Geriatrics Health

Dr. Afrah, M, AL-Dubhani
Assistant Professor of community health

-:Outline

- Introduction.
- History and development of geriatric health.
- Terminology of senior health.
- Goals of geriatric health care.
- Kinds of age.
- Principles of geriatric health care.
- Elderly pattern live.
- Team working for elderly people.
- Role of the community health person for elderly people.

Introduction and overview of -:geriatric health care

- **Old age** *is not a disease* in the true sense of the word, but is a retrograde تـراجع biological change which leads to decreased powers of survival and adjustment.
- It is the **final phase of the life span**.
- The rate of this **process varies from individual to individual**, from organ to organ and even from cell to cell type.
- Individual differences arise **not only from heredity**, but also from the environment and the averages of life both physical and mental.

Introduction and overview of -:geriatric health care

- Aging could be thought of as a **normal cycle of life**
- It also considered as a **complex process that begins with conception and end with death**.
- The process of **aging begins from the day** we are **born**.
- The **rate** at which one **age** and manifestations of this **process depend** on genetic factors, environment, health, presence of illness, life style, patterns of exercise and sleep, nutrition, stress and a number of other factors.

- The **older population persons 65 years** in 1950 were 200 million, than they were increase to 482 million in 2006.
- ***Expected*** that in 2020 one billion of world population will be older adults and ***60%*** of this number would live in ***developing countries***.

Historical development of -:geriatric health

- **Geriatrics or geriatric medicine** is a specialty that focuses on health care of elderly people.

- It **aims** to promote health by preventing and treating disease and disabilities in older adults.

- There is no set age at which patients may be under the care of a ***geriatrician*** الاختصاصي بالشيخوخة or ***geriatric physician.*** طبيب شيخوخة
- A physician who specializes in the ***care of elderly people***. Rather, this decision is determined by the *individual patient's needs*, and the availability of a specialist. It is important to note the difference between geriatrics, the care of aged people.

A gerontology, which **is the study of the aging process itself**. The term geriatrics comes from the Greek meaning "old man". However, **geriatrics** is sometimes called medical gerontology.

- The term “geriatrics طبّ الشيخوخة ” was first coined in *1909*.

- Geriatrics has *established* itself as a medical discipline in the U.S. Only in the *last three decades* عقد = 10 سنوات .

- In *1974*, the *National Institutes* of Health established the National Institute on Aging.
- In *1975*, the Veterans المحاربين Health Administration (VA) *established Geriatric Research.*
- In *2004* in the *journal Geriatrics* and Gerontology International.

Terminology of senior health:-

- **1-Older:** The elderly has been described as person/ people who are 65 years of age or older.

- **2- Geriatrics:** From the Greek geras, meaning "old age," geriatrics is the branch of medicine that deals with the ***diseases*** and ***problems*** of old age.

- **3- Aging:** is a term applied to ***changes*** *that occur to the human at* ***every phase*** of life.

- **4- Gerontology:** From the Greek geron, meaning "old man," gerontology is the scientific study of the process of aging and the problems of aged persons; it includes biologic, sociologic, psychologic, and economic aspects.

- **5- Gerontologic care:** This specialty of caring involves planning and implementing health care and services to meet the identified needs, and evaluating the effectiveness of such care. Gerontologic care is the term most often used by providers specializing in this field.

- **6- Senility:** is an old term for what we now call dementia. It is not a legitimate medical diagnosis, it is a term widely used by the lay public to denote deteriorating mental faculties associated with old age.
- **7-Chronology:** التسلسل الزمني is the definition of aging based on a person's years lived from birth.
- **8-Assessment:** is an ongoing study that captures changes over time and is useful in program, is a planned learning activity for patients, providers, or others involved in health care.
- **9-Educational Program:** is the organized learning environment integrating and coordinating all elements that are intended to expedite learning.
- **10- Gerontology and Geriatrics Education**: is geared toward the exchange of information related to research, curriculum development, course and program evaluation, classroom and practice innovation, and other topics with educational implications for gerontology and geriatrics. It is designed to appeal to a broad range of ***students, teachers, practitioners, administrators, and policy makers.***

Goals of geriatric health care:-

- To help them to live healthful life through health education and periodical check up.
- To postpone changes associated with the aging process.
- To delay the deterioration of body functions due to chronic illness and prevent it by early diagnosis and treatment.
- To help them to cope with their chronic illnesses.
- To help in the prevention of the occurrence of accidents.
- To teach the elderly to be self- dependent.

Kinds of age:-

- **Biological aging:-**
  - Aging occurs with such changes as whitening of the *hair*, wrinkling التجعيد of the skin, decline in *eye* focus and high-register *hearing*.
  - Biological aging depends on a combination of factors, including genetic inheritance, finance and good health.

Psychological aging:-

- Psychological aging refers to a role the individual assigns to himself as he reaches a certain chronological age.

- The major threat felt by the older persons is the deterioration of concept of self.

