



Cognitive decline assessment and its association with dependency among elderly



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Background

As the population of the world ages there will be a larger numbers of people living with **dementia**. Several epidemiological and observational studies suggest that nutritional status, as well as frailty, **disability and dependency**, are **associated** with **cognitive impairment and dementia**.

Our study assessed the cognitive status of our elderly patients and its association with disability

Methods

- It's a **cross-sectional study** conducted at GHdC BELGIUM between January 2018 and march 2018.
- **All old adults aged over 65 who were hospitalised at the geriatric department, were recruited.**
- A standard comprehensive geriatric assessment was conducted at their admission.
- Cognitive status was explored using the Mini Mental State Examination **MMSE test**.
- **Katz Index** of Independence in Activities of Daily living(**ADL**) was used to assess functional status .

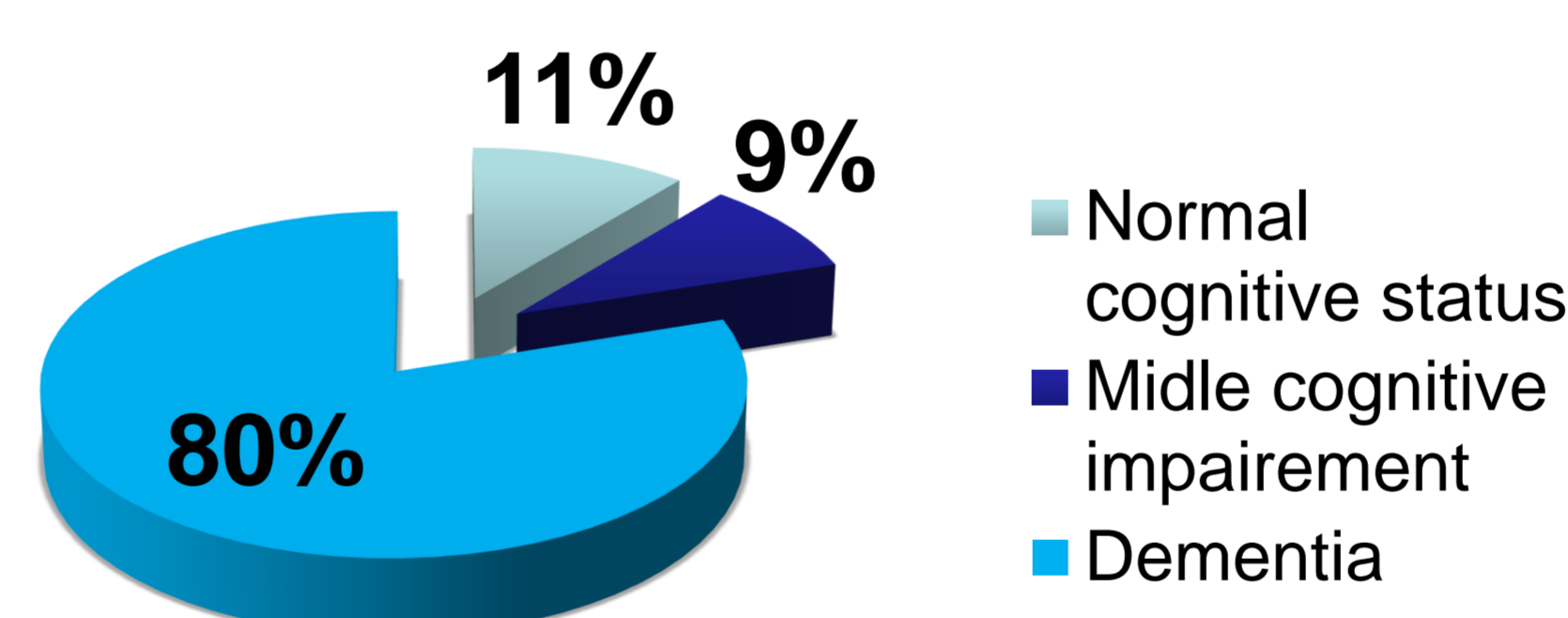
Results

✓ A total of 100 subjects (22% men,78%women) with a mean (SD) age of 85.9 (5.5) years were assessed.

