

Depression and dependence in seniors

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INTRODUCTION

Aging is often linked to comorbidities, polymedication and high risk of depression usually underdiagnosed . While this phenomenon is considered unavoidable , few diseases such as depression are treatable . Yet , it is still underdiagnosed due to misleading symptoms.

METHOD

We conducted a prospective data collection over the period between 2018 and 2019 including seniors older than 65 years old , selected randomly . Exclusion criteria were altered neurologic status , previous psychiatric disease . We used mini GDS composed of 4 questions to assess the risk of depression and KATS score to evaluate dependant

RESULTS

Overall, 140 patients participate with sex ratio of 0,78 . The age distribution was as follow : a slightly higher than a half (51%) were between 65 and 74 , 35% between 75 and 84 and 14% older than 84 . Around one fifth (21%) had KATS score under or equal to 3 and they were considered totally dependant , 36% showed a score equal or over 6 so we considered them independent while the majority (43%) showed a moderate dependence features with a KATS score between 3,5 and 5,5 44 patients were considered unlikely to have depression symptoms , 56% of them totally independent. Comparatively, the 96 patients left had higher risk of depression and they were distributed as follow: around one fifth were independent, almost a half have mild dependence symptoms while 28 % with higher risk of dependence

CONCLUSION

Mental health issues in seniors should not be considered as a part of normal ageing . A correlation between physical and mental disease exists which makes it crucial for health care givers to assess the risk of depression among elderly experiencing symptoms of dependence