

The Report of Comprehensive Geriatric Assessment Clinic in China Medical University Hospital

中國醫藥大學附設醫院開設老年周全性門診成果

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Background: Since 1993, the elderly people over 65 year-old in Taiwan had been over 7% of population, and to 2008, this percentage was up to 10.48%. Taiwan has been transformed into an advanced-age society. So China Medical University Hospital (CMUH) started to offer comprehensive geriatric assessment (CGA) outpatient service since March, 2007.

Methods: The population consisted of patients aged 65 years and over who visited CMUH CGA outpatient department since March, 2007 till September, 2009. Demographic data including age, marital status, educational status, and time of institutionalization were collected. Mini-Mental State Examination (MMSE), Barthel index, Instrumental Activity of Daily Living (IADL) and geriatric depression scale (GDS) were conducted for each participant.

Results: A total of 101 patients (60 males and 41 females) complete the CGA. The average age of 75.3 ± 7.3 years. The top three problems for clinic visits were polypharmacy, memory impairment and poor activity of daily living. The average kinds of patients suffering from chronic diseases were 5 chronic diseases, while most of their education levels are below elementary school. The results of evaluation are as following: 35 patients (34.6%) had polypharmacy, 30 people (29.7%) scored less than 24 points in MMSE, 25 patients (24.7%) scored less than 50 points in Barthel index, 15 patients (14.8%) the timed up and go test time over 20 seconds, 14 patients (13.9%) scored more than 4 points.

Conclusions: A multi-disciplinary (geriatric specialist, psychiatrists, physical and occupational therapists, pharmacists, nutritionists, social workers) team was need for complete geriatric assessment.