



Integrated Care for Older People: A Multi-Disciplinary Approach

Malaysian Healthy Ageing Society

Panelist

| | | |
|----|---|---|
| 1. | Dr Wong Teck Wee VICE PRESIDENT MHAS (Moderator) | Consultant Cardiologist iHEAL Medical Centre, KL |
| 2. | Prof. Dr. Shahrul Bahyah Kamaruzzaman PRESIDENT MHAS | Consultant Geriatrician & Deputy Dean of Postgraduate Studies, Faculty of Medicine, University Malaya. |
| 3. | Prof. Nathan Vytialingam ADVISOR MHAS | Honorary Fellow WFOT, Dean- School of Occupational Therapy, Perdana University. |
| 4. | Datin Ranuga Devy TREASURER MHAS | Advocate & Solicitor, Ranuga & Associates |

70 year old
Chinese lady
and her 79
year old
Husband



She has Type 2 diabetes mellitus and a recent diagnosis of early dementia. She lives in a bungalow with her husband (history of stroke and prostate problem needing long term urinary catheter). He is dependent on her for basic activities of daily living as his main caregiver for the past 8 years.



They have 2 children (son and daughter) who are both married and live in Melbourne and visit once a year during Chinese New Year.

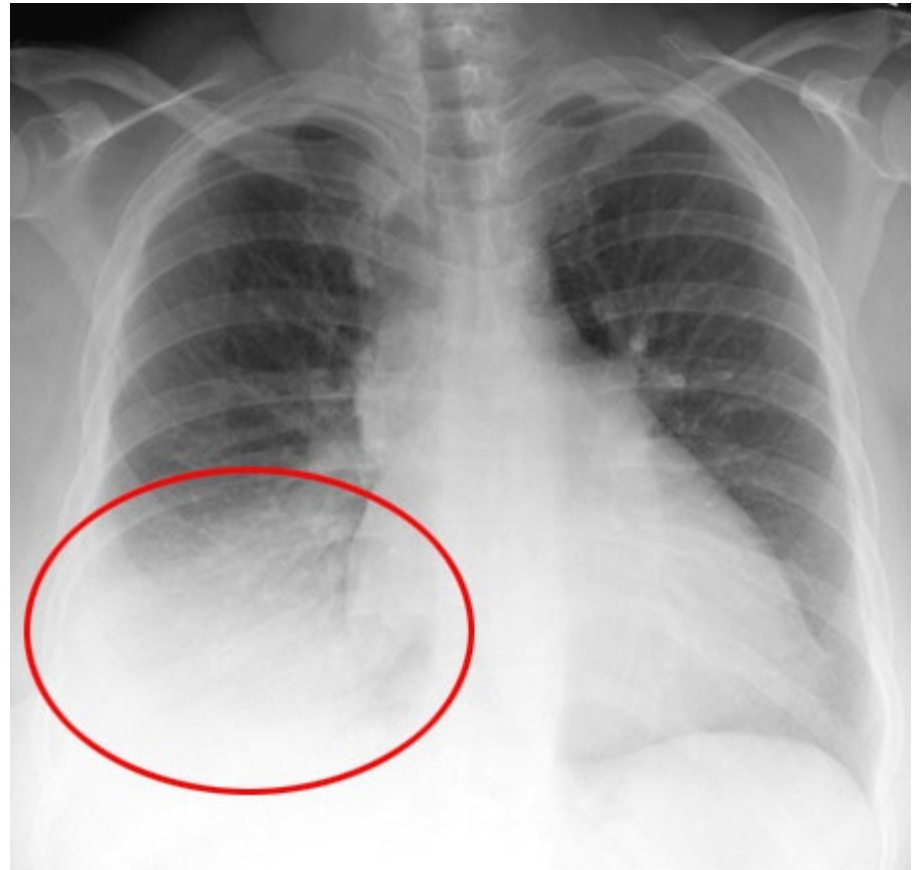


During a routine follow up with her GP, she complained of worsening back pain. After a series of investigations at the hospital, she was given a diagnosis of Colon carcinoma with bone metastases.



2 weeks later, while awaiting further investigations and plan of management, she was found wandering aimlessly in her neighborhood.

**Full Blood Count
WBC 19K**



CXR

QUESTION FOR **PROF DR SHAHRUL BAHYAH** **(MEDICAL ISSUES)**

1. What is happening to her?
2. What are the underlying factors associated with this?
3. What **other symptoms may occur?**
4. **What's** the plan now?

What is the **cause** of her
Delirium?

What is the **cause** of her Delirium?

