



# Common Ailments in Elderly Population For CHO/SN





# LEARNING OBJECTIVES



- To know the common ailments in elderly population
- To know how to identify the common ailments in elderly population
- To know how to help elderly having these ailments
- To know the goals of care in elderly



# INTRODUCTION

- As people grow old, some degenerative conditions occur. Elderly people are also prone to some diseases.
- Common conditions in older age include hearing loss, blurred vision/ difficulty in reading, back and neck pain, joint pains, diabetes, depression, dementia etc.
- As people age, they are more likely to experience several conditions at the same time





# 1. EYE PROBLEMS

1. As age advances, people start having issues with their eyesight
2. It is not necessary that every elderly would have weak eyesight
3. Keep in mind that elderly with diabetes develop weak eyesight earlier
4. Blurred vision limit the mobility of the elderly, and affect interpersonal interactions.
5. Acts as a trigger for depression.
6. Increases the risk of falls

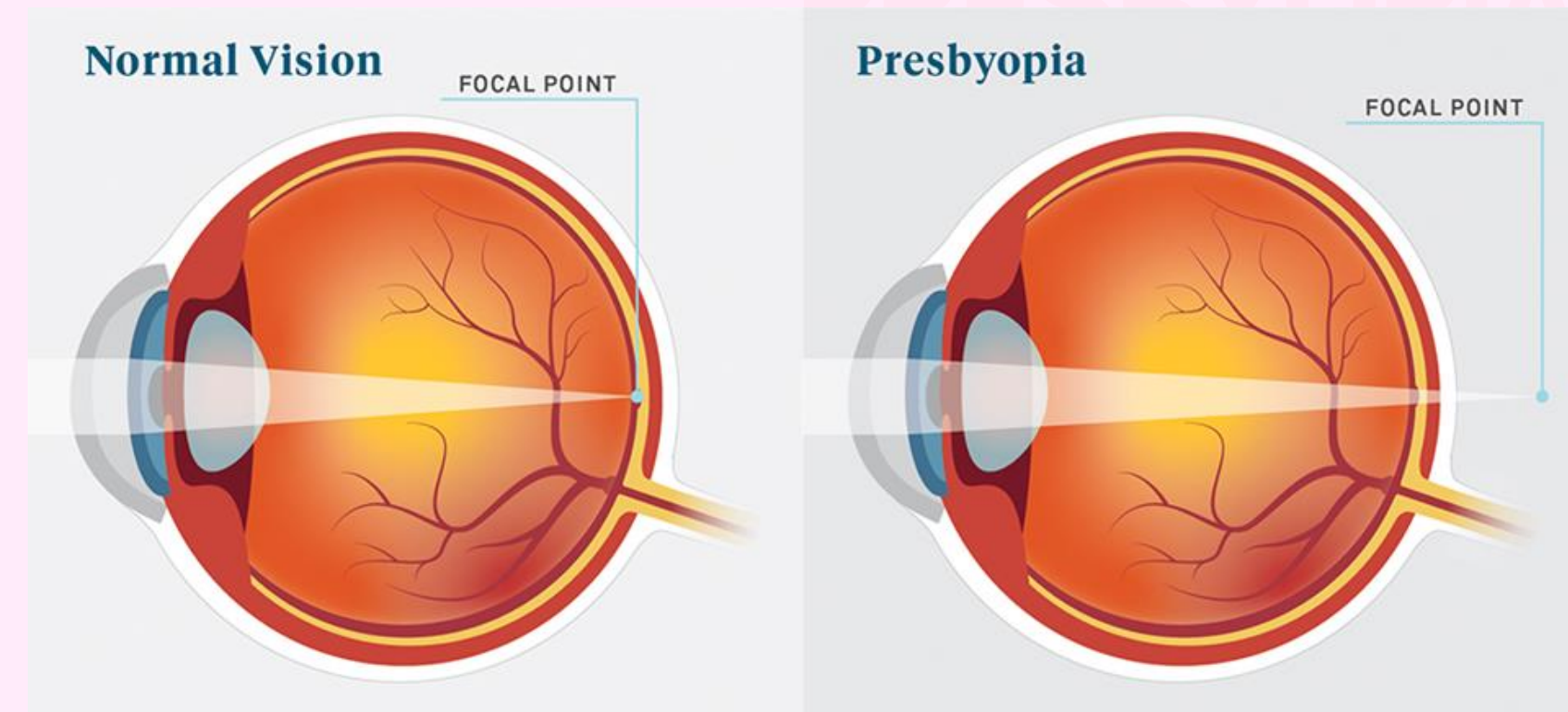






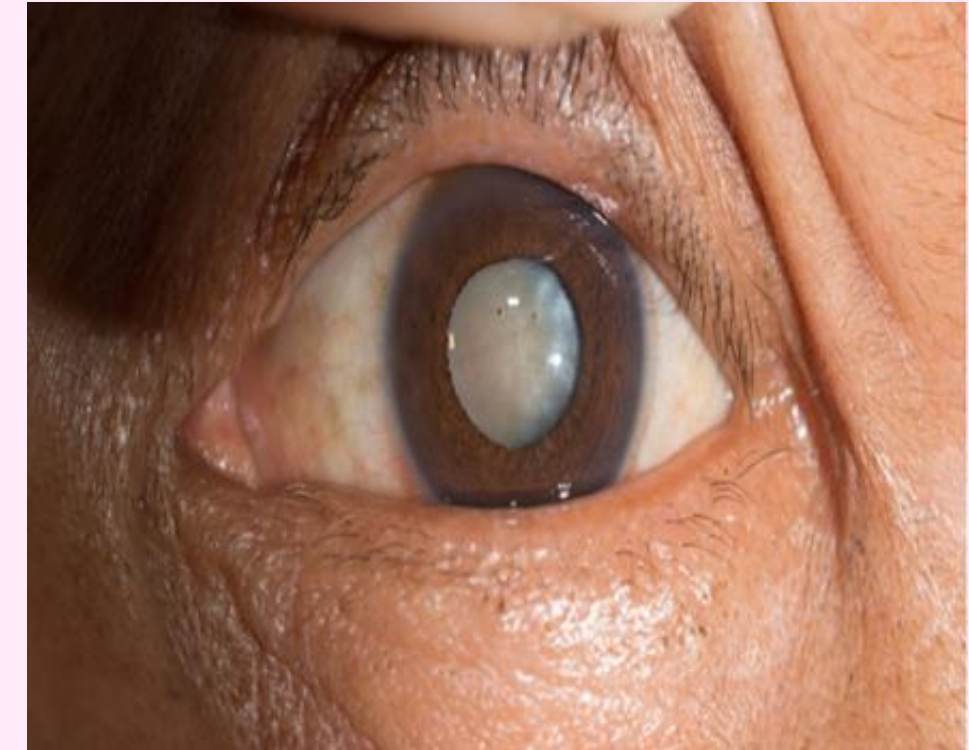
# A) PRESBYOPIA:

- Difficulty in seeing nearby objects
- Common complaint among elderly.
- It is a condition that is age related
- Commonly starts after the age of 40.
- Patients finds difficulty in reading.
- Can be easily corrected by use of spectacles.



## B) CATARACT:

- Most common eye problem in the elderly.
- Leading cause of blindness across the world and India
- Causes gradual loss of sight.
- The pupil; black circle of eye shows chalky white or greenish-grey colour.
- It needs a small surgery where the damaged lens is removed and replaced with artificial lens.
- No other treatment like eye drops/ spectacles can cure this condition.





## 2. HEARING LOSS (PRESBYCUSIS)

- Gradually loss of hearing as age advances
- Most common complaint is not being able to hear clearly and they ask the other person to speak loudly.
- Brings a lot of irritation to the elderly as well as others
