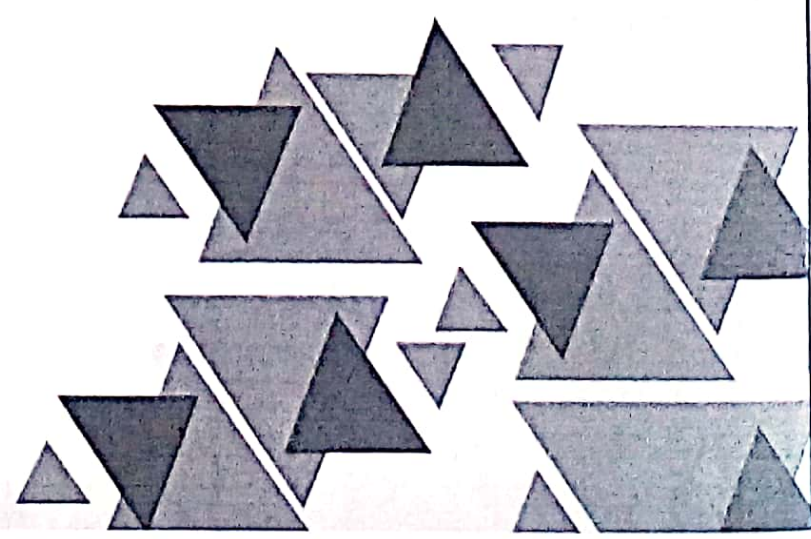## SLAGM
Sri Lanka Association of Geriatric Medicine

4th Scientific Sessions
of Sri Lanka Association of Geriatric Medicine

GERIATRIC MEDICINE AND
NEURO-REHABILITATION CONFERENCE 2018

Organized in collaboration with

SRI LANKA ASSOCIATION OF NEUROLOGISTS

"Adding quality to added years"

PROGRAMME & ABSTRACTS

25th - 27th October 2018

Temporal trends in morbidity among older persons hospitalised to public inpatient facilities in Sri Lanka

Dharmagunawardene PVDS[1], Kularatna MSM[2], De Alwis AKSB[1], Prabhath LAN[3], Thilakarathna WD[3], Herath HMJR[4], Gunathilake R[5]

1. Education, Training and Research Unit – Ministry of Health
2. Australian Centre for Health Services Innovation, Queensland, Australia
3. Post Graduate Institute of Medicine, Colombo
4. Department of Geography, University of Sri Jayewardenepura
5. University of Newcastle, Callaghan, New South Wales, Australia

OBJECTIVES: Sri Lanka has experienced anincrease in ageing population with proportion of 60+aged persons almost doubled from 5.4% in 1946 to 10% in 2001.It is projected that 60+aged persons will account for nearly 22% of the population by 2031. Ageing is associated with a higher prevalence of chronic diseases.The studyobjectives were to identify major morbidity patterns and their associated factors of elderly (70+ years)population in Sri Lanka from 2006 to 2015. We also aim to forecast morbidity patterns for identified major diseases for a six-year period from 2016 to 2022.

METHODS: Data were collected from Annual Health Bulletins, Central Bank Annual Reports, publications of Department of Census and Statistics, Ministry of Environment and Alcohol and Drug Information Centre from 2006 to 2015.Total disease burden, 70+ disease burden and proportions of the disease burden of the total population were considered in the analysis.

RESULTS: Disease burden of the total population and disease burden of total 70+ population increased from 22% to 30% and from 53% to 70% respectively between 2006 and 2015, except for following diseases i.e. viral diseases, malaria, helminthiasis, snake bites, rheumatic fever, hypertension, burns and pesticide poisoning, which had decreasing trends.A significant correlation was observed between the 70+ disease burden and inflation, unemployment, trade deficit, and alcohol consumption.

CONCLUSION: In Sri Lanka elderly disease burden is increasing except for few disease categories and is related to economic indicators. Projected values for the next 4 years will be presented after further analysis.

