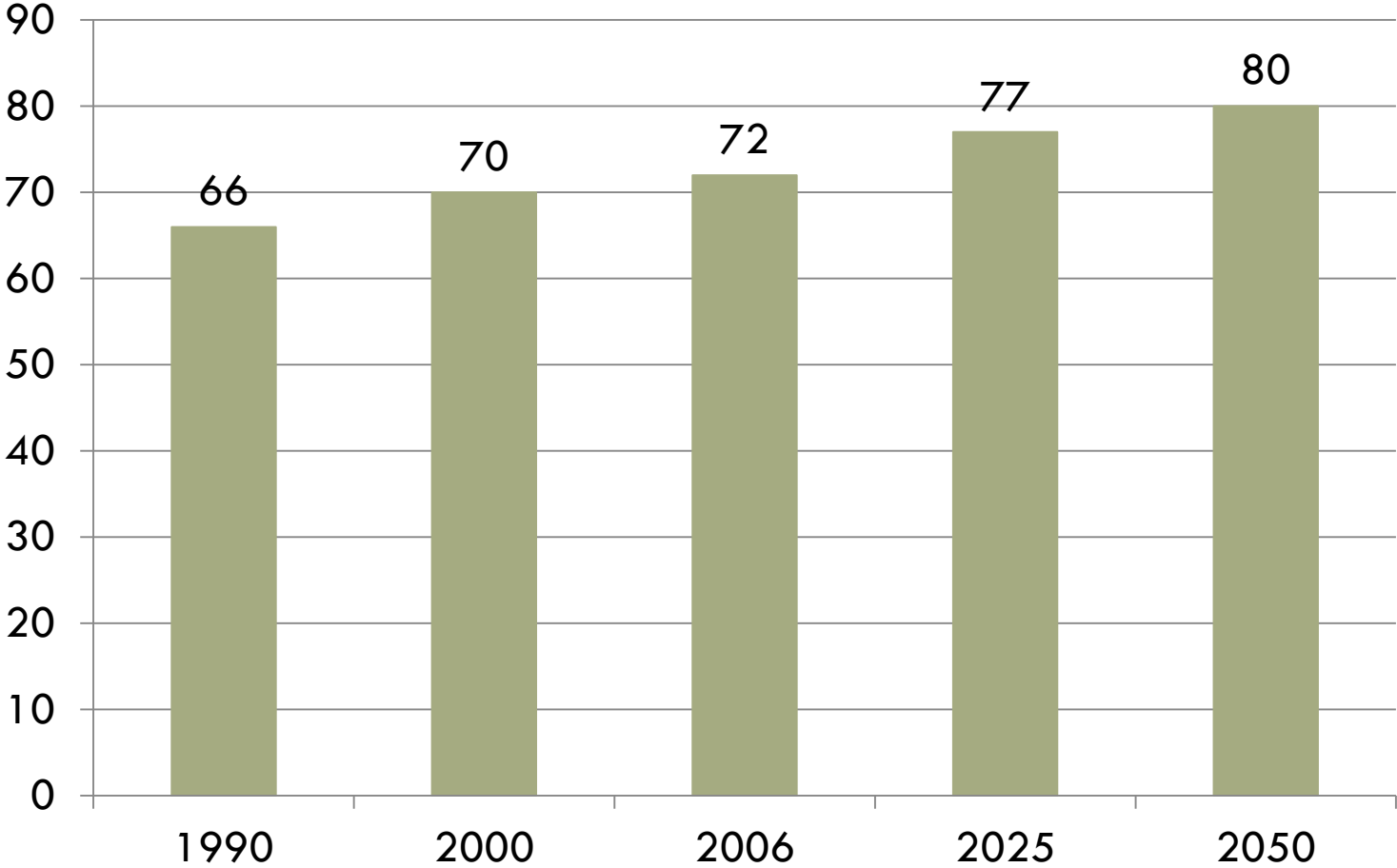
CLASSIFICATION OF ELDERLY POPULATION

Classified into

for the purpose : 1 \health aspect 2 \providing the care

1. Young old (60 to less than 75 years)
2. Old (75 years to less than 85 years)
3. Oldest old (85 years and above)
4. Frail elderly (above 60 years with cognitive impairment or a disability)