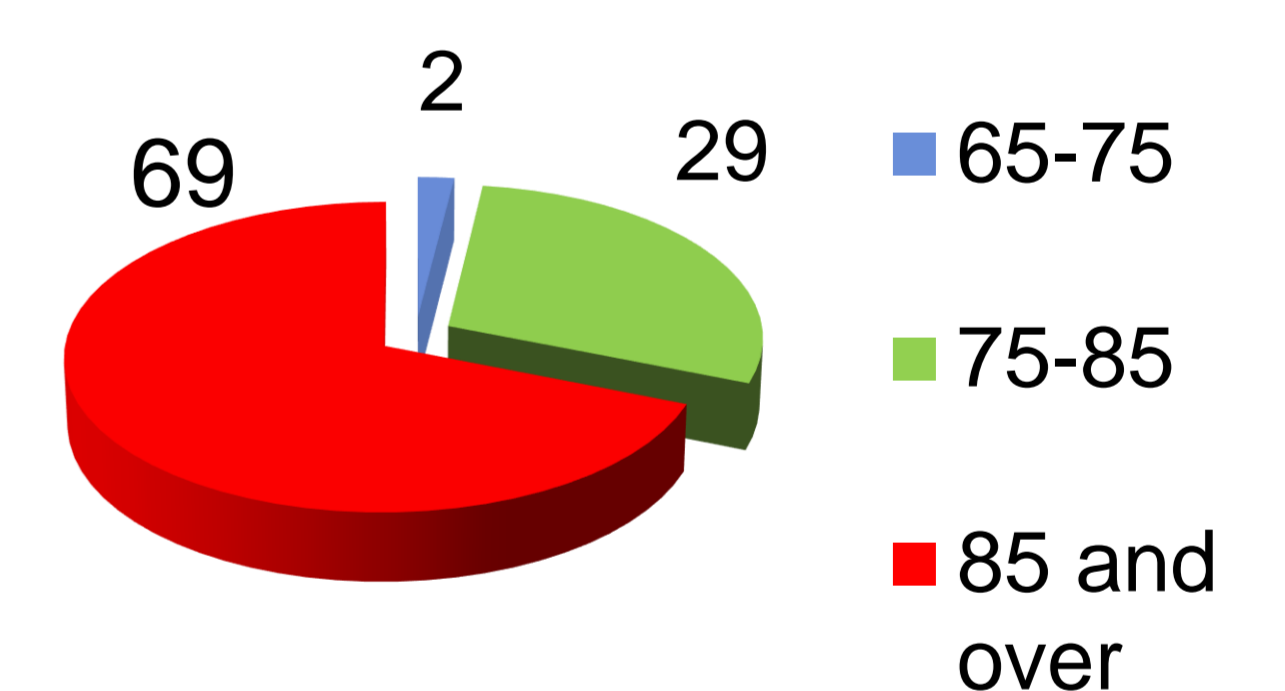
Table1. Clinical characteristics

variables	Dementia n(%)	Mild cognitive impairment n(%)	Normal cognitive status n(%)	P-value
Gender:				
- Female	- 63 (78.7)	- 6 (66.7)	- 9 (81.8)	P=0.673
- Male	- 17 (21.3)	- 3 (33.3)	- 2 (18.2)	
Age:				
- 65 to 74	- 1 (1.2)	- 0 (0)	-1 (9.1)	P=0.478
- 75 to 84	-24 (30)	- 2 (22.2)	- 3 (27.3)	
- 85 and above	- 55 (68.8)	- 7 (77.8)	- 7 (63.6)	
Diabetes	14 (17.5)	2 (22.2)	2 (18.2)	P=0.946
Dyslipidaemias	14 (17.5)	1 (11.1)	2 (18.2)	p=0.974
Hypertension	50 (62.5)	4 (44.4)	6 (54.5)	P=0.535
Functional status:				
- independent (3)	- 3(100)	- 0 (0)	- 0 (0)	P=0.045
- partially dependent(52)	- 47(90.4)	- 3 (5.8)	- 2 (3.8)	
- dependent(45)	- 30(66.7)	- 6 (13.3)	- 9 (20)	

AGE-GENDRE-STANDARDISED COGNITIVE STATUS



PREVALENCE OF ELDERLY BY AGE



- ✓ Among the 80 demented subjects , **40** were already diagnosed as such .
- ✓ The cognitive status did not differ significantly by gender or age. There was also no significant difference in the prevalence of diabetes, hypertension or dyslipidimeas between the groups.
- ✓ **Dependency increased significantly with cognitive decline (p=0,045).**

Conclusion

Our study showed that the standardized prevalence rate of cognitive decline was very high among our population that dementia was highly underdiagnosed: only the half were already diagnosed as such.

Moreover, it showed an association between dependency and cognitive decline.

Promoting dementia screening and optimizing mental health, as well as physical and social health among elderly, is important for maintaining independence and a good quality of life.