- Pneumonia- viral, bacteria
- Other infections eg. UTI
- Malignancy related causes eg. Pain, Low sodium, other electrolyte disturbance, drugs etc
- Uncontrolled diabetes
- Underlying Dementia

How do you prevent **Delirium in this patient?**

How do you prevent **Delirium in this patient?**

- Target risk factors that might trigger it
- Immune system- diabetes control- healthy diet and hydration
- Promote good sleep hygiene, help keep calm and orientated
- Avoid medicines that can worsen or trigger

QUESTION FOR **PROF DR SHAHRUL BAHYAH** **(DEMENTIA, MENTAL HEALTH ISSUES)**

How do you differentiate delirium, depression
and dementia?

TRIPLE D

| | Delirium | Dementia | Depression |
|-----------------------------------|-----------------------------|---------------------------------------|--|
| Onset | Acute | Insidious | Variable |
| Duration | Days to Weeks | Months to Years | Variable |
| Course | Fluctuating | Slowly Progressive | Diurnal Variation |
| Consciousness | Impaired, Fluctuates | Clear until late illness | Unimpaired |
| Attention & Memory | Inattentive, Poor Memory | Poor Memory without Inattention | Difficulty Concentrating, Memory intact |
| Affect | Variable | Variable | Depressed, Loss of Interest and Pleasure |

Source: CCSMH, Delirium Guidelines, 2006

WHAT IS THE IMPACT OF DELIRIUM TO THIS PATIENT?

Impact of Delirium in older adults

- Longer hospitalisation
- Increased mortality
- Functional and cognitive deterioration
- Increased dependency with need for institutionalised care

QUESTION FOR **PROF NATHAN**

WANDERING AIMLESSLY **Preventive and Management Strategies**



QUESTION FOR **PROF NATHAN**

1. What are their **risk of fall**?
2. What do you do in **home assessment**?
3. What are the **cost and funds available** to help them?
4. How to **handle her back pain non-pharmacologically**?

She just wants to talk

- While staying in the ward her confusion improved and she mentioned she has **fear of dying**, how do you approach this?
- What is the role of therapy in this case and who can provide this?
- How do you counsel her?



Issues

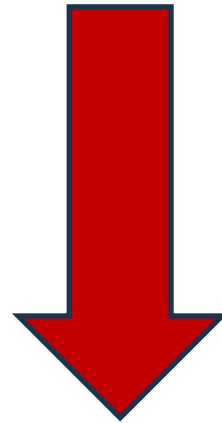
- She is **angry** with her husband – he had love affairs and used up their life savings.
- She had no choice but to be his caregiver when he had a stroke
- Husband has frequent **angry outbursts** and lashes out at her. He even harmed himself by slashing his wrist
- How do we deal with **ANGER**?

SWEET MEMORIES



What can be done for her now?

- Palliative care- pain control
 - Obstruction- stoma
 - Psychosocial input



Advanced care plan

QUESTION FOR THE **TEAM**

- 1. What will happen** to the husband when main carer passes away? what are their **options**?
- 2. Who should be involved ?**
- 3. Solutions ?**

QUESTION FOR **DATIN RANUGA DEVY** **(LEGAL ISSUES)**

1. His younger son came to see you and wanted you to transfer the property to his name. **Is it legal?** He said he can get the thumb prints from his parents.

How to assess mental capacity?

2. What are the **ways to safeguard** the property before old age?

3. What happens to the property, if both do not have a will written?

Question for **Datin RANUGA DEVY** (LEGAL issues)

