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Prospects for interdisciplinary psychiatric care for elderly in the Arctic zone of Russia**Andrey Soloviev***Northern State Medical University, Russia*

The demographic situation in the Russian Arctic zone is characterized by an increase in absolute and relative elderly people number, both due to an increase in life expectancy and young people outflow to the middle and southern territories. At the same time, in the elderly the need for medical care is 50% higher than in the middle-aged population, and more than 20% - have mental health problems.

The early mental disorders detection difficulties in the elderly have subjective and objective reasons, with specific old age stresses. Professional psychiatric care is practically unavailable in remote areas. In addition, relatives often try to hide the growing elderly person's mental problems.

To solve the early mental disorders detection in the elderly in the Russian Arctic territories, we have proposed an interdisciplinary algorithm for providing assistance: family medicine doctors and social services representatives involvement in the diagnostic process (since no increase in appeals to psychiatric services is expected due to territorial remoteness and known stigmatization); purposeful non-psychiatric specialists' training in the rules for using studying mental functions screening tools; relatives' training in the simplest methods for detecting mental disorders in the elderly; foster family members' psychological training and involvement them in elderly people care - an actively developing form of assistance in the Arctic zone; as well as the use of important psychotherapy local church organizations influence.

An interdisciplinary approach to early mental changes screening in elderly people in the Russian Arctic territories is not only great social and economic importance, and also significantly improves the older age group representatives and their families' quality of life.

Biography

Andrey Soloviev - MD, PhD, Professor of Psychiatry. Chief, Department of Psychiatry and Clinical Psychology, Northern State Medical University, Arkhangelsk, Russia. Defended Thesis Supervisor – 65. Research interests: Social Psychiatry; Mental Health in Extreme Conditions; Gerontological Psychiatry; Clinical & Social Addictology. Editorial boards Member of a number of Russian and foreign journals in the mental health field. Board member, Russian Society of Psychiatrists. Author of more than 30 monographs and 25 inventions, H-Index – 33.

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