Association between engagement in leisure activities and cognition among elderly people living in elderly care institutions in Southern Province

Gamage MWK[1], Hewage DC[2] and Pathirana KD[3]

[1]Department of Nursing, Faculty of Allied Health Sciences, University of Ruhuna
[2]Department of Physiology, Faculty of Medical Sciences, University of Sri Jayewardenepura
[3]Department of Medicine, Faculty of Medicine, University of Ruhuna

OBJECTIVES: Population ageing is a 21st century characteristic. With ageing, there is a cognitive decline. Measures to preserve cognition has attracted the interest of researchers. This study was aimedto assess the association betweenengagement in leisure activities and cognition among a sample of elderly people living in

METHODS: A descriptive cross sectional study was carried out with 421 elderly people living in ECIs in Galle&Matara Districts in Southern Province. Cognitive status was assessed using Mini Mental State Examination (MMSE).Elderly people with severe cognitive impairment were excluded from the study (MMSE score less than 11). Independent sample t testwasused to assess the association.

RESULTS: The mean age of the study sample was 71.87+6.73, of which65.8% (n=277) were females.Mean MMSE score was 22.91+4.91. Out of total study population, 56.3% (n=237) had normal cognition while 43.7% (n=184) had mild to moderate cognitive impairment based on MMSE score.The proportion of study population who had engaged in leisure activities were 86.9% (n=366). Among them, 48.2% had engaged only in indoor activitiessuch as watching TV, listening to radio, reading, religious activities and craftwork.Thirty seven(8.8%)had engaged in outdoor activities as gardening and exercise performance while 29.9% had engaged in both indoor and outdoor activities. Watching television was the most famous leisure activity (36.3%). Those who engaged in leisure activities had significantly higher MMSE score than who did not (p<0.001*). Elderly people who engaged in indoor activities, outdoor activities and both indoor and outdoor activities had a significantly higher MMSE score than who did not (p<0.001*). Those who engaged in both types of activities had significantly higher MMSE scoresthan who engaged only in indoor leisure activities (p<0.01*).

CONCLUSIONS: There is a significant associationbetween engagement in leisure activities andcognition among elderly people living in ECIs in this study population.

ABSTRACT OP: 03

Medication-related causes for uncontrolled hypertension in elderly patients attending a medical clinic of a teaching hospital

Samarawickrama MT[1], Mendis GSC[1], Wijekoon PWMCSB[2], Wanigasuriya JKP[2], Wijekoon CN[3]
[1]Pharmacy Unit, Department of Allied Health Sciences, Faculty of Medical Sciences, University of Sri Jayewardenepura
[2]Department of Medicine, Faculty of Medical Sciences, University of Sri Jayewardenepura
[3]Department of Pharmacology, Faculty of Medical Sciences, University of Sri Jayewardenepura

OBJECTIVES: Hypertension is common among elderly and control is not optimal in many. We aim to describe medication-related causes for uncontrolled hypertension in a group of elderly patients attending a medical clinic of a teaching hospital in Sri Lanka.

METHODS: This was a cross-sectional study. Consecutive patients aged ≥60years who were on treatment for hypertension, had two readings of blood pressure (BP) 1-2 minutes apart. Lower of the two was taken as the current BP. All patients not achieving target BP based on age and co-morbidities were included in the study. Socio-demographic and clinical data were collected by an interviewer-administered questionnaire. Level of medication-adherence was assessed by Voils two-part measure of medication non-adherence.

RESULTS: 189 patients were studied (women:62.4%; mean age:69.3±6.7years). Mean systolic and diastolic BP were 162.2±16.9mmHg and 90.3±11.4mmHg, respectively. Mean duration of treatment was 9.1±7.6years. Mean number of anti-hypertensive medications per patient was 2.2.±0.9. Medication non-adherence rate was 72%. Non-adherence was significantly lower among those with higher level of education (p=0.038) and with longer duration of hypertension (p=0.042). There was no difference in adherence based on number of anti-hypertensive medications, co-morbidities or gender. The two mostly reported causes for non-adherence were being busy (47.1%) and forgetfulness (41.8%).12.7% were on co-medications (6.3%-NSAIDs) known to increase BP.