Life expectancy at birth (in years) **globally**

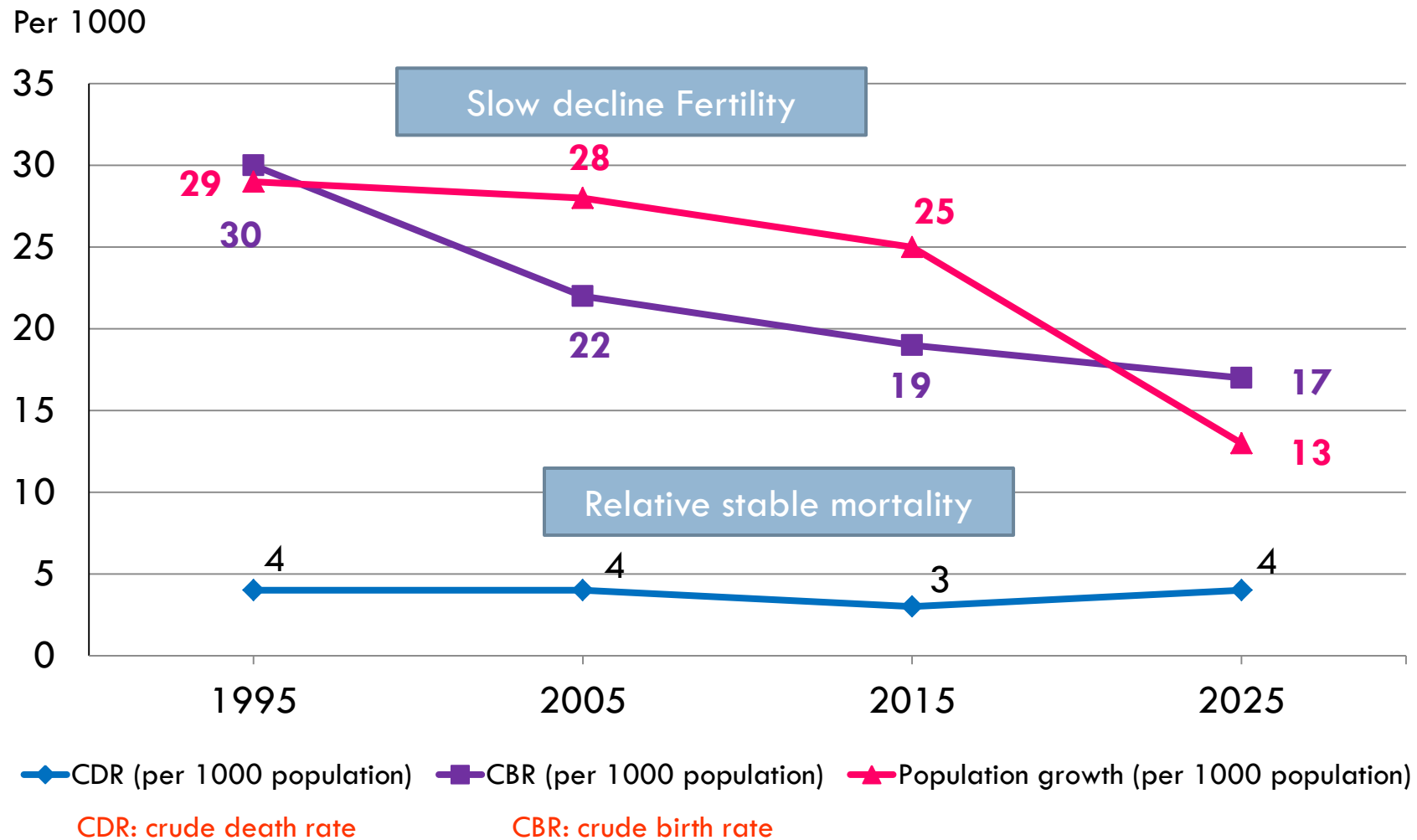


About 1.2 billion people over the age of 60 expected to be in 2025 and this number will raise to reach 2 billion by 2050; 70% will be living in low and middle income countries.

Source: US Bureau of census

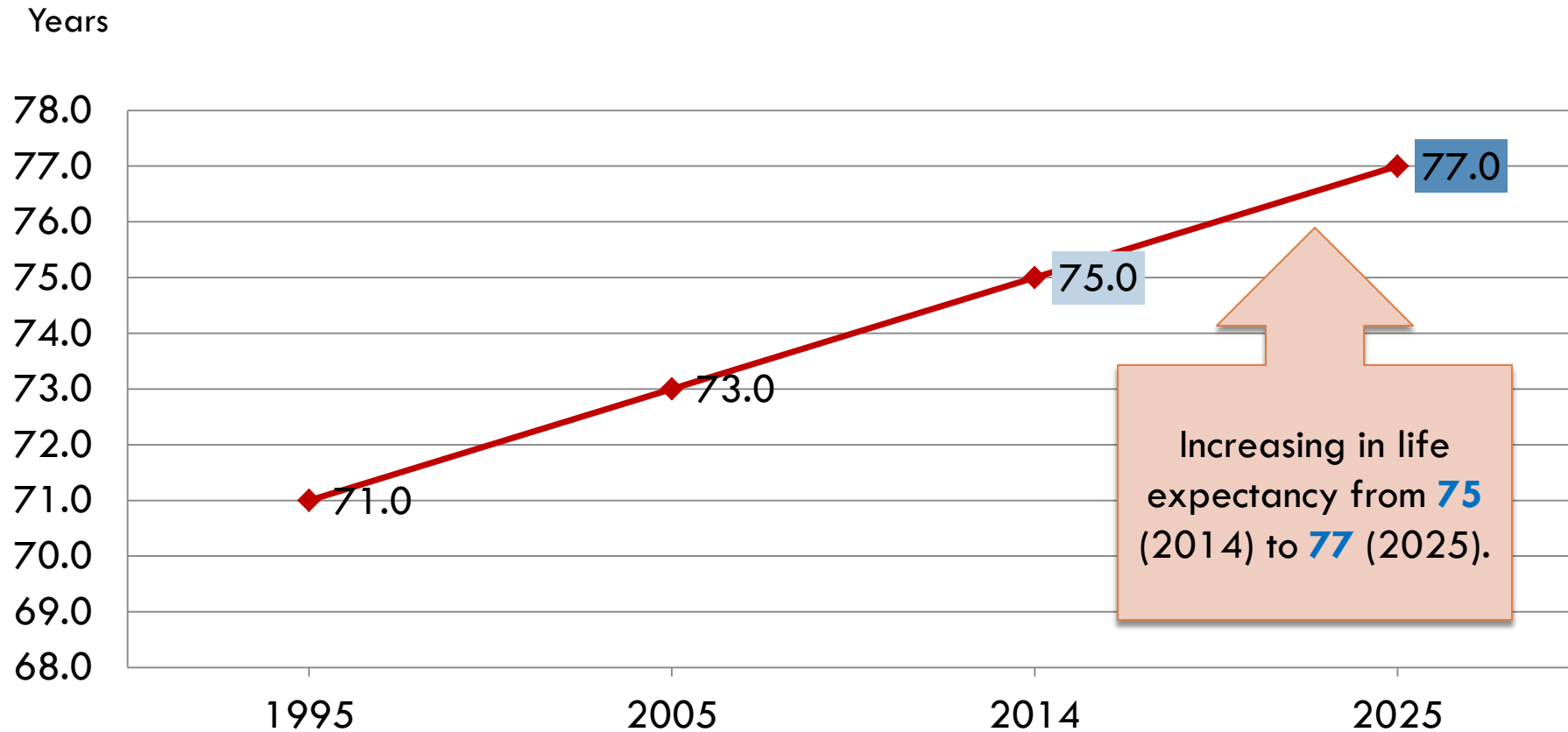
ELDERLY POPULATION, KSA

POPULATION GROWTH, KSA



Source: Ministry of Economy and Planning, Central Department of Statistics and Information

