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Commentary

Overview of Taiwanese Studies on Geriatric Syndrome

Joyce Simard*

Department of Health, University of Western Sydney, Sydney, Australia

DESCRIPTION

Geriatric disorder has become quite possibly of the main idea in current geriatric medication. Because Taiwan's baby boomers are getting older, it's important to learn more about what has been done about geriatric syndromes there. As a result, the study aims to provide an overview of geriatric syndromes-related research conducted in Taiwan over the past two decades. For the purpose of searching for original studies involving older Taiwanese participants that were related to geriatric syndrome, three English databases—Medline, PubMed, and PsycInfo—and two Chinese databases—Chinese Periodical Index and Chinese Journal Resources—were utilized. Included are studies that were published between January 1989 and February 2009. There were 255 studies in all. In the past ten years, there have been more studies published: 14 studies in 2001, 34 studies in 2004, and 51 studies from 2008 to February 2009. Geriatric syndromes were the subject of 142 studies, or 55.7%. The majority of them (54 articles) dealt with functional decline, disability, and falls, as well as declines in cognitive function, dementia, delirium, and depression. In addition, six potential shared risk/protective factors were identified after reviewing 79 studies with reported risk/protective factors: sex, age, education, function in daily life, self-rated health, and chronic illness. It is encouraging to learn that Taiwan is seeing an increase in the number and diversity of studies on geriatric syndromes. However, in order to gain a better understanding of geriatric syndromes in Taiwan, additional research is required, particularly those that take a more comprehensive approach to older people's health and functioning [1,2].

Multiple organ systems degenerate, resulting in physical aging. However, in the disease-oriented medical system, the majority of functional degeneration brought on by aging is regarded as a normal biological process that does not call for treatment. One of the best ways to achieve healthy aging has been identified as preventing older people from becoming disabled as the aging population continues to grow. As a result, the clinical manifestations of aging have been elevated to the status of symptoms that require treatment, resulting in the development of the term "geriatric syndrome."

In recent years, the term "geriatric syndrome" has been used to refer to a variety of health issues that are particularly prevalent in the elderly and have received a lot of attention in clinical practices, academic research, and medical education. The significant normality of these medical conditions is that rather than a solitary etiology or pathology, essentially this large number of disorders of more established grown-ups is brought about by numerous infections as well as various gambles factors. A geriatric textbook had proposed a similar, albeit somewhat different, list of geriatric syndromes. As a result, the definition and "list" of geriatric syndromes have remained a task marked by controversies. Some scholars proposed that health problems that concern hearing, eyesight, dental/oral conditions, frailty, delirium, depression, insomnia, sleep disturbance, dizziness, falls, lower extremity problems, malnutrition, dementia, impaired cognition, language [3-5].

CONCLUSION

In general, the medical term "syndrome" means the collection of signs, symptoms, and manifestations that make up an entity's characteristics in nosology. The term "syndrome," in contrast to the term "disease," which is typically devoid of ambiguity, is characterized by an unknown etiology and/or pathogenesis. Geriatric syndrome is a distinct type of syndrome that refers to a nosological entity affecting the health of the elderly and manifesting as a major sign, symptom, or clinical manifestation. It should be treated as such. Multiple risk factors and organ systems are typically involved in a geriatric syndrome, as are distinctive characteristics of common health issues affecting older people. As a result, geriatric syndromes can be thought of as health issues for the elderly that are brought on by a number of interconnected pathogenetic factors.

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Correspondence to: Joyce Simard, Department of Health, University of Western Sydney, Sydney, Australia; E-mail: Sydneysimardjoyce332@gmail.com

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