

DEVELOPING A MODEL COMMUNITY GERIATRIC CARE UNIT WHO PROJECT

DEPARTMENT OF GERIATRIC MEDICINE MADRAS MEDICAL COLLEGE, CHENNAI

Place of the project	:	Parivakkam and adjoining villages, Tiruvallur dist, Tamil Nadu.
Staff engaged	:	Medical Officer, Physiotherapist, Social Worker, Health Visitor.
Date of commencement	:	15 January 2005.

The staff engaged were given two weeks training in the Department of Geriatric Medicine, Madras Medical College Hospital. They were trained in identifying the common medical, physical and psychological aspects of illness. A Standardised form was constructed to collect relevant data (copy enclosed), and all data were computerized.

Geriatric Model Care unit was inaugurated on the 1st of February 2005 at Parivakkam Village, by the village administrative officer and the president of the local body. The Health visitor and the Social worker visited every house in the village and collected baseline data on social and health problems. They encouraged the elderly to attend the outpatient services at the community centre.

In addition to comprehensive clinical assessment, MMSE, Barthel Index, Depression score were assessed for all elderly. Haemoglobin, Blood Glucose estimation and ECG were done in most of the cases. The elderly with disability were visited in their homes periodically by the team including the Medical Officer.

Four screening camps were conducted on 27th March, 30th April, 6th August and 10th September to screen for hypertension, diabetes, cataract and ischemic heart disease. More than 120 elderly attended each camps. Medical and social data were collected and appropriate therapy instituted. They have been advised to attend the clinic for follow-up.

Group activities are encouraged at the centre for the elderly, physical exercise are taught by the physiotherapist. Health education in respect to nutrition and exercise are provided by the Medical Officer. Social worker motivates the elderly in group activities like games, reading newspapers and trying to establish a self-help group. Social worker is assisting 14 elderly in applying to receive the old-age pension.

Around 60% of the elderly attend the clinic for follow-up and show improvement in the health and psychological status. Reassessment of blood-sugar has been done periodically in patients with diabetes. Those with poor compliance of follow-up, have been visited by health visitors.

An Ophthalmic camp was conducted on 6.8.05 with the help of ophthalmic team from Sankara eye hospital, a community service based NGO. 120 elderly people attended the camp and 42 cases of cataract were detected. 18 cases have been operated with implantation of IOL at free of cost. Necessary arrangements including transport is organized by our centre. Rest of the elderly with cataract (24 cases) are being motivated to undergo surgery.

A total number of 274 elderly were screened till 1st October and the medical and social data are entered in the enclosed CD.

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AREA PROFILE AND SOCIAL DATA

Name of Village	:	Parivakkam , Poonamallee Taluk , Tiruvallur Dist
No. of Wards	:	4
No. of Houses	:	625
No. of Families	:	950
Total Population	:	4200 Male : 2120 Female : 2080
No. of Elders	:	344 Male : 142 Female : 202
Main Occupation	:	Agricultural Labour
No. of Persons receiving OAP	:	15
No. of Persons applied for OAP	:	14
No. of Persons alone	:	45
No. of Bedridden elderly	:	11

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HEALTH DATA

No. of elderly registered till 1.10.2005	:	274	Male : 109	Female: 165
No. of people with				
Visual impairment	:	105		
Hearing impairment	:	35		
Arthritis	:	123		
Falls & Fractures	:	16		
Urinary Incontinence	:	17		
Cognitive decline	:	8		
Hypertension	:	71		
Diabetes	:	37		
Ischemic Heart Disease	:	33		
Depression	:	75		
Malnutrition/Anaemia	:	54		
Physical Disability	:	15		