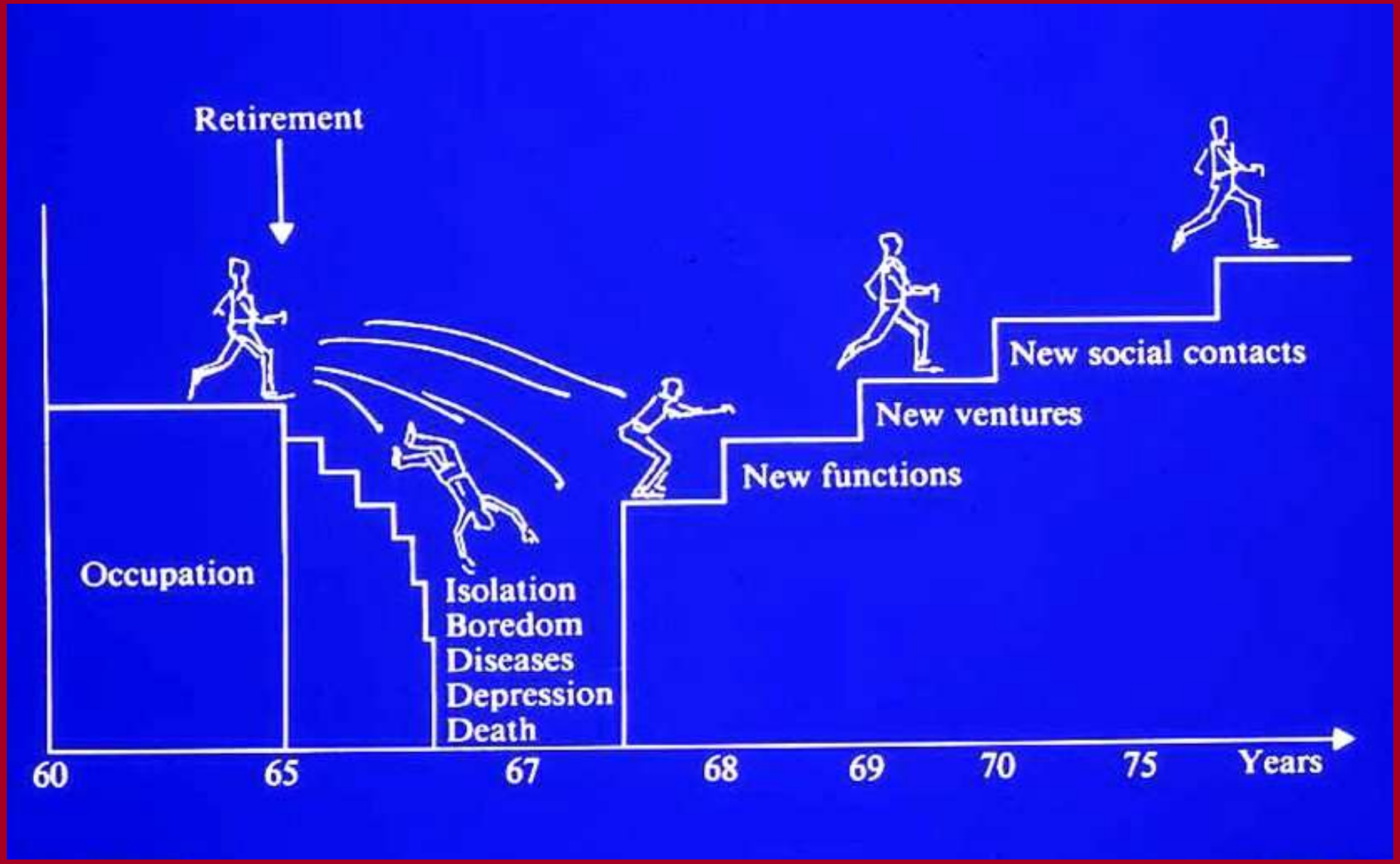
- **Socio-genic aging:-**
  - Older person are seen by many people in the society as either *non-people* or expendable people, merely because they lived longer.
  - Society seems to take the attitude that older people should run away and hide until they die.

Principles of geriatric health care:-

- Effective health workers, irrespective of position or place of work, function as a team.
- The provider should be qualified person by a recognized studying or college.
- Health services should be based on the felt need of elderly.
- Health services should make available, irrespective بـغض النظر of their stage, and status.
- Community health providers are accountable/ responsible authorized health authority for her services.
- Health services should be realistic in terms of available personnel and facilities to old age.
- Professional relationship and etiquette are essential in community health services.
- Community health provider must be a non-political and non sectarian in her relationship with people.
- Evaluation and follow up services is an important aspect geriatric health programs.

- Facilities for further training and continuing education should be provided by the health authority.
- Community health provider should organize a periodical in- service education programs.
- Community health provider should organize and lead a team effectively and efficiently to provide best service to the elderly people.
- Supervision and guidance are needed to help the worker to produce a high quality of work.
- Records and reports are essential in geriatric health services.
- The community health provider should prepare update records and repots and sent to their higher level promptly.
- The public health worker must never accept gifts or brides.
- Professional interest should be developed and maintained.
- Job conditions should be conductive to optimum satisfaction

Elderly pattern live:-



- Certain life events frequently occur during this developmental phases. For example, retirement and subsequent penalties can decrease self-esteem and generate a high degree of stress. Moreover, the older person's sense of purpose and worth may be *damage* by the ostracism المقاطعه

Team working for elderly people:

- Geriatricians
- Physiotherapist
- Social worker
- And Health worker

Role of community health person for elderly people:

1- Care provider (function role)

2- Educator

3- Counselor

4- Manger (Administrative role)

5- Leader

6- Collaborator

7- Coordinator

8- Advocator

9- Researcher

10- Evaluation role

Thank you