What matters to older people in terms of research on maintaining health

Lancaster University C4AR Online Town & Gown Event

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Interdisciplinary collaboration

• Determinants of wellbeing & health

• Ageing research

• Service development

• Part time PhD student

Ruth Simmons

when you encounter difference, you get to do all kinds of things that prompt your thinking about that difference
Multiple Conditions in Later Life
Priority Setting Partnership

What would benefit my patients?

What’s important to carers?

What research would I prioritise?
Older people stated they suffered with problems in the following areas:

<table>
<thead>
<tr>
<th>Problem</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vision problems</td>
<td>11%</td>
</tr>
<tr>
<td>Hearing problems</td>
<td>14%</td>
</tr>
<tr>
<td>Mobility problems</td>
<td>22%</td>
</tr>
<tr>
<td>Dexterity</td>
<td>13%</td>
</tr>
<tr>
<td>Understanding/Concentrating</td>
<td>3%</td>
</tr>
<tr>
<td>Memory</td>
<td>9%</td>
</tr>
<tr>
<td>Mental Health</td>
<td>1%</td>
</tr>
<tr>
<td>Fatigue</td>
<td>20%</td>
</tr>
<tr>
<td>Breathlessness</td>
<td>8%</td>
</tr>
<tr>
<td>Bladder problems</td>
<td>15%</td>
</tr>
<tr>
<td>Bowel</td>
<td>10%</td>
</tr>
<tr>
<td>Social Life</td>
<td>10%</td>
</tr>
<tr>
<td>Pain</td>
<td>16%</td>
</tr>
<tr>
<td>Falls</td>
<td>7%</td>
</tr>
<tr>
<td>Dizziness</td>
<td>3%</td>
</tr>
<tr>
<td>Speaking</td>
<td>2%</td>
</tr>
<tr>
<td>Eating/Drinking</td>
<td>7%</td>
</tr>
</tbody>
</table>
Standard set of health outcome measures for older persons

Asangaedem Akpan 1, Charlotte Roberts 2,3, Karen Bandeen-Roche 4, Barbara Batty 5, Claudia Bausewein 6, Diane Bell 7, David Bramley 8, Julie Bynum 9, Ian D. Cameron 10, Liang-Kung Chen 11,13, Anne Ekdahl 13, Arnold Fertig 14, Tom Gentry 15, Marleen Harkes 16, Donna Haslehurst 17, Jonathon Hope 12, Diana Rodriguez Hurtado 18, Helen Lyndon 9, Joanne Lynn 19, Mike Martin 20, Ruth Isdell 15, Francesco Mattace Raso 21, Sheila Shaibu 22, Jenny Shand 23, Cathie Sherrington 24, Samir Sinha 25,26, Gill Turner 27, Nienke De Vries 28, George Jia-Chyi Yi 29, John Young 28,30, and Jay Banerjee 31

REFERENCE

Akpan et al. BMC Geriatrics (2018) 18:36
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BMC Geriatrics
• Trust in medical professionals / Vulnerability in hospital
• Polypharmacy
• Discharge Planning & Co-Ordination of Care at Home
• Taking responsibility for your own health
• Autonomy / Falls

• Poster abstract November 2019 British Geriatrics Society Autumn Meeting, Leicester
• Kathryn S Tipping 5th year medical student, UoL
Aligning the various agendas....

• Mobility
  - Exercise therapy
  - Falls

• Fatigue
  - Social isolