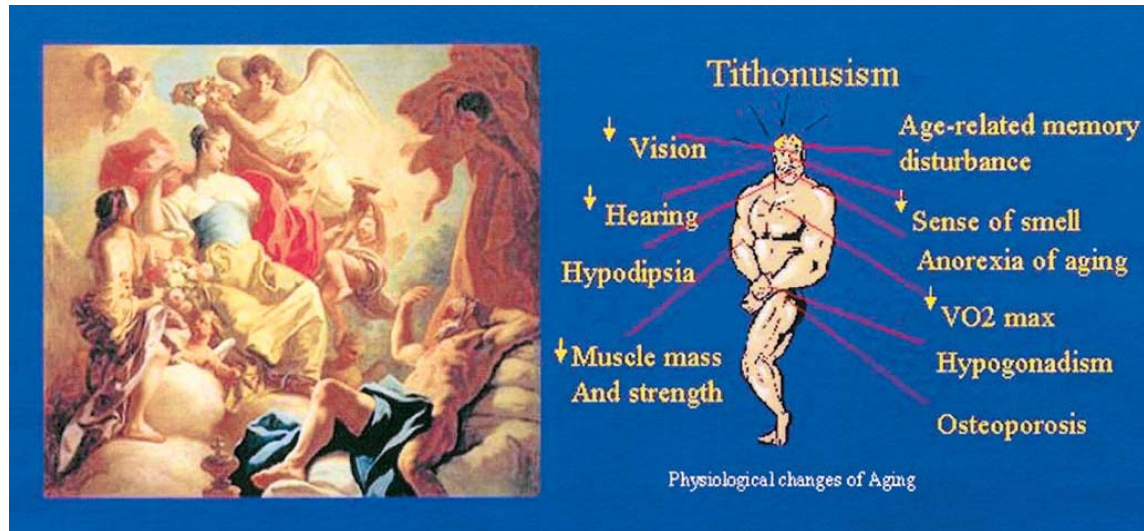


Strategies to Improve Geriatric Care

Community and Non-Acute Care Settings



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Population Projections for Newfoundland

	2009	2036
Total population	508,925	483,400
% of persons aged ≥ 65 years	14.8	31.4

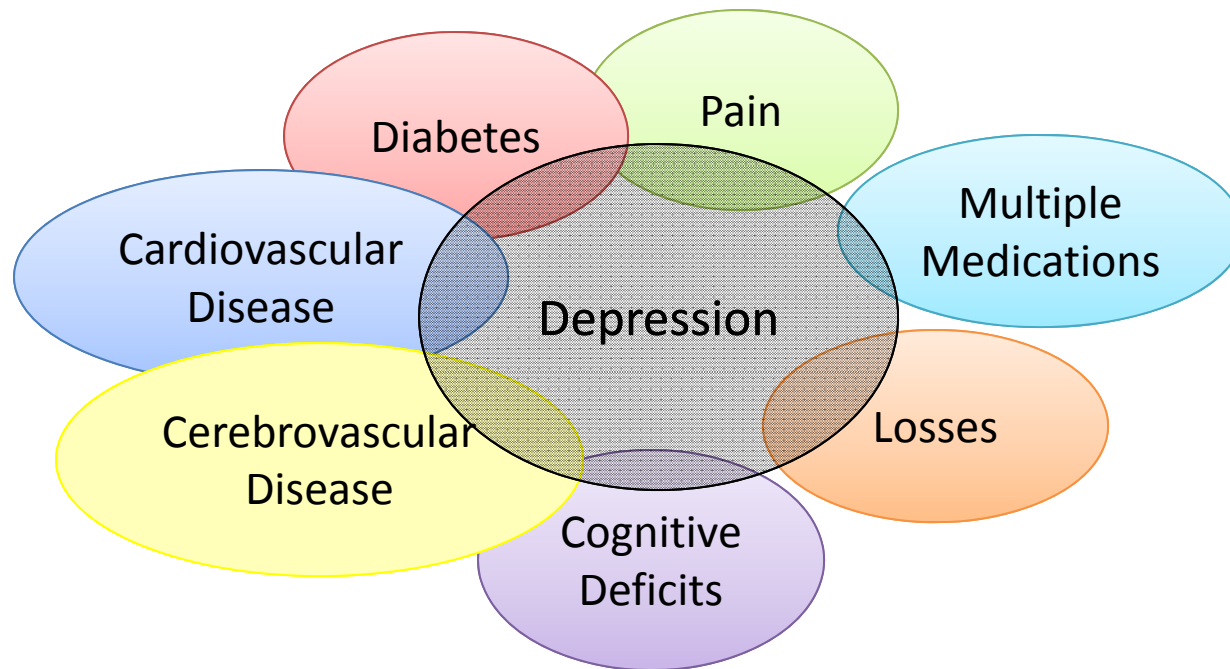
The number of people ≥ 65 years will more than double over the next 25 years