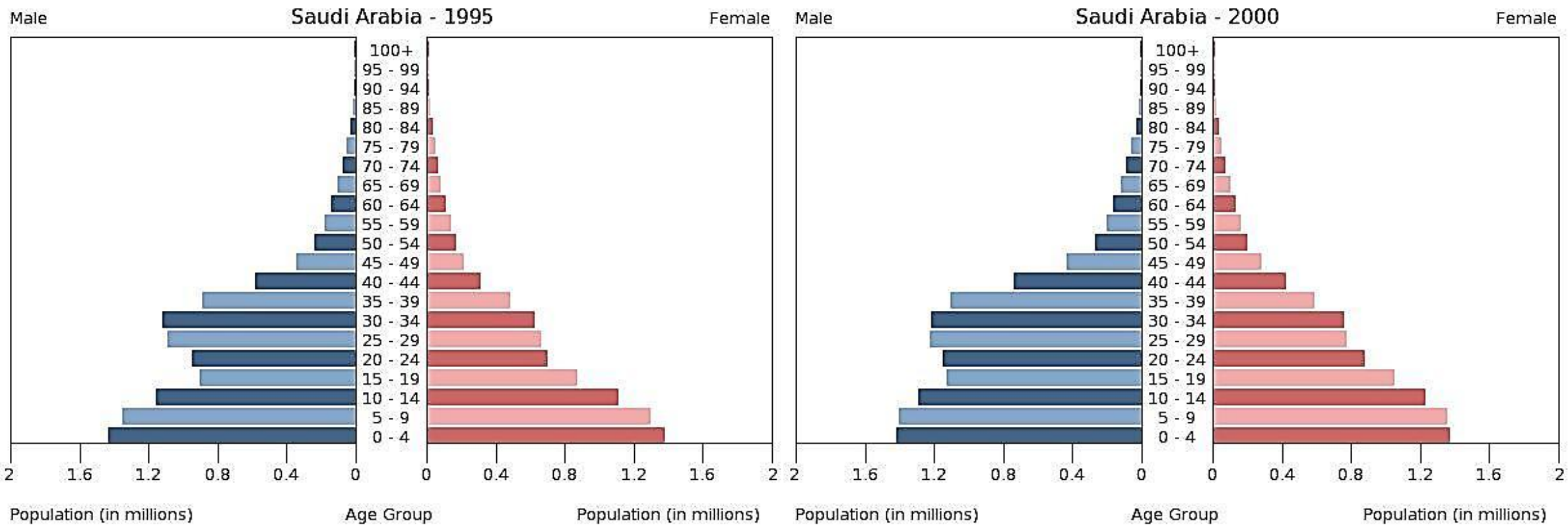
LIFE EXPECTANCY AT BIRTH, KSA



Because of longevity we have accumulation of large number of old people .

Source: Ministry of Economy and Planning, Central Department of Statistics and Information

POPULATION PYRAMID, KSA



Population = 18,755,041

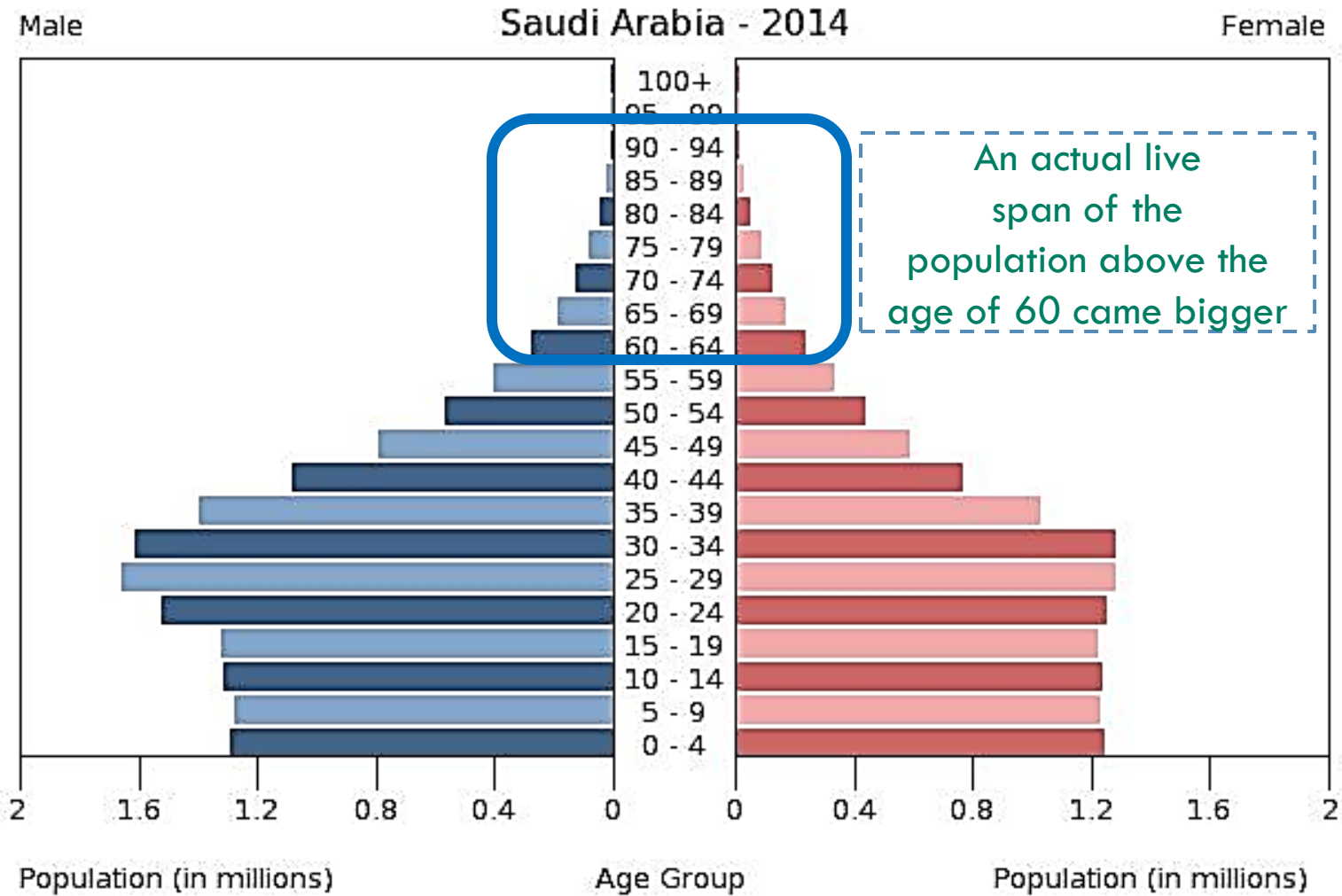


Population = 21,311,904

There is continuous increase in population size

Source: Ministry of Economy and Planning, Central Department of Statistics and Information

POPULATION PYRAMID, KSA - 2014

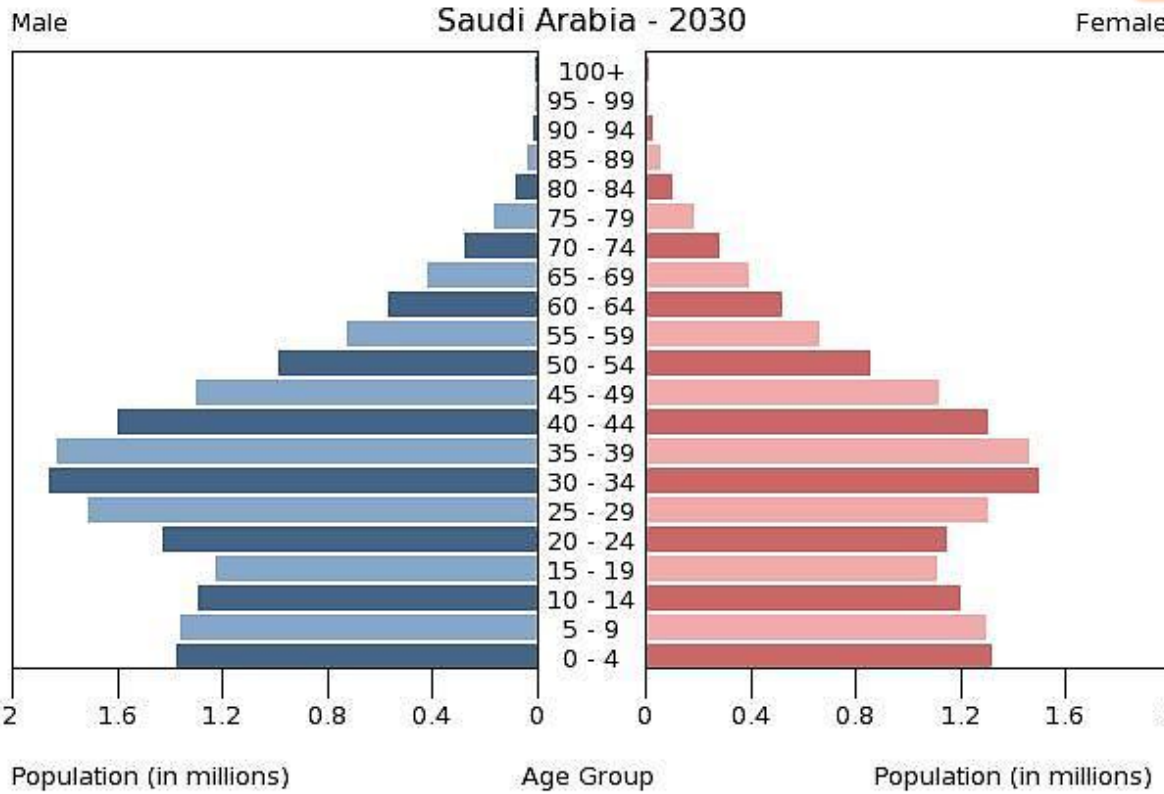


Population = 27,345,986

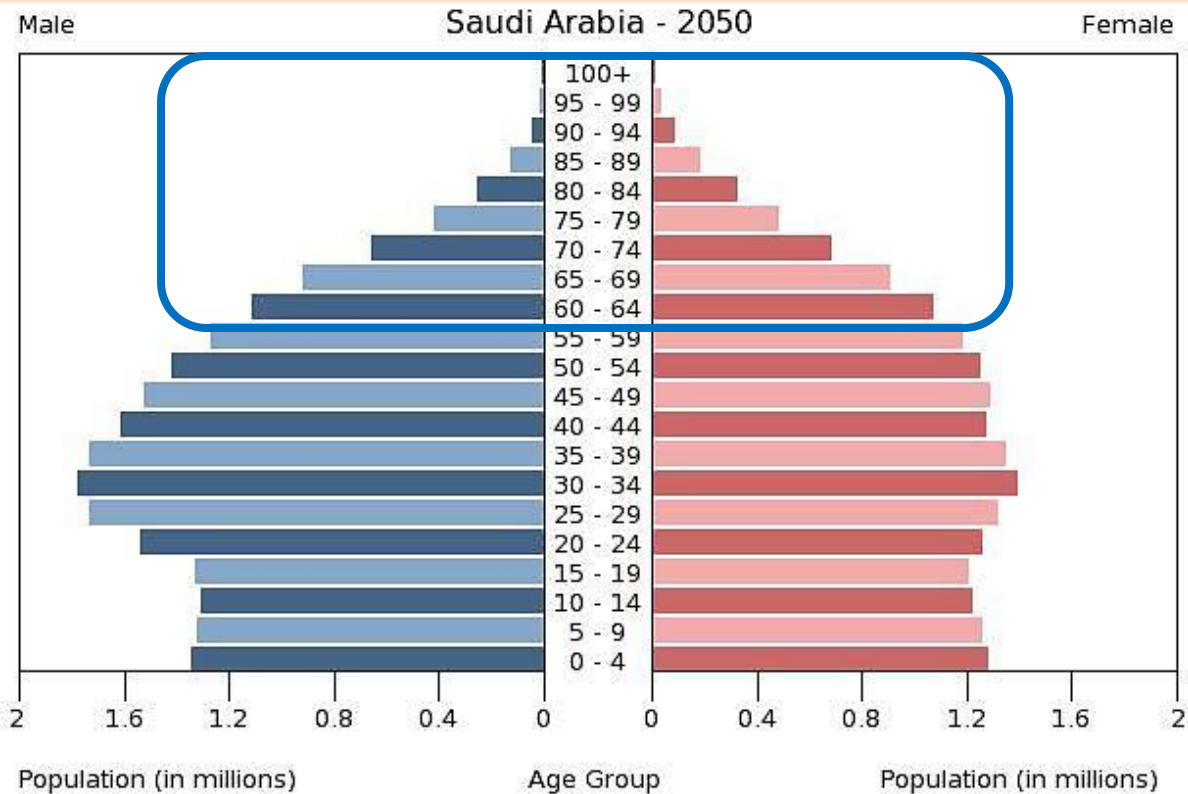
Source: Ministry of Economy and Planning, Central Department of Statistics and Information

in 2050 there is a sizeable proportion of old age and increase number of years to be lived after the age of 60