- Untreated hearing loss affects communication
- Contributes to social isolation and loss of autonomy.
- Associated with anxiety, depression.
- May not be understood quickly by the family members , they see the elderly person as “being slow”





### 3. GENITOURINARY PROBLEMS

- Commonly due to enlargement of the prostate gland ( BHP) in old age.
- Symptoms: frequent and urgent need to urinate, difficulty in starting urination, weak urine stream, dribbling of urine and inability to completely empty the bladder.
- May cause significant distress.







## 4. NUTRITION ISSUES IN ELDERLY



- Physiological changes that affect senses of the individual, lead to a decreased sense of taste or smell, result in reduced hunger.
- Oral health: Loss of teeth leads to poor nutrition.
- Terminal conditions like cancers, paralysis may also have a poor impact on the food intake.
- Malnutrition could be a manifestation of elderly abuse or neglect
- If you suspect this, immediate notification to the CHO should be made.



# SARCOPENIA

- Age related loss of muscle mass
- Increases the risk for falls, fractures, dependency, use of hospital services, institutionalization, poor quality of life, and mortality
- Management:
  - Proper nutrition
  - Protein supplementation
  - Resistance exercises





# 5. ORAL HEALTH PROBLEMS

- The majority of elderly groups suffer from poor oral health issues.
- Used of the Traditional methods by elderly for cleaning of teeth which may be inadequate to maintain oral hygiene
- There is increased risk of oral disease because of the diseases of other parts of the body.
- Dry mouth, altered sense of taste and smell are adverse side effects of some treatment
- Poor oral health results in impaired nutritional status and general health, reduced self-esteem, wellbeing and quality of life





## Signs and symptoms :

- Dry mouth, tooth pain
- Tooth infection, Discoloration of tooth
- Swelling/infection of gums, Bleeding of gums
- Inability to open mouth.





