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The health condition of elders in primary health care practices through an integral geriatric assessment

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Médico Familiar en Instituto Mexicano del Seguro Social, México

Objective: To determine the health status of patients 60 years of age or over in Primary Health Care practices using an integral geriatric assessment.

Design: Descriptive cross-sectional study.

Location: Five primary care units, Instituto Mexicano Del Seguro Social, México.

Participants: Elderly patient aged 60 years of age or over, who were seen in primary health care practices. Previously signed informed consent was given, with exclusion criteria being non-completion of the integral geriatric assessment. A technical sample of conglomerates and quota was used.

Main Measurements: Medical dimension variables: visual, hearing (Hearing Handicap Inventory for the Elderly), urinary incontinence (Consultation in Incontinence Questionnaire), nutritional condition (Mini Nutritional Assessment), personal clinical history, poly-pharmacy; mental impairment (Mini Mental State Examination), depression (Yesavaje); functional: basic (Katz) and instrumental (Lawton and Brody) activities of daily living, mobility (up and go) and social (social sources scale). The analysis included percentages and confidence intervals.

Results: In the medical dimensions; 42.3% with visual deterioration, 27.7% hearing, 68.3% urinary incontinence, 37.0% malnutrition, and 54.7% poly-pharmacy. In the mental dimension: 4.0% severe mental impairment, and 11% depression: Functional dimension: 2.0% total dependence of activities of daily living; 14.3% instrumental activities impairment; 29.0% motion deterioration and 48.0% had moderately deteriorated social resources.

Conclusion: The health status of the elderly seen in primary health care practices is characterized by independent patients with different grades of alterations in the medical dimensions, low grade in mental alteration, and moderately deteriorated social resources.

Biography

Roxana Gisela Cervantes Becerra graduated from the Faculty of Medicine of the Autonomous University of Queretaro, Mexico. She is a Specialist in Family Medicine and Associate Professor of Family Medicine Specialty in Mexican Social Security Institute, Queretaro, Mexico. She is a Core member of the Academic Medical Specialty Program in Family Medicine integrated CONACYT National Quality Graduate Program.

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