Dependency Ratios for persons aged ≥ 65 years

2010	2021	2031
21.9	36.9	51.3

Currently there are about 5 adults for every older adult. In 20 years, there will only be 2 adults for every older adult

Multiple Problems of Older Adults



The Basic Notion

- **Under-recognition, under-treatment or delayed recognition of several conditions in the older adults results in avoidable:**
 - Suffering
 - Loss of quality of life
 - Early placement
 - Burden on resources
 - Cost

The Target Conditions

- Pain
- Dementia
- Depression
- Polypharmacy
- Delirium

Pain in Older Adults

- Chronic pain affects 25% - 75% of older adults
- It adversely affects sleep, mood, nutrition and quality of life
- Pain has significant association with decline in both ADLs and IADLs
- Pain is under-recognized and under-treated in all clinical settings

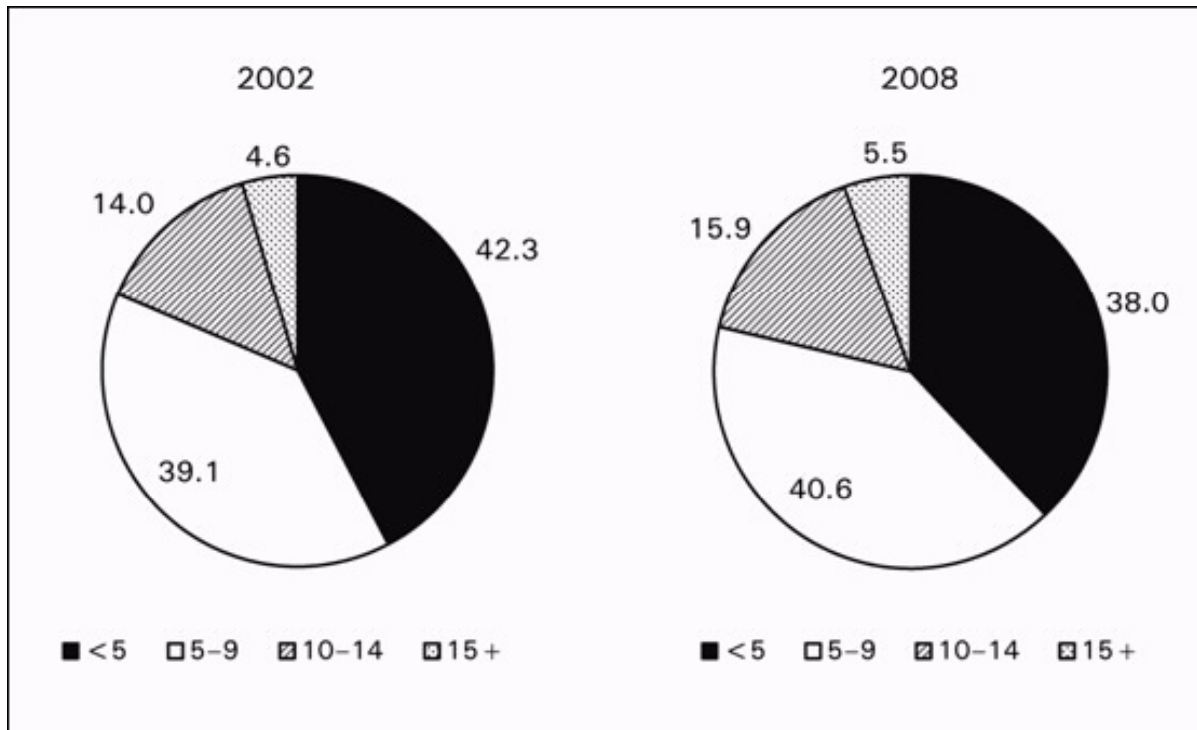
Geriatric Depression

- Depression is highly prevalent (5% - 44%) in older adults
- Depression is associated with significant functional decline
- GPs correctly identify 47.3% of the late-life depressions and 78.6% of the non-cases

The Burden of Dementia

- Dementia contributes 11.2% of all years lived with disability which is higher than stroke (9.5%), heart disease (5%) and cancer (2.4%)
- Timely recognition of dementia and initiation of treatment with cholinesterase inhibitor therapy can potentially slow down dementia-associated disability and prolong patients stay at home

Percentage of Seniors on Public Drug Programs, by Number of Drug Classes Claimed, Select Provinces,* 2002 and 2008



“Public-sector spending on prescribed drugs in Canada reached an **estimated \$11.4 billion in 2009**. Seniors account for a large portion of these expenditures.

