



# Standardised geriatric assessment for elderly Tunisian people

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## Introduction:

Tunisian population is ageing rapidly. **Tunisia has the highest percentages of elderly persons aged 65 and above among Arab countries.** This implies that the country will face many issues related to health in this population. Standardized geriatric evaluation is primordial to improve disease management.

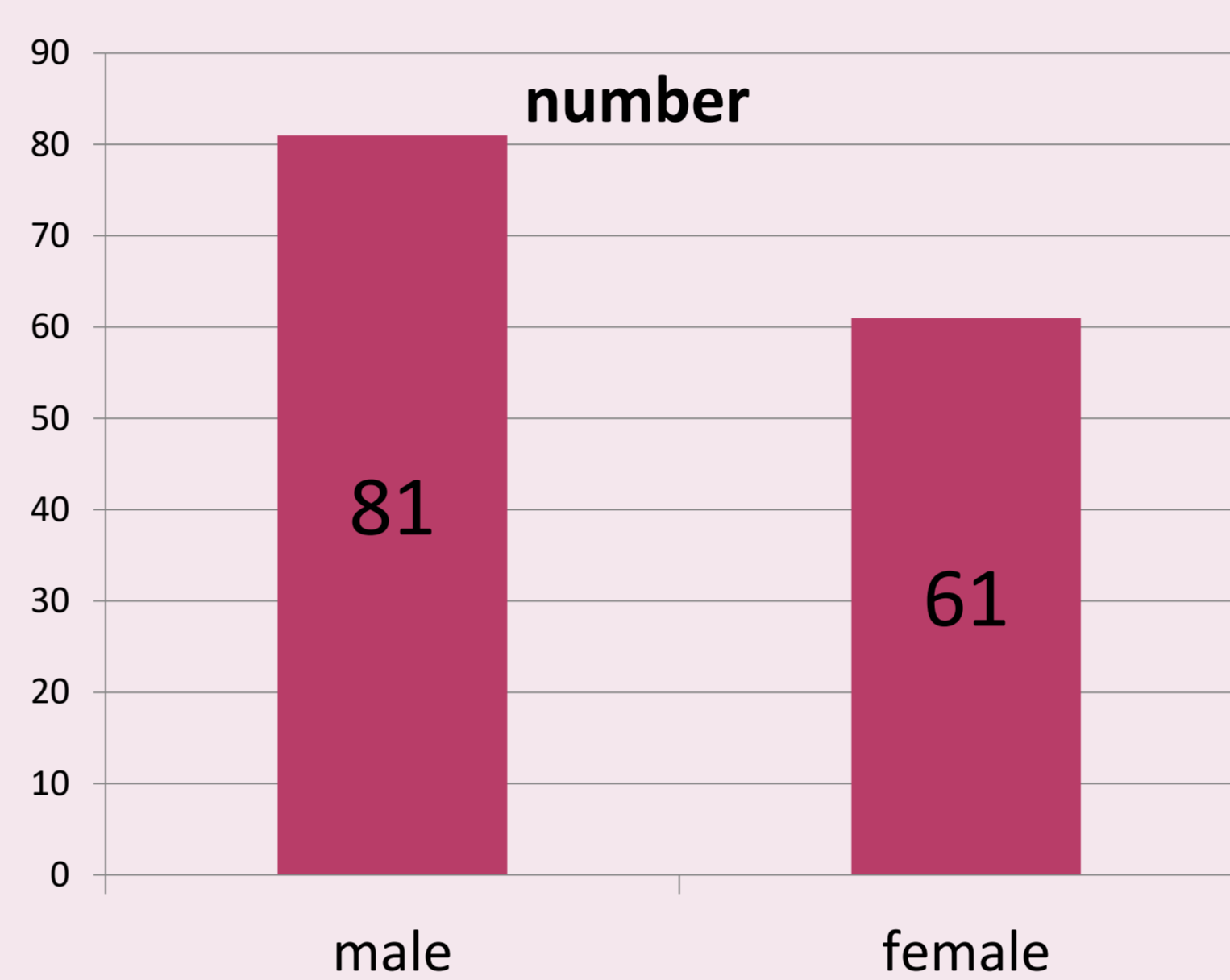
## Materials and methods:

We described geriatric assessment for a sample of **141 patients of Tunisian people** followed in Internal Medicine Department of Fattouma Bourguiba University Hospital.