POPULATION PYRAMID, KSA - PROJECTION



Population = 33,825,413

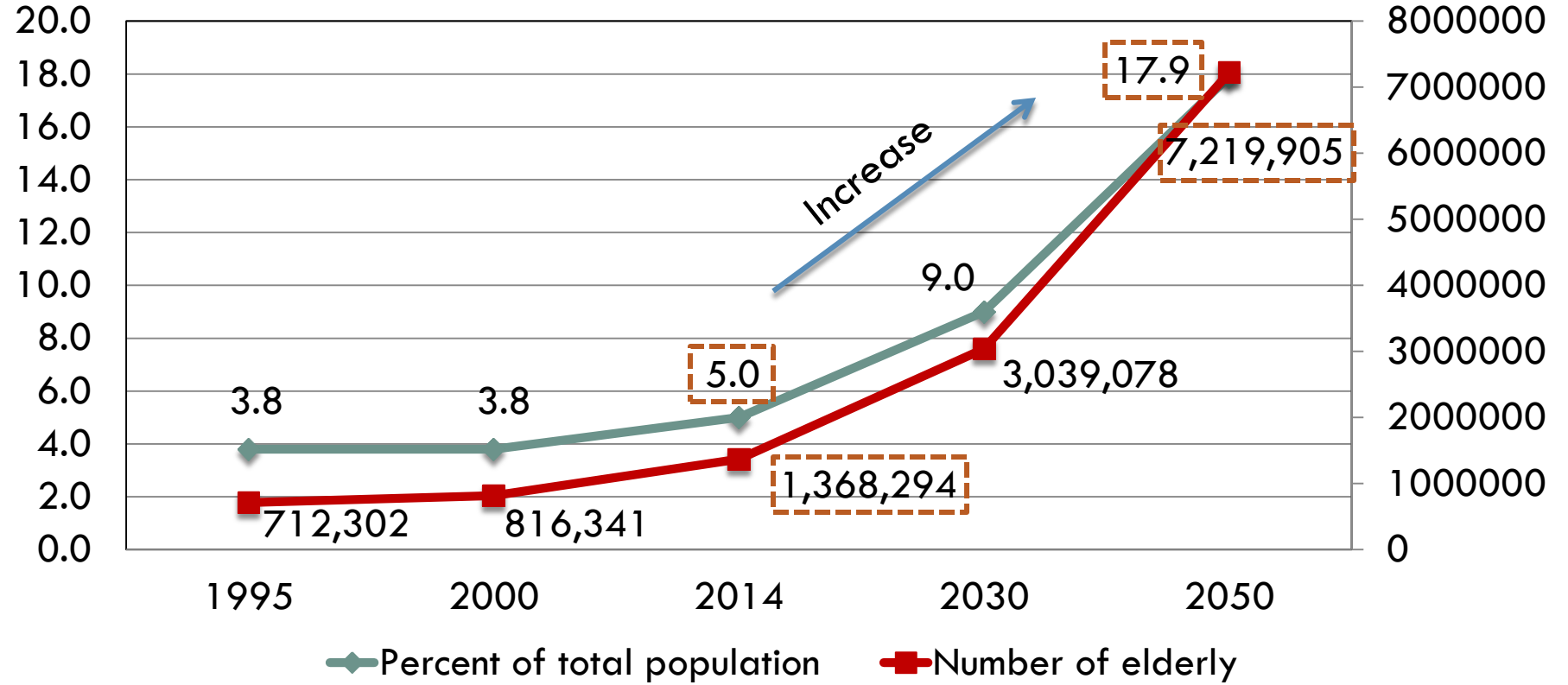


Population = 40,250,628

Source: Ministry of Economy and Planning, Central Department of Statistics and Information

Percent of total population

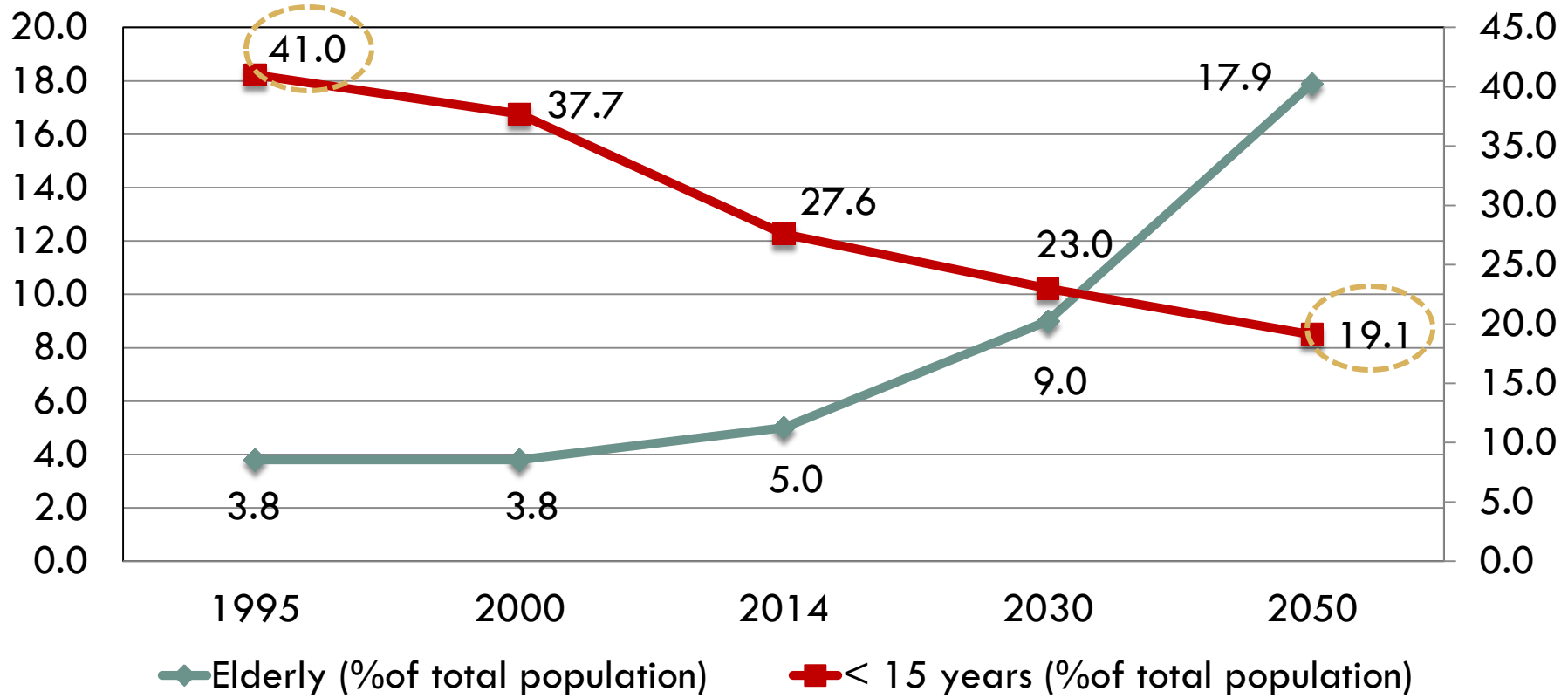
Number of Elderly



Source: Ministry of Economy and Planning, Central Department of Statistics and Information