## 6. HYPERTENSION

- High Blood Pressure, also known as the “silent killer” remains silent and undetected unless specifically checked among the elderly.
- The normal blood pressure range among the elderly is 140/90 mm of Hg.
- If undetected, high blood pressure may damage the heart, brain, kidneys, and blood vessels
- ASHA should notify CHO if any of the following signs and symptoms are observed :
  - Complaints of headache , increased attacks of sweating, headache and palpitations ,breathlessness, bleeding from nose

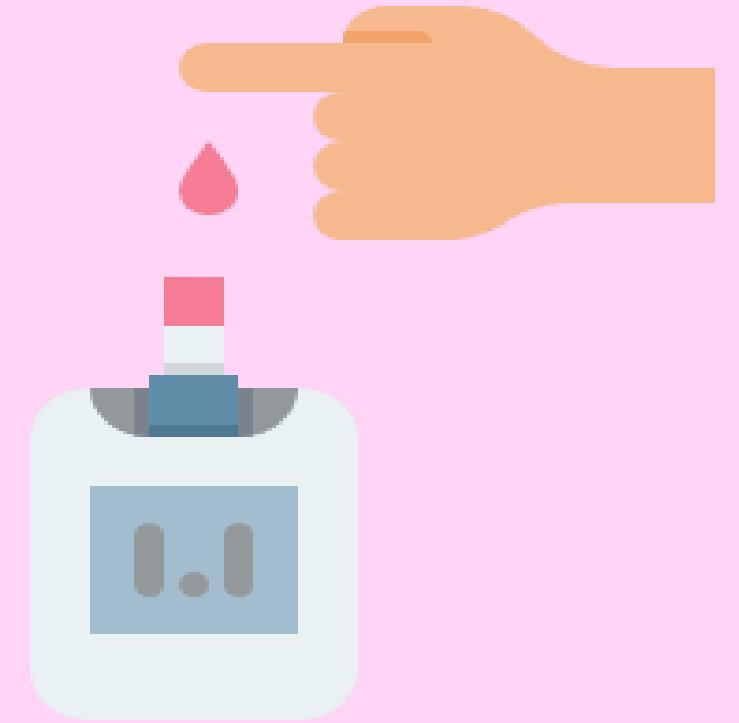


# 7. DIABETES

- Diabetes is also termed as “silent killer” .
- Its complications are heart attack or stroke.

Signs and symptoms :

- Frequent urination, Increased hunger
- Excessive thirst , Unexplained weight loss, Lack of energy, Extreme tiredness, Lack of interest , Lack of concentration, Blurred vision, Repeated or severe infection like vaginal infections, Slow healing of wounds, Impotence in men, Tingling and numbness in hands and/or feet Foot ulcers, Pressure ulcers







## 8. MUSCULOSKELETAL DISORDERS

- Musculoskeletal disorders are injuries or disorders of muscles, nerves, joints, tendons, cartilages, and spinal discs impairing the movement.
- Reasons for increased morbidity among the elderly population  
Timely recognition may prevent complications including falls and deformities
- Signs and symptoms :
  - Joint Pain, Difficulty in walking/squatting, Swelling in joints, Neck pain, Back ache.



# 9. GERIATRIC SYNDROMES

- The geriatric syndrome is unique to older persons with multifactorial path physiology. It leads to high morbidity and mortality.
- Major geriatric syndromes include:
  1. Delirium
  2. Dementia
  3. Falls
  4. Incontinence
  5. Pressure ulcers
  6. Immobility
  7. Fragility

# DIFFERING GOALS OF CARE IN ELDERLY

- Older adults prefer comfort, cognition, independence over increased survival
- Respect autonomy, choose shared decision making







# EVALUATION

1. Common conditions in older age include hearing loss, \_\_\_\_\_/ difficulty in reading, back and \_\_\_\_pain, joint pains, diabetes, depression, dementia etc.
2. Normal blood pressure range among the elderly is \_\_\_\_\_mm of Hg.
3. \_\_\_\_\_is the difficulty in seeing nearby objects.
4. Age related loss of muscle mass is \_\_\_\_\_
5. In cataracts, black circle of eye shows \_\_\_\_\_or \_\_\_\_\_colour.



# EVALUATION

1. Common conditions in older age include hearing loss, blurred vision/ difficulty in reading, back and neck pain, joint pains, diabetes, depression, dementia, etc.
2. Normal blood pressure range among the elderly is 140/90 mm of Hg.
3. Presbyopia is the difficulty in seeing nearby objects.
4. Age-related loss of muscle mass is sarcopenia.
5. In cataracts, the black circle of the eye shows chalky white or greenish-grey color.



# Thank You