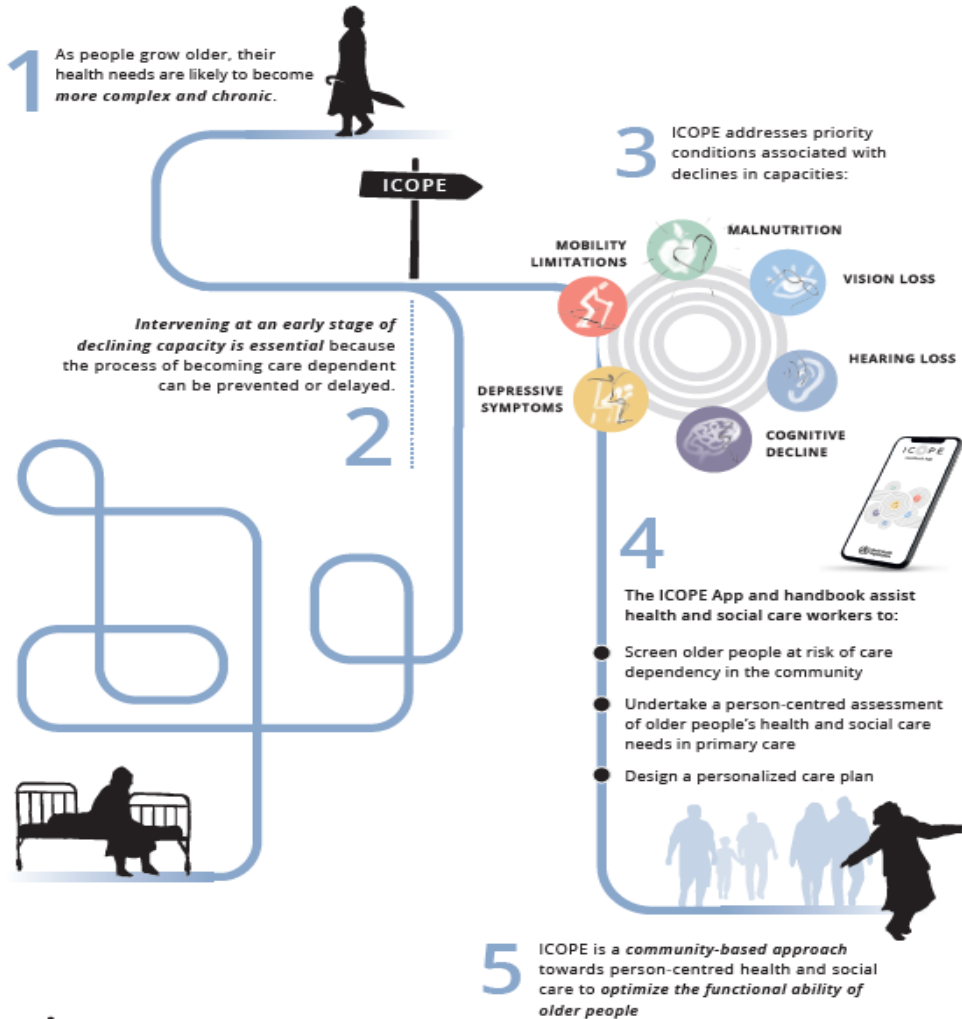


4. Is there Advance Directive or Living Will ?

5. Her husband wanted a solution to help both of them to decide on their medical treatment and wealth when they are mentally incapacitated.

Are there any legal options currently available?

6. How do we handle **issues of abuse of the** older person?



SCREEN

- Screen for declines in intrinsic capacity

ASSESS, MANAGE, REFERRAL

- Person-centered assessment in primary care
- Define goal of care and develop personalized care plan
- Referral and monitoring of care plan with links to specialized geriatric care

ENGAGE COMMUNITIES & CAREGIVER SUPPORT

WHO ICOPE SCREENING TOOL

| Priority conditions associated with declines in intrinsic capacity | Tests | Assess fully any domain with a checked circle |
|--|---|--|
| COGNITIVE DECLINE (Chapter 4) | 1. Remember three words: flower, door, rice (for example) | <input type="radio"/> Wrong to either question or does not know <input type="radio"/> Cannot recall all three words |
| | 2. Orientation in time and space: What is the full date today? Where are you now (home, clinic, etc)? | |
| | 3. Recalls the three words? | |
| LIMITED MOBILITY (Chapter 5) | Chair rise test: Rise from chair five times without using arms. Did the person complete five chair rises within 14 seconds? | <input type="radio"/> No |
| MALNUTRITION (Chapter 6) | 1. Weight loss: Have you unintentionally lost more than 3 kg over the last three months? | <input type="radio"/> Yes |
| | 2. Appetite loss: Have you experienced loss of appetite? | <input type="radio"/> Yes |
| VISUAL IMPAIRMENT (Chapter 7) | Do you have any problems with your eyes: difficulties in seeing far, reading, eye diseases or currently under medical treatment (e.g. diabetes, high blood pressure)? | <input type="radio"/> Yes |
| HEARING LOSS (Chapter 8) | Hears whispers (whisper test) <i>or</i> | <input type="radio"/> Fail |
| | Screening audiometry result is 35 dB or less <i>or</i> | |
| | Passes automated app-based digits-in-noise test | |
| DEPRESSIVE SYMPTOMS (Chapter 9) | Over the past two weeks, have you been bothered by | <input type="radio"/> Yes |
| | – feeling down, depressed or hopeless? | |
| | – little interest or pleasure in doing things? | <input type="radio"/> Yes |



UPCOMING EVENT

3RD
ASEAN
Conference
on **Healthy**
Ageing
2024

Organised by:



30th July 2024 – 1st August 2024

**The Wembley – A St Giles Hotel
Penang, Malaysia**

To stay informed about the latest updates and important details, visit us at:

healthyageing.org/acha2024/



THANK YOU



Brought to you by:
**MALAYSIAN
HEALTHY
AGEING
SOCIETY
(MHAS)**