Elderly (% of total population)

< 15 years (% of total population)



because of increasing percent of older people it automatically will bring down the percent of people under age of 15

Source: Ministry of Economy and Planning, Central Department of Statistics and Information

GLOBL CHALLENGES FACING THE INCREASE IN THE ELDERLY POPULATION

- Strains on the social security systems;
- Demands for health care and social services;
- Needs for trained-health workforce in gerontology;
- Needs for long-term care, particularly for dementia; and
- Counteract pervasive ageism that denies older people the rights and opportunities available for other adults.

HEALTH OF THE ELDERLY POPULATION

PROBLEMS OF THE ELDERLY

PHYSICAL PROBLEMS

Chronic/degenerative diseases
Nutrition problems
Impairment of special senses
Unintentional injuries
Deterioration of functional abilities
Polypharmacy

MENTAL PROBLEMS

Cognitive impairment :
(Dementia)
Psychological problems:
(Depression)

SOCIAL PROBLEMS

Low social contact
Low social involvement
Decrease income
Unsuitable living conditions



means no
home environment suitable to
accommodate elderly with
their limited functional ability

HEALTH PROBLEMS AMONG THE ELDERLY

Physical and mental health problems among the elderly are characterized by

- Insidious onset
- Multitude of ailments
- Rapid deterioration

CHRONIC AND DEGENERATIVE DISEASES

Prevalent chronic and degenerative diseases are

- Hypertension
- Diabetes
- Heart diseases
- Stroke (with or without residue)
- Joint problems (arthritis)
- Malignancies
- Incontinence and urgency
- Prostatic hyperplasia

- Some of these diseases are present in late adult life
- Their presence leads to the occurrence of others as complications
- End result is rapid deterioration in health, increase dependency and low quality of life

NUTRITION PROBLEM

Primary malnutrition: Reduced intake due to social or economic reasons

Secondary malnutrition: Excess loss and reduced absorption

Overweight and obesity: imbalance between intake and expenditure of energy

POLYPHARMACY

Polypharmacy is defined as taken more than 5 drugs at a time including

- Prescribed medications
- Over the counter medications
- Herbal treatment

Polypharmacy is the result of

- Presence of multitude of diseases
- Physician's aim to control physical problems

Polypharmacy may have adverse health effects on the elderly in the form of side effects and drug interaction.

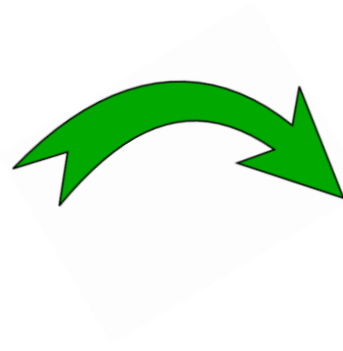
IMPAIRED SPECIAL SENSES

- Vision impairment
 - Cataract
 - Corneal opacity
 - Macular degeneration
- Hearing impairment
- Deterioration of smell



- Increase dependence on others
- Psychological problems (frustration of not hearing others)
- Social isolation
- Increase rate of unintentional injuries

UNINTENTIONAL INJURIES



- **Mostly falls** in the elderly own home
- Less likely falls outside the home

- Fractures
- Being bed bound
- Slow recovery
- Unable to regain their status
- Increase dependency

INSTRUMENTAL ACTIVITIES OF DAILY LIVING

- Reflects the abilities of the elderly to live independently
- It includes
 - Housekeeping
 - Shopping
 - Cooking
 - Use of transportation
 - Use of telephone
 - Dealing with money
 - Taking medications

