

# Promotion of Health & Prevention of illness in the Elderly

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# The Wheels of Life



# Determinants of Ageing



# Geriatric syndrome

- ▶ **Fall**
- ▶ **Delirium**
- ▶ **Frailty**
- ▶ **Sarcopenia**
- ▶ **Urinary incontinence**

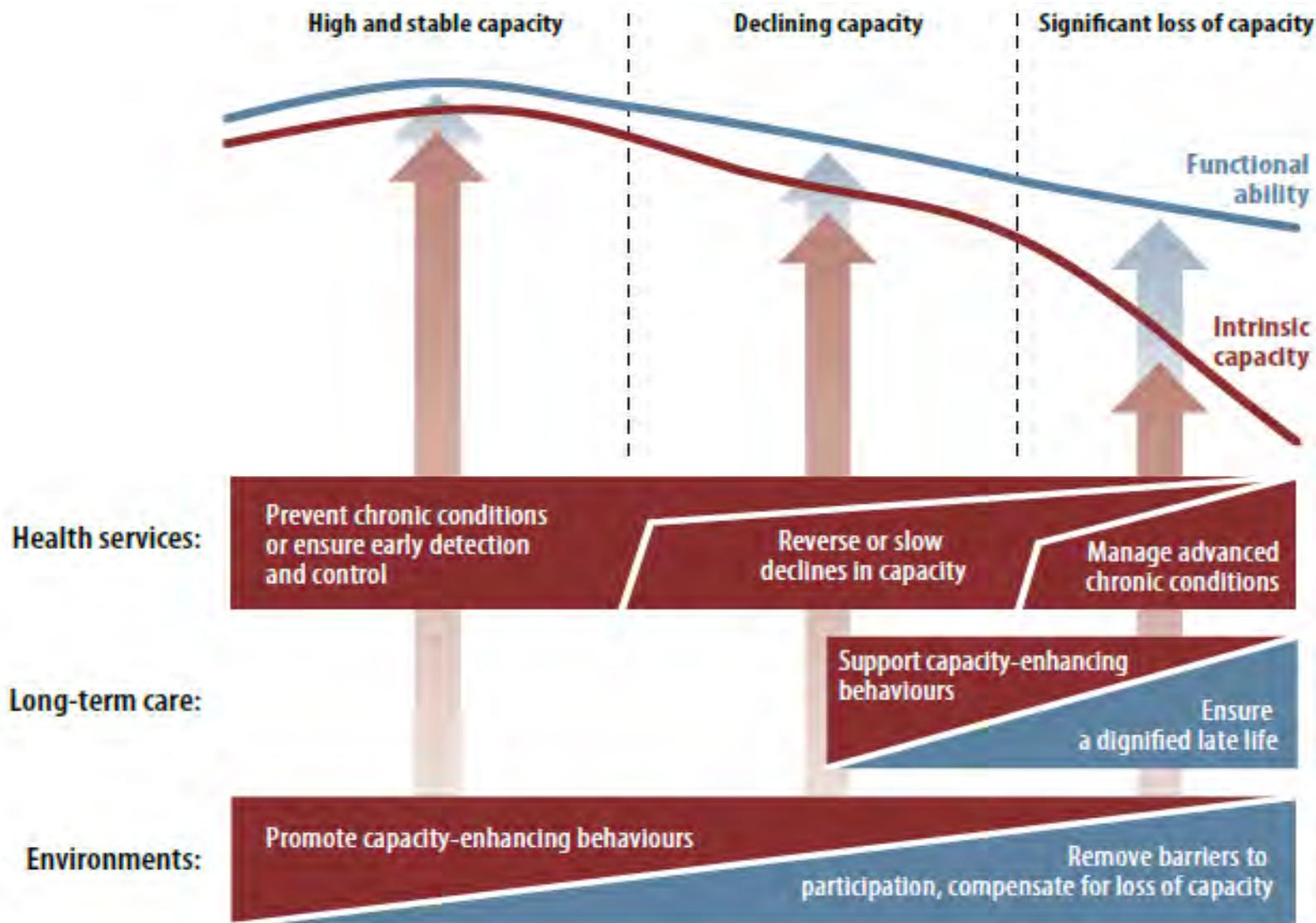


# Characteristics of elderly patients

- (1) Atypical presentation
- (2) Multiple pathology & aetiology
- (3) Multiple abnormalities
- (4) Medication problems (Polypharmacy)
- (5) Goal of care & social factors
- (6) Rehabilitation



# A public-health framework for *Healthy Ageing*: opportunities for public-health action across the life course



# Prevention of illness

- Patients should perform **comprehensive geriatric assessment** through which the following measures were considered
  - [Prevention of Disease in the Elderly](#)
  - [Prevention of Frailty](#)
  - [Prevention of Injuries in the Elderly](#)
  - [Prevention of Iatrogenic Complications in the Elderly](#)
  - [Prevention of Psychosocial Problems in the Elderly](#)

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# PREVENTION OF DISEASES

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# Elderly Clinic on every Wednesday

- General medical check up
- Eye , ear , nose , throat examination
- Oral and dental health care
- Referral





# CATEGORIES

- Preventive interventions are typically categorized as **primary, secondary, or tertiary.**
- **Primary prevention** refers to prevention of disease (eg, immunizations, chemoprophylaxis).
- **Secondary prevention** is the early detection of disease before it becomes symptomatic (eg, mammography to detect early breast cancer)
- **Tertiary prevention** refers to activities to optimize health once disease is already detected.