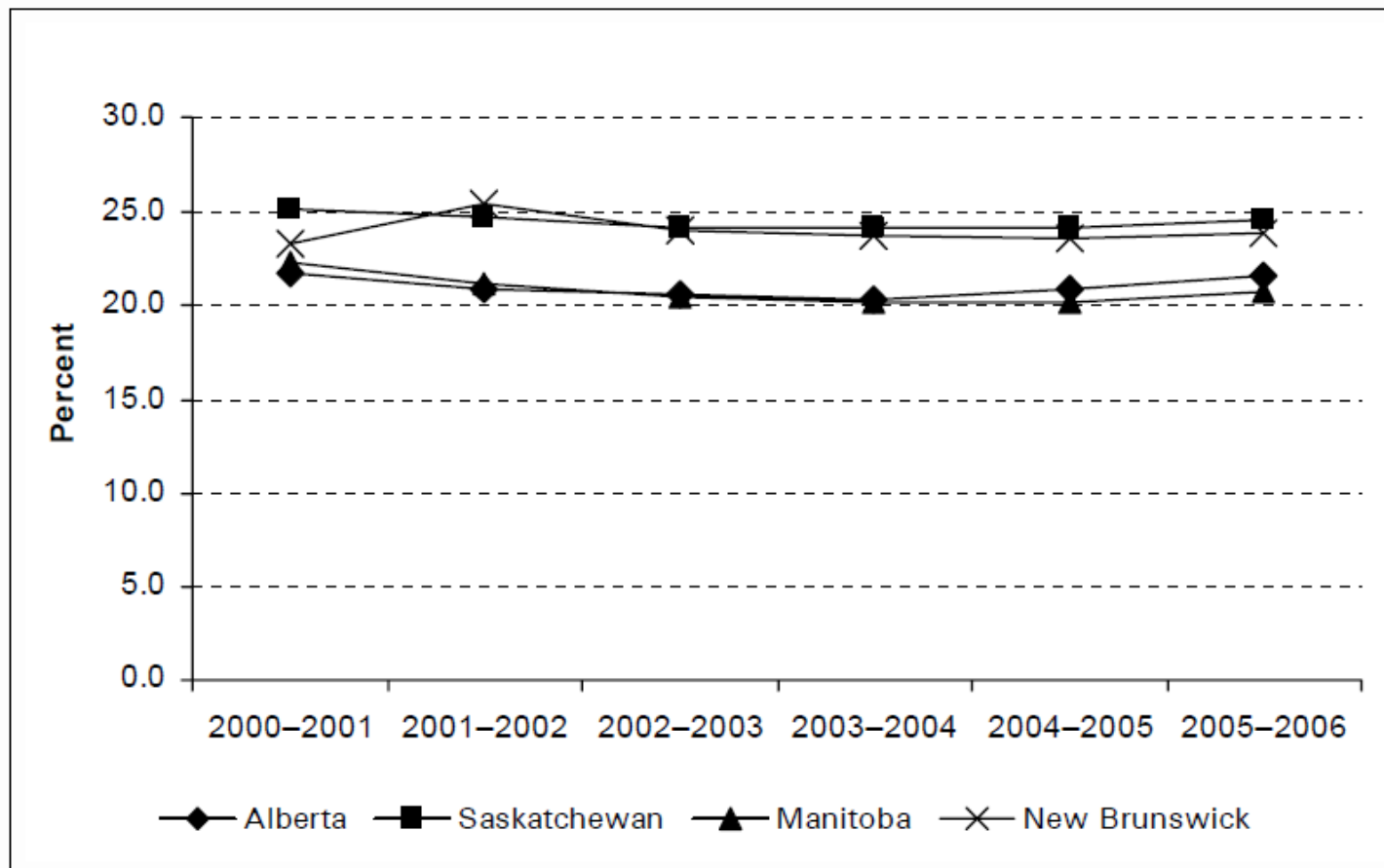
*The six provinces submitting claims data to the NPDUIS Database as of March 2009: **Alberta, Saskatchewan, Manitoba, New Brunswick, Nova Scotia and Prince Edward Island**. P.E.I. data is included in 2008, but not in 2002, as data is not available prior to 2004

Source: National Prescription Drug Utilization Information System Database, Canadian Institute for Health Information.