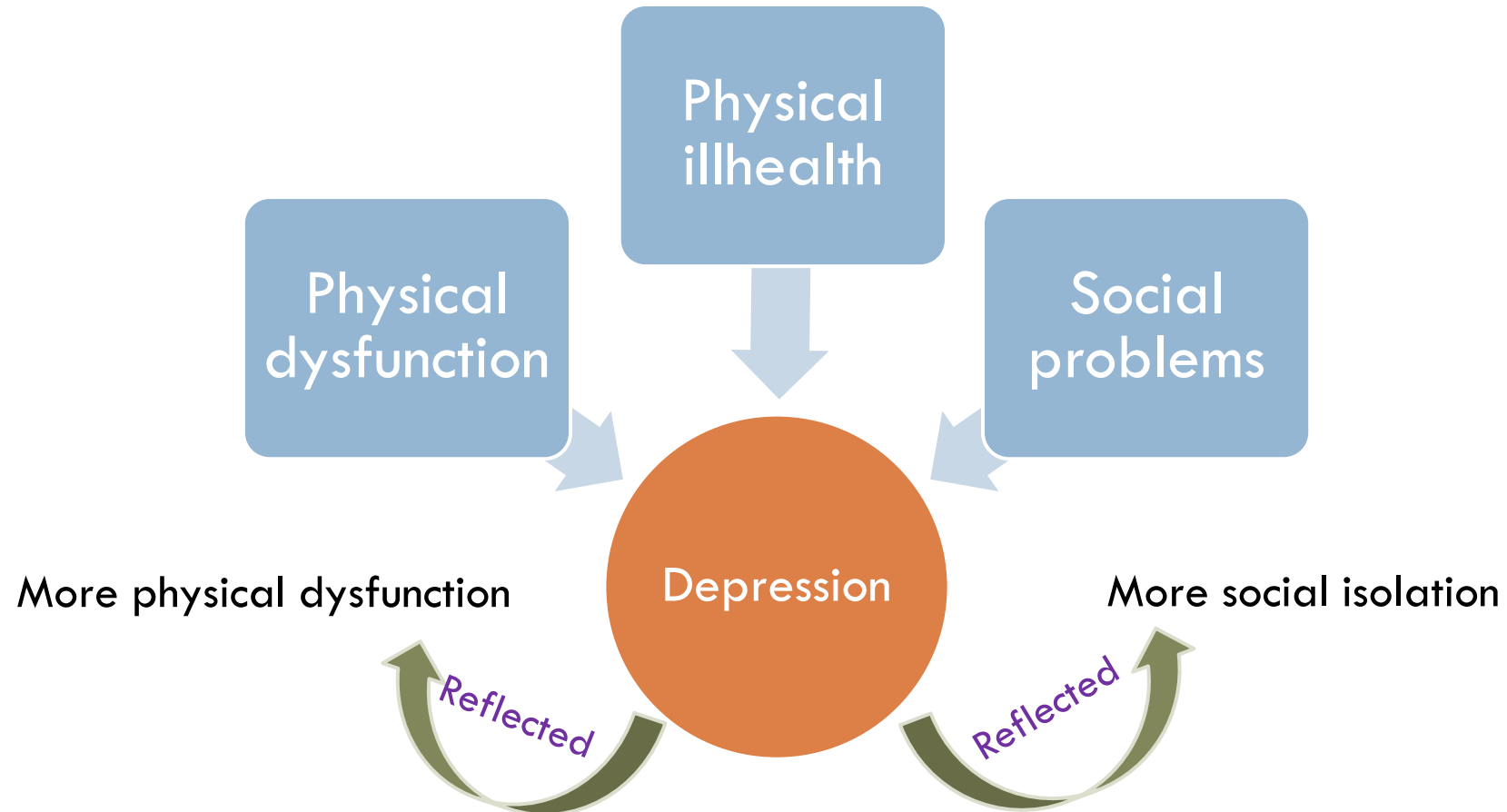
ACTIVITIES OF DAILY LIVING

- Reflects the abilities of the elderly for self-care
- It includes
 - Bathing
 - Dressing
 - Grooming (take care of appearance)
 - Feeding
 - Continence (control urine and stool)
 - Ambulating (moving about)
 - Transfer (moving from one place to another inside the house)

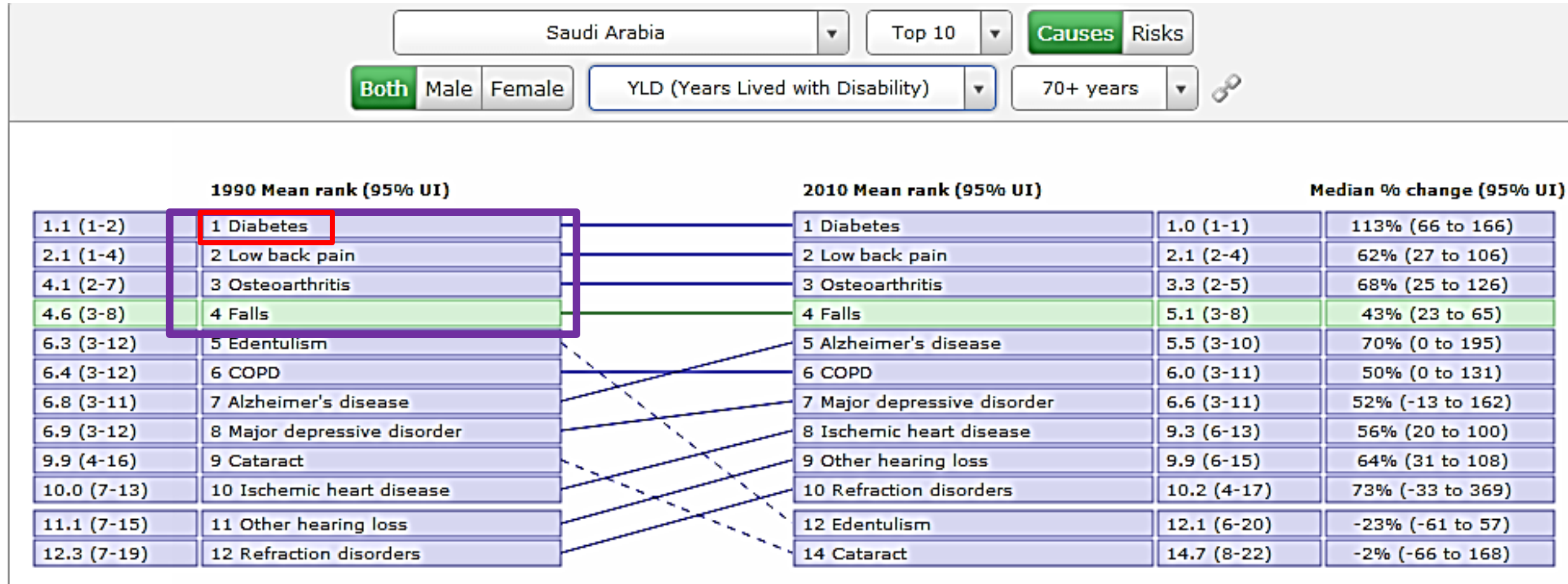
DEPRESSION

- Commonest psychological disorder among the elderly
- Insidious onset and progressive course
- Often not recognized by the elderly or the caregivers
- Manifested by executive dysfunction

