

GERIATRICS OVERVIEW - THE 5 Ms

MENTATION

- Baseline + Acuity are important
- Use objective screening

Delirium
ACUTE change in mentation.
If inpatient, consider the 3 Ps:


- Pain
- Pee (retention)
- Poop (retention)

UB2 Test Ultra Brief Screen

1. What is the day of the week?
2. Name months of the year backwards.

Dementia

Mini-Cog
• 3 word recall
• Clock drawing

MoCA 
• Normal = >26/30

Staging Dementia:

mild					severe	
1	2	3	4	5	6	7
2	4				7	
• Misplacing objects	• Trouble w/ finances				• Loss of speech	• Dysphagia

Depression

- Always important to assess for and treat as able.
- Board question favorite.

MULTICOMPLEXITY


Social determinants of health:

- Structural racism
- Care-giver stress
- Socio-economic status

F.R.A.I.L. Scale *to assess frailty*

- Fatigue
- Resistance
- Ambulation
- Illnesses
- Loss of weight

Toenail Maintenance:
'The AIC of Functional Independence'




- Depression
- Caregiver Support
- Finances
- Issues of Mobility
- Dizziness
- Mentation

A HIDDEN SIGN OF MULTICOMPLEXITY

MEDICATION

Any new symptoms can be from medication!

Physiological changes in the elderly:

- ↓ Muscle Mass ↑ Body Fat
- Blood brain barrier is more permeable
- ↓ Clearance of medications 

POLYPHARMACY **>5 meds**

In general:
Start low, go slow 

BEERS LIST Watch out for common offenders!

- Pain Meds
- Antidepressants

Medication → Constipation → Medication → Diarrhea

Avoid Rx Cascade!

MOBILITY Functional status is crucial to know.

ADLs **iADLs**

- Dressing
- Eating
- Toileting
- Finance management
- Grocery shopping
- Housekeeping

What is their living situation?

- Independent
- Assistance
- # of Stairs

Fall Risk Factors

Extrinsic

- Medications
- Environment

Intrinsic

- Foot problems
- Strength
- Cognition issue



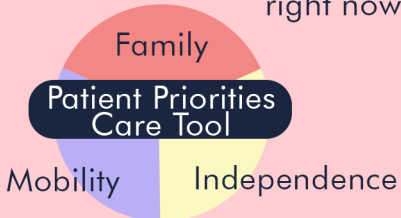
Testing Mobility

Chair Stand	Timed Up&Go	Orthostatics
Standing up from a chair w/ arms crossed	≥ 12 seconds is at risk to fall	1. Supine 2. Seated 3. Standing



MATTERS MOST

- The most important "M" * Important to have a person's wishes on file. *

Current Care - What matters right now?



What do they want to do more of?

gardening  writing 

Advanced Care

Prepareforyourcare.org for patients with low health literacy

Theconversationproject.org for higher health literacy.

GOOD mnemonic for goals of care conversations:

- Goals
- Outcomes
- Options
- Document