

PLABABLE

GEMS

VERSION 1.7

GERIATRIC



Lasting Power of Attorney

A **legal document** that appoints an individual to **make decision on patient's behalf** regarding **health and financial affairs**

2 Types

Health and welfare

Property and financial affairs

DS1500

A **document** that has medical facts of a **patient with terminal diseases** who **expected to die within 6 months** - allow patient to claim benefit from government if required

Compos mentis

Having control of one's mind = able to make decision

Advance Directive

Advance directive

A living will = **a legal document** where a patient writes the treatment(s) he/she does not want to receive if they become unable to make decision

e.g. *Jehovah's witness usually have advance directive they do not receive blood products*

Example

A patient with end-stage renal disease and does not want hospital admission but die peacefully at home if she become ill.

What document is required?

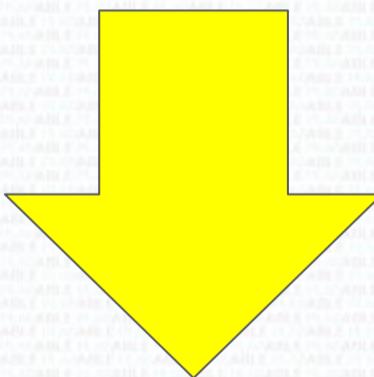
Advance directive is written:

- When patient is **competent**
- When patient is **fully conscious**
- When patient is **able to make decision**
- To be **used when unable to make decision** for any reason

 All healthcare professional are **legally to obliged** with this document

Full Fitness Discharge Assessment

It is a **full fitness assessment** by **multiple team** for patient who has been admitted to hospital, to assess appropriateness for discharge taking into **multiple factors: medical and social**



Medically fit for discharge:

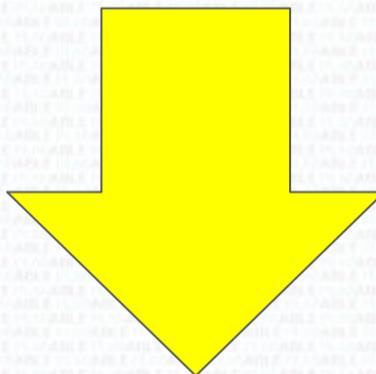
= *a condition that led patient to hospital admission has been treated and no further management is required*

=**DOES NOT** take into patient's other comorbidities, weakness, old age or immobility

Full Fitness Discharge Assessment

Full package assessment:

- To check on patient's **wishes** and **decisions**
- To check on patient's **safety**
- To check on patient's **welfare**
- **Multidisciplinary team** involved e.g. social service, physiotherapist, occupational therapist



Referring to care home / hospice:

- To check on **mental capacity**
- To **gain consent** or next of kin/representatives if no capacity
- To refer to hospice **only with terminal illness**

Delirium In The Elderly

Example:

89 yo male with Hx of prostate cancer, recently developed **confusion, polyuria and incontinence**. Why?



Suspect UTI



Suspect bone metastasis

Investigation

Urine microscopy, culture and sensitivity

Serum calcium

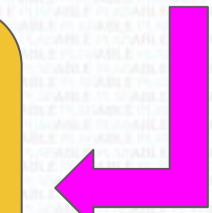
UTI is most common cause of delirium in elderly



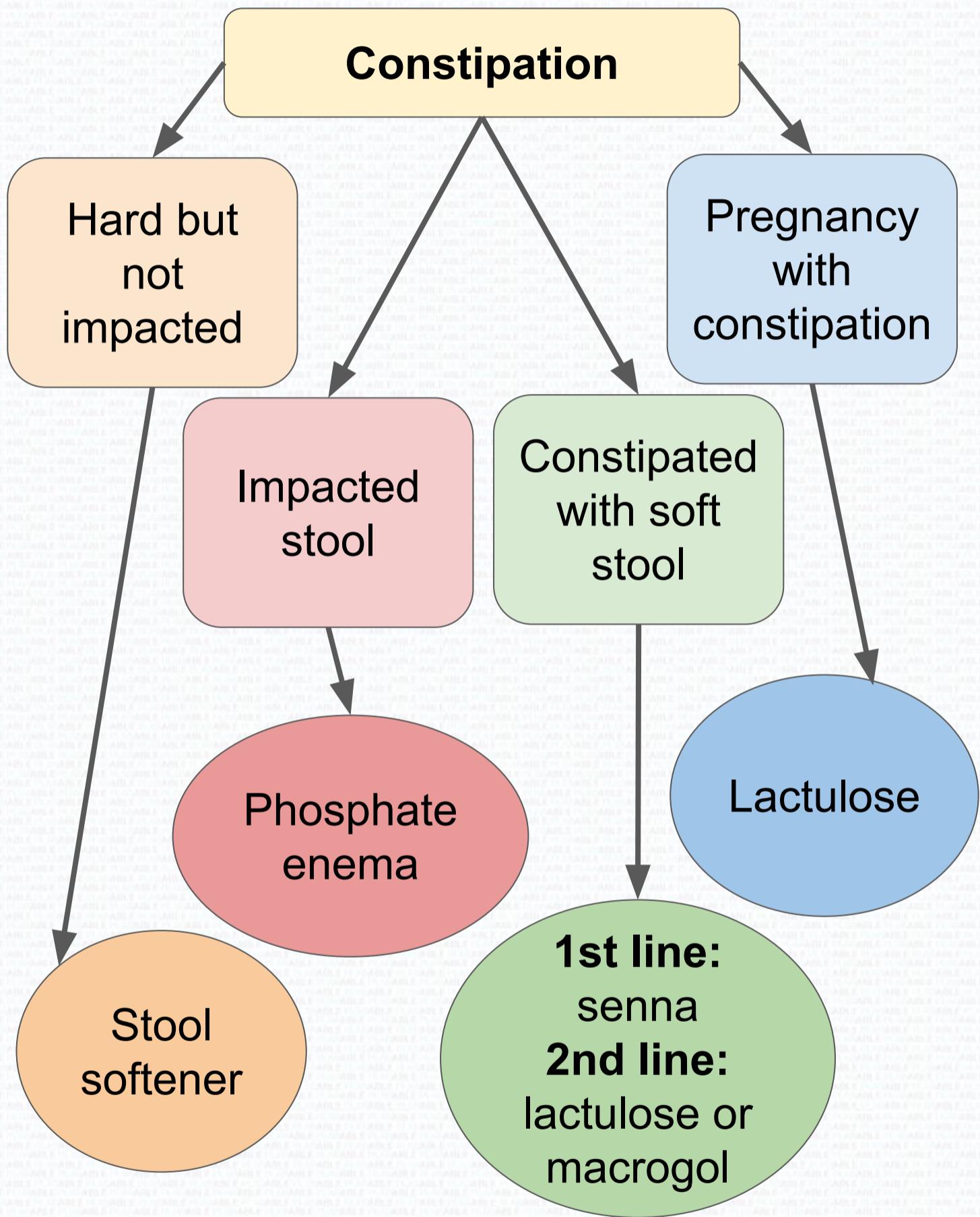
Bone metastasis lead to hypercalcaemia

Hypercalcaemia manifestation:

Thirst, confusion, depression, low mood, kidney stones, abdominal pain, constipation, bone pain



Constipation In The Elderly



Remember !

Keep hydration and high-fibre diet to reduce constipation

Discharge

Brain trainer:

An elderly woman who resides with her son has been medically cleared for discharge and wants to go home. Her son believes it is not safe for her to return home. What is the most appropriate action?

→ Refer the patient for a fitness for discharge assessment

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