DEPRESSION

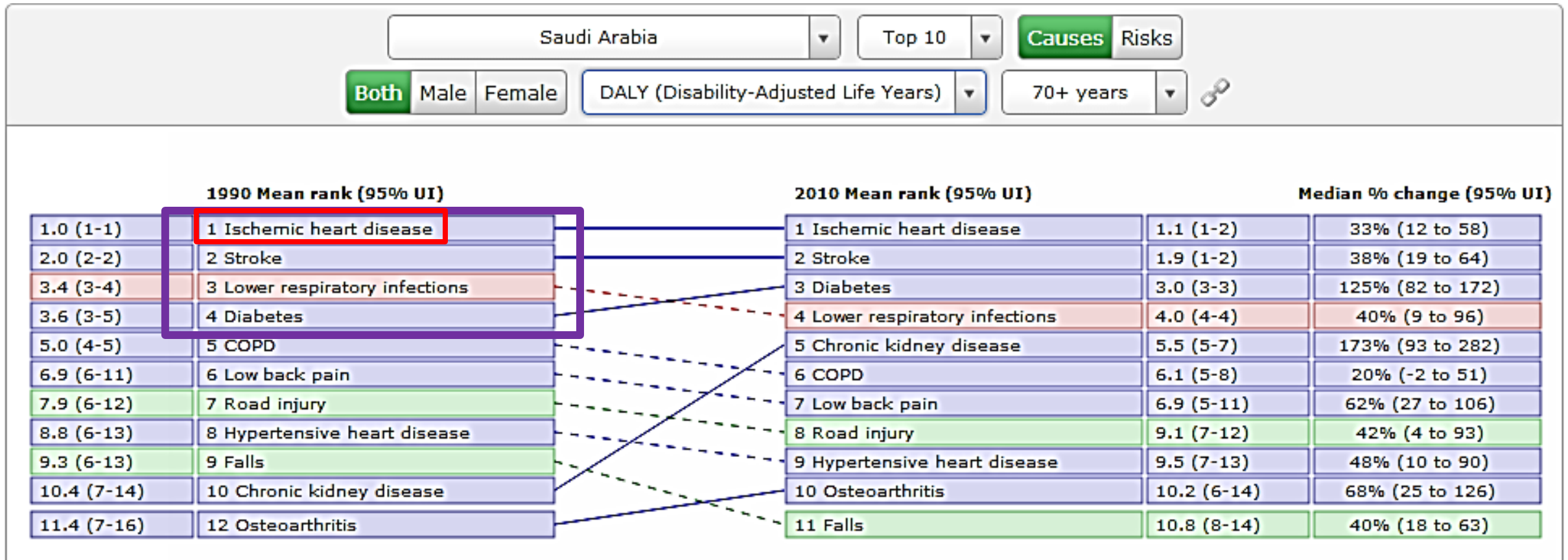


Top 10 causes of Years Lived With Disability (YLD) among elderly 70+ years, KSA

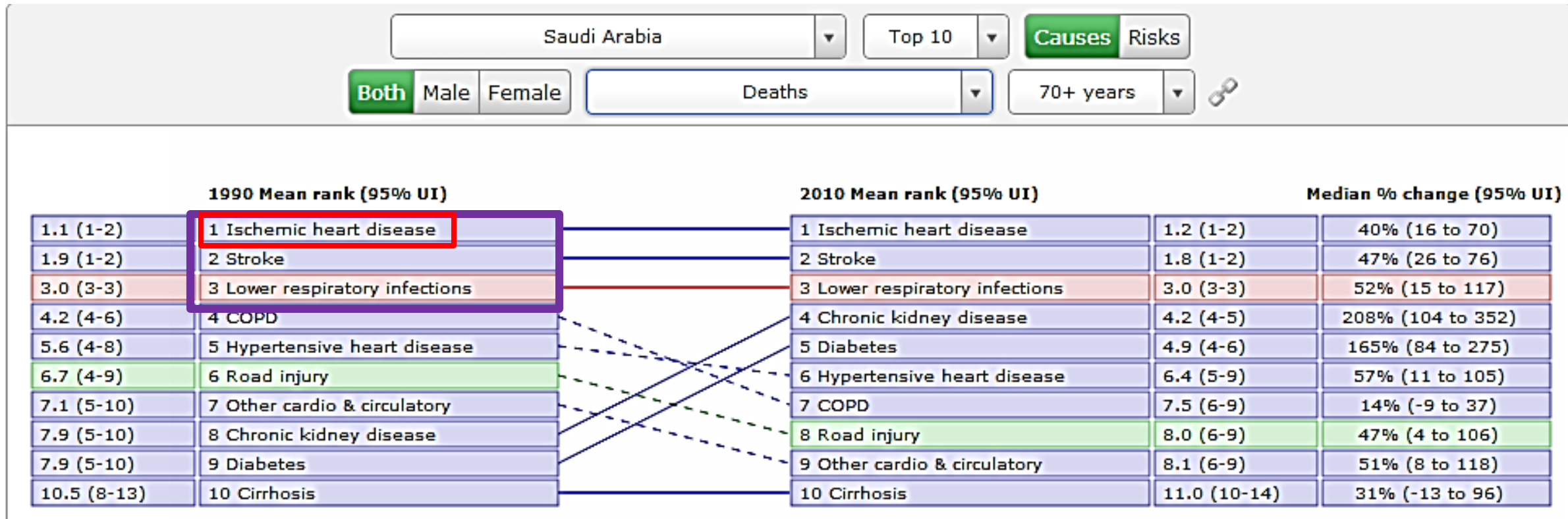


<http://vizhub.healthdata.org/irank/arrow.php>

Top 10 causes of Disability Adjusted Life-Years Lost (DALY) among elderly 70+ years, KSA



Top 10 causes of death among elderly 70+ years, KSA



<http://vizhub.healthdata.org/irank/arrow.php>

CARE FOR THE ELDERLY

CARE FOR THE ELDERLY

The aim of the elderly care is

- Promote healthy ageing; growing old and delaying ill-health
- Provide a comprehensive care at the PHC for early detection and treatment of physical and mental health problems
- Provide a social support to ensure a decent and safe living
- Establish long and short term community based services to provide care for the elderly and alleviate tension on the family

PROMOTE HEALTHY AGEING

Promoting healthy ageing has its roots in adopting a healthy life style through the lifespan including

- Maintaining acceptable level of physical activity
- Adherence to a healthy diet
- Avoid the use of any tobacco products
- Avoid the use of alcohol

EARLY DETECTION AND MANAGEMENT

Comprehensive health assessment of the elderly at PHC to screen for major health problems through

- History
 - Medical problems
 - Unintentional injuries
 - Medications
- Use of standardized tools for the screening for
 - Nutrition problems
 - Hearing impairment
 - Incontinence
 - Functional abilities
 - Depression
 - Dementia

SOCIAL EVALUATION AND SUPPORT

- **Social contact** (living in a family, presence of caregiver, frequency of contact with caregiver, nature of relation with caregiver)
- **Social activities** (having a profession, friends, hobbies, special interest, outing and extent of satisfaction with social activities)
- **Living conditions** (comfort and safety in the house and extent of satisfaction with living conditions)
- **Economic status** (tangible wealth, monthly income, extent of coverage of needs)

COMMUNITY-BASED SERVICES

- **Elderly day care centers:** Elderly clubs to maintain social interaction
- **Elderly day health centers:** Day hospitals for elderly who need nursing care
- **Home services:** Provide social and nursing services to elderly in their own homes
- **Residential or institutional care**
 - Elderly homes (long term care for elderly who can't live independently in their own homes)
 - Nursing homes (long term care for elderly with health problems requiring continuous medical and nursing care)