Inappropriate Prescribing

- Iatrogenic complications include adverse effects, countering therapeutic effect of another medication, functional disability and cost
- **As many as 50% of the medications in older adults can be discontinued without adverse effects**

Age–Sex Standardized Rates of High-Risk Beers Use, Among Seniors on Public Drug Programs in Select Provinces,* 2000–2001 to 2005–2006



* The four provinces submitting claims data to the NPDUIS database as of June 2007

Source: NPDUIS Database, Canadian Institute for Health Information, 2007

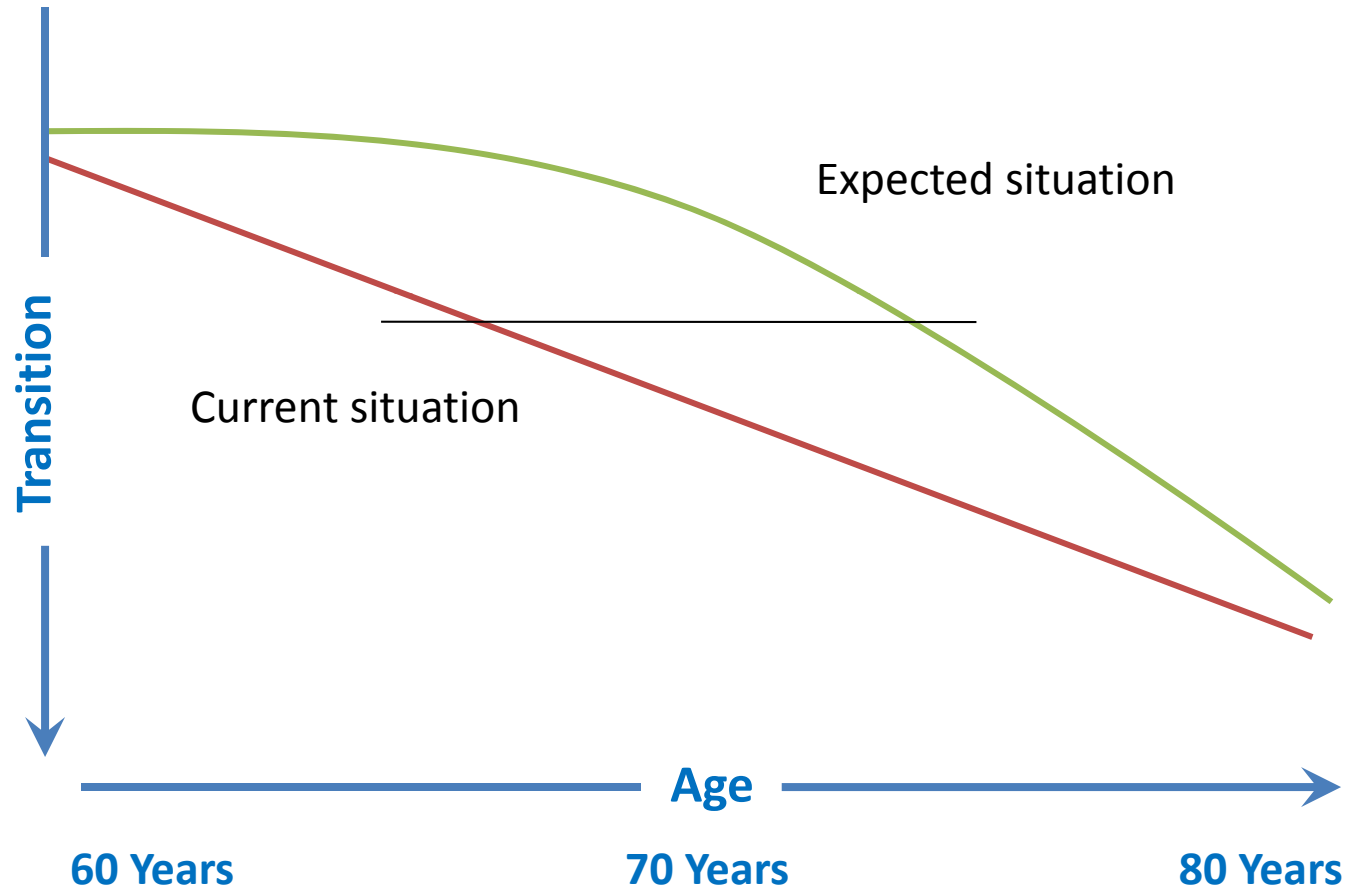
Delirium

- Gaps exist in patient care practices to address factors associated with delirium, to help early detection of delirium, and for use of non-pharmacological interventions to treat delirium
- **Delirium is associated with increased mortality, increased length of stay, and increased institutionalization**