# PRIMARY PREVENTION

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# 1. COUNCELING, LIFE STYLE MODIFICATION

- Diet
- Physical activity
- Safety and injury prevention
- Smoking cessation
- Dental care



## 2. Immunizations:

### 1- Influenza:

- Annual in Oct. to mid-Nov. (4-5 months of protection)
- Recommended for all  $\geq 65$  yr or  $< 65$  yr with comorbidities

### 2-Pneumococcal pneumonia:

- For all  $\geq 65$  yr or  $< 65$  yr with comorbidities
- Revaccinate high-risk persons every 7-10 yr Repeat in 5 yr if person was vaccinated before age 65

### 3- Tetanus: -

- **Primary series:** 2 doses 0.5 mg IM 1 to 2 mo apart, then 1 dose 6 to 12 mo later
- **Booster** every 10 yr

## 3. Chemoprophylaxis

- ASA to prevent MI
- Calcium (1200mg) and vitamin D ( $\geq 800$ IU) to prevent osteoporosis
- Omega-3 fatty acids to prevent MI, stroke
- Multivitamin



# **SECONDARY PREVENTION**

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# SCREENING:

- 1- **Hypertension**; Check blood pressure at least annually
- 2- **Obesity or malnutrition**: measure weight and height at least annually
- 3- **Visual deficits**: Routine screening with a Snellen chart annually
- 4- **Hearing impairment**: It is recommended to periodically questioning older adults about their hearing abilities annually



**5- Dyslipidemia** Patients with prior MI or angina should be screened for lipid abnormalities annually

**6- Osteoporosis:** women aged > 65 and screened at least once by using bone density measurement, for those at high risk for osteoporotic fractures, it is recommended to begin screening at younger age group.

**7- Cancer screening measures:**

**a-Breast:** mammography/ 2-3 years at age 50-74 and breast self examination/month

**b-Colorectal:** Annual FOBT and/or flexible sigmoidoscopy every 3-5 years or colonoscopy once.

**c- Cervical cancer:** Pap smear every 1-3 yr if woman is sexually active, Cut-off after 65 with history of normal smears or after 2 normal smears 1 yr apart

## USPSTF<sup>a</sup> Recommendations for Secondary Prevention

Abdominal aortic aneurysm ultrasonography

Alcohol abuse screening

Depression screening

FOBT/sigmoidoscopy/colonoscopy

Hearing impairment screening

Mammography<sup>d</sup>

Pap smear<sup>e</sup>

## Other Recommendations for Primary Prevention<sup>f</sup>

ASA to prevent MI

Bone mineral density (men)

Calcium (1200mg) and vitamin D ( $\geq 800$ IU) to prevent osteoporosis

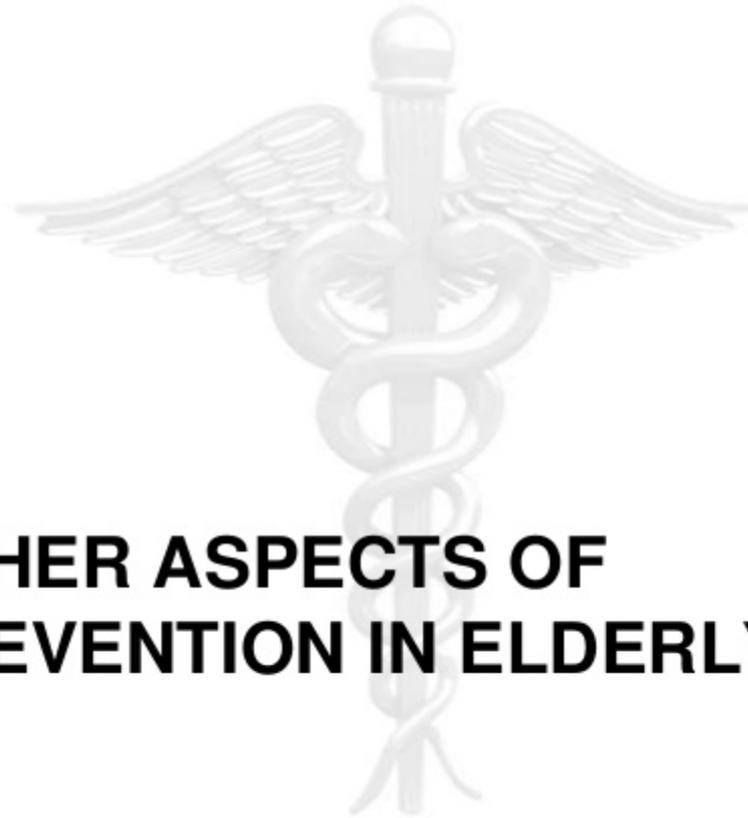
Measurement of serum C-reactive protein

Omega-3 fatty acids to prevent MI, stroke

Multivitamin

## Other Recommendations for Secondary Prevention<sup>f</sup>

Skin examination  
Cognitive impairment screening  
Glaucoma screening  
Inquiry about falls  
TSH in women  
Visual impairment screening



# **OTHER ASPECTS OF PREVENTION IN ELDERLY**

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# Prevention of Frailty

Exercise  
healthy diet







# Prevention of Injuries in the Elderly

- *Falls, Home hazards*
- *Driving hazards*

## Prevention of Iatrogenic Complications in the Elderly

- **PRINCIPLES OF PRESCRIBING FOR OLDER PATIENTS:  
THE BASICS:**
  - Start with a low dose
  - Titrate upward slowly, as tolerated by the patient
  - Avoid starting 2 drugs at the same time
  - OTC review
  - Medication reconciliation
  - Renal , hepatic function



# Health Promotion Approach

Individual

Social, Economic and Environmental

## Elements of Health Promotion

- Health Impact Assessment
- Local Community Focus
- Primary Prevention
- Empowerment of Individual

## Method of Implementation

- Advocacy
- Social Support
- Empowerment



THANK YOU

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# Questions ??????

