Community medicine 

Geriatric Health in Saudi

horizontal line

# Related image

# 

# Outline:

1. Define and classify the elderly population
2. Study: The health of Saudi older adults; results from the Saudi National Survey for Elderly Health (SNSEH) 2006–2015 & issues of geriatric health in KSA
3. Explain the demographic changes associated with ageing of the population
4. List the health and social problems associated with ageing,
5. Describe the interaction between physical ill-health, social problems,   
   psychological problems and functional limitations
6. State the top ten causes of years lived with disability, disability adjusted life years lost and death among elderly 70+ years in KSA
7. Outline the aims and aspect of elderly care

## 

## 1/ Introduction:

* The elderly population is defined as people aged 65 and over.
* Life Expectancy; In recent years, there has been a sharp increase in the number of older persons worldwide and more old people are alive nowadays than at any time in history.

### **Classification Of Elderly Population:**

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)

**2/ Study: The health of Saudi older adults; results from the Saudi National Survey for Elderly Health (SNSEH) 2006–2015**

* The mean age was 70.1 years. Around, 70% were illiterate.
* The most reported diseases were: HTN, Diabetes and joints pain.
* The most reported medications were:
  + over the counter,
  + antidiabetics and
  + antihypertensive.
* The nine-years age-adjusted death hazard was 42% higher in SOA males.
* **Issues of geriatric health in KSA:**
* There aren’t many comprehensive geriatric health centres
* Families fear social contempt regarding leaving elderly in nursery homes.
* Not many follow-up with their doctors.
* Homes and public places aren’t well designed for disabled/elderly populations, hence predisposing them to falls and injuries.
* Sedentary lifestyle

**3/ Demographic changes associated with an aging population**

**On the population pyramid:**

* 60+ years is wide
* Size of the dependent old is large
* Large portion of population with a longer lifespan
* Decrease in the workforce
* This will lead to an increase in the Old Dependency Ratio

**Effect of an aging population on the economy:**

* Increased demand of healthcare
* Increased need for healthcare workers
* Increase in retirement costs

**4/ Health and social problems associated with ageing:**

**A. Chronic diseases:** such as: HTN, diabetes and heart diseases

**B. Nutrition problems:**

* 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

**C. Polypharmacy:**  defined as: taking more than 5 drugs at a time and is the result of:

1. Presence of multitude of diseases
2. Physician’s aim to control physical problems

**D. Impaired special senses: (smell, hearing & vision),**

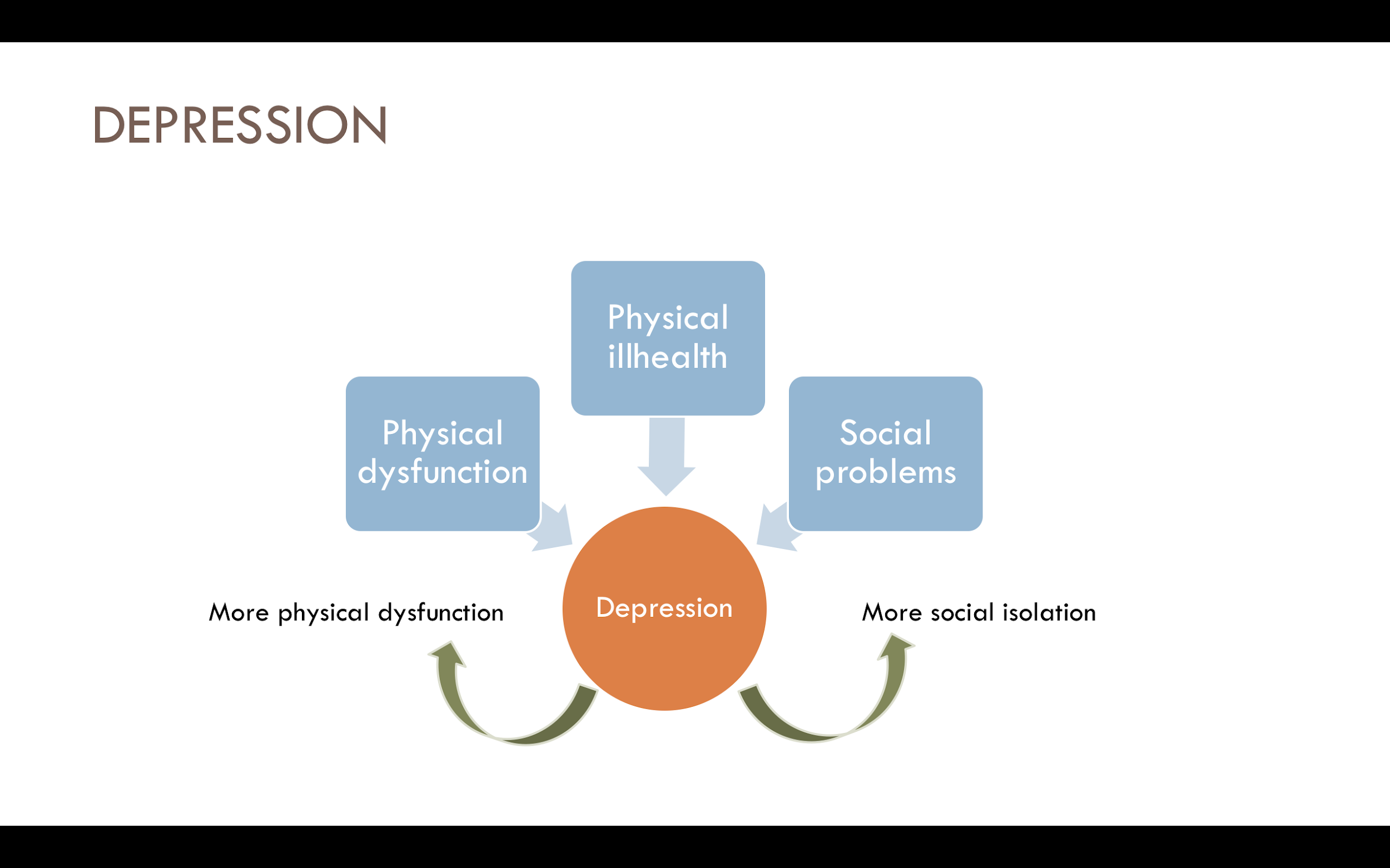
**E. Unintentional injuries:** mostly falls in the elderly own home > fracture, increase dependency , bed bound

**F. deterioration of functional abilities.**

**G. Social problems :** Low social contact, Decrease income ( limits access to food, healthcare and transportation )

**5/interaction between physical ill-health, social problems, psychological problems and functional limitations:**

* **Chronic disease and its effect to the quality of life like:**

1. Daily activity.
2. Social activity.
3. Economic status.

* **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.

**6/ Top ten causes of years lived with disability :**

1- **Arthritis**: most common causes of long-term disability.

2- **Heart disease and stroke**  7- **Lower respiratory infection:** pneumonia-COPD

3- **Cancer** 8- **Chronic kidney disease**

4- **Mental health problems**  9- **Refraction disorder**

5- **Diabetes** 10- **Back pain**

6- **CNS:** parkinson’s & Alzheimer's disease.

**7- Care for the elderly :**

1. **Promote Healthy Ageing.**

**2. Early Detection Of Aging And Management.**

**3. Social Evaluation And Support.**

**4. Community-based Services, ex;** Elderly day care centers, Elderly day health centers, Home services.

**References:**

1. **Data.oecd.org**
2. **Khoja AT, Aljawadi MH, Al-Shammari SA, Mohamed AG, Al-Manaa HA, Morlock L, Ahmed S, Khoja TA. The health of Saudi older adults; results from the Saudi National Survey for Elderly Health (SNSEH) 2006–2015. Saudi Pharmaceutical Journal. 2017 Nov 15.**

# The demographics that will change our world and our politics 22 Oct 2015 [ internet ]. [ cited 2018 Mar 13] , available form : [**http://www.abc.net.au/news/2015-10-22/curson-the-demographics-that-will-change-our-world/6875200**](http://www.abc.net.au/news/2015-10-22/curson-the-demographics-that-will-change-our-world/6875200)

# 10 COMMON ELDERLY HEALTH ISSUES February 11, 2016 [ internet ].[cited 2018 Mar 13] , available form: [**https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/**](https://vitalrecord.tamhsc.edu/10-common-elderly-health-issues/)

1. **Backe IF, Patil GG, Nes RB, Clench-Aas J. The relationship between physical functional limitations, and psychological distress: Considering a possible mediating role of pain, social support and sense of mastery. SSM-population health. 2017 Dec 22.**
2. [**http://vizhub.healthdata.org/irank/arrow.php**](http://vizhub.healthdata.org/irank/arrow.php)

# Homecare: what's available 30 Sep 2015 [internet].[ cited 2018 Mar 13] [**https://www.nhs.uk/conditions/social-care-and-support/home-care/**](https://www.nhs.uk/conditions/social-care-and-support/home-care/)

**Done by:**

Amjad Alduhaish

Lina Ismael

Luluh Alzeghayer

Rayanh Ababtain

Hadeel alghurair

Malak Alyahya

Maryam Saidan

Shahad aldakhyil

Munira Alhussaini

Lina Al Bawardi

**Supervisor:**

Dr. Khawater H. Bahkali