The Consequences

- **Suffering**
- **Loss of quality of life**
- **Early placement**
- **Burden on resources**
- **Cost**

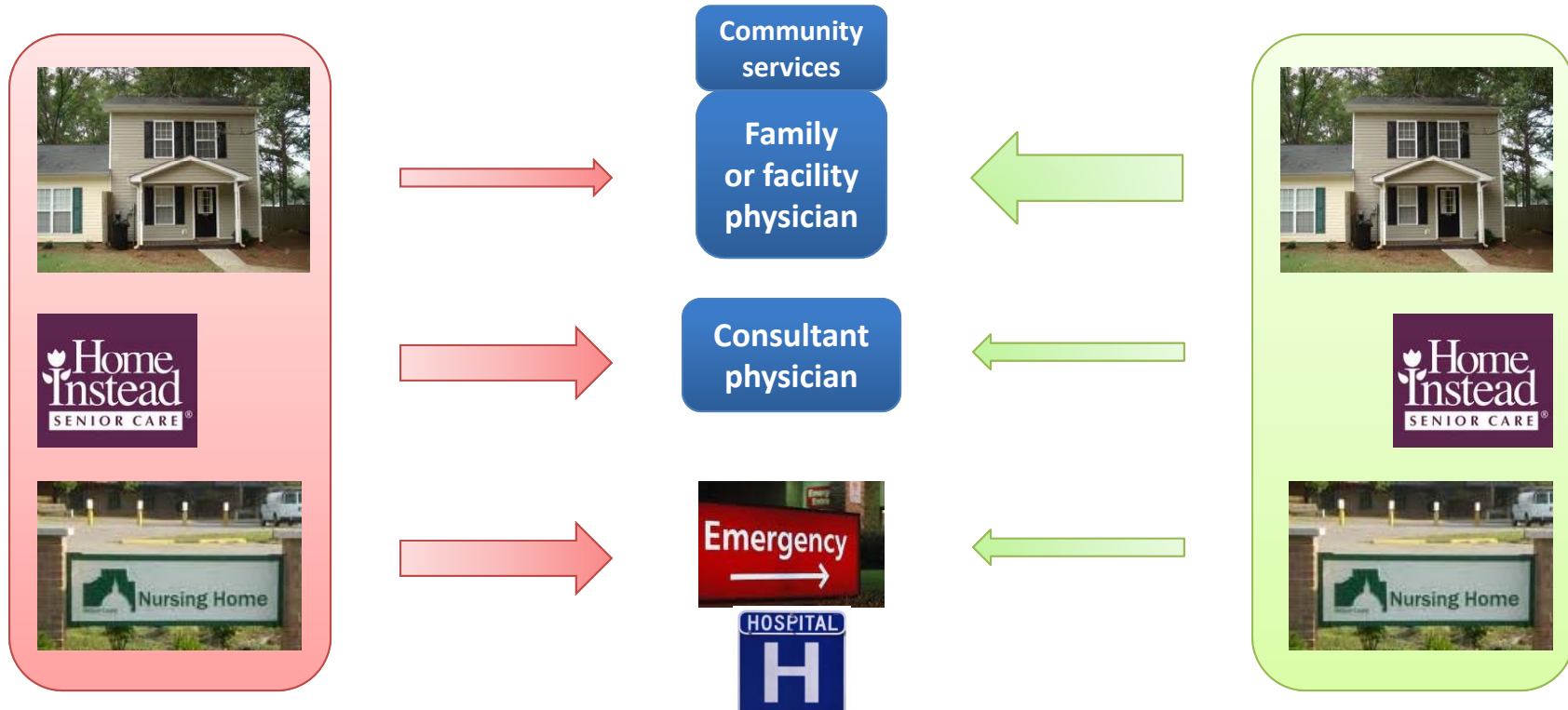
Placement, Burden and Cost



Resource Utilization

Current situation

Suggested situation



The Process

