

Prevalence of Geriatric Syndromes and Dementia in a Geriatric Clinic

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This research aimed to survey the prevalence of geriatric syndromes and dementia in a Geriatric Clinic, Siriraj hospital, Mahidol University, Bangkok, Thailand. The sample consisted of 1,171 patients, accounting for 95% of the patients who visited a doctor during January to July 2017. The instruments used in the study were the geriatric syndromes screening questionnaire and medical record review to evaluate the symptoms over a period of prior 3 months before the survey. Data were analyzed using descriptive statistics and Chi-square test.

The findings revealed that the majority of caregivers were female (67.5%) with the average age of 79.3 years. (SD=7.8). The five most common geriatric syndromes were dementia (40.6%), followed by incontinence (38.0%), sleep problem (26.4%), fall within 3 months (12.0%) and anorexia (11.6%). Persons with dementia had at least 2 other geriatric syndromes. The variables significantly associated with dementia were age ($p < .05$), gender ($p < .05$) and the self-care ability ($p < .001$). Geriatric syndromes associated with dementia were falls ($p < .05$), incontinence ($p < .001$), and delirium ($p < .001$).

The results of this study raise the awareness of screening geriatric syndromes which require the thorough assessment. Although some of geriatric syndromes cannot be prevented to occur, planning for care and surveillance can prevent complications and might reverse the conditions. The older adults with dementia usually had other geriatric syndromes. Risk of complications is greater than those without dementia. Therefore, special evaluation and management in this particular group should be implemented.

Biography:

Miss Pitiporn Siritipakorn is a senior professional nurse who earned Bachelor and Master Degree of Science in Nursing from Mahidol University. She has 18 years of nursing experiences. Her goal is to be an expert in dementia care. Her inspiration comes from her personal experiences as a caregiver for her mother who had Alzheimer's disease for 13 years. Apart from her inpatient care for medical patients, she also works as a clinical nurse specialist in Geriatric Clinic at Siriraj Hospital, Bangkok, Thailand. She is a dementia educator for nurses, family caregivers who suffer from taking care of persons with dementia.