## Results:

It was about **81 male** and **61 female** aged at mean **75 years** old with extremity between 64 and 97 years.

• **Middle Body mass index** was 25kg/m<sup>2</sup>.

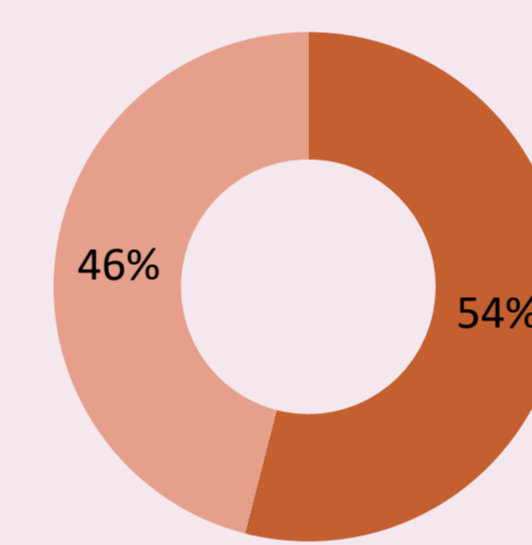


hypertension	51.1%
diabetes	36.2%
Dyslipidemia	12.1%

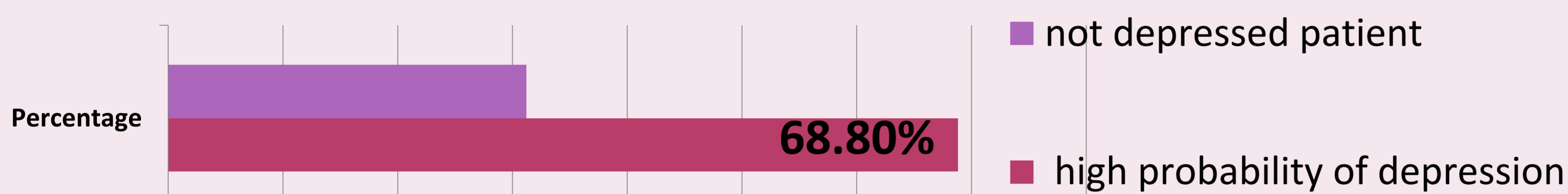
• **Mini Cog test** → to detect cognitive impairment → **54.6%** → **high risk of dementia.**

• **Mini Geriatric Depression Scale** → To detect depression → **68.8%** had high probability of depression

without any significant difference between male and female.



■ High risk of dementia  
■ less risk of dementia



• **Index of independence in activities of daily living (Katz ADL)** → to assess functional status and patients abilities.

To do full function	34%
moderate or severe impairment	67%

• **Sensory perception** → compared to patients of the same age was equivalent or worse in the majority of cases (89.6%).

• **Get up Go test and fall frequency** → to assess mobility and static and dynamic balance → **(70.9%)** of people took greater than **20 seconds** → mobility problems.

• Only **36.2%** had never fallen and **19.9%** was able to stay in one foot for more than 5 seconds.

To take greater than 20 seconds	70.9%
never fallen	36.2%
To be able to stay in one foot for more than 5 seconds	19.9%

• **Mini Nutritional Assessment (MNA)** → Mal nutrition screening → **41.1%** of patients had high probability of malnutrition.

→ It was a **significant correlation** between **nutritional status** and **independence in daily activities.**

## Conclusion and discussion:

Demographic transition is taking place in Tunisia. That's require **well geriatric evaluation to adapt medical needs and social assistance** in order to have Tunisian aged people less depressed, more dependent, with normal nutritional status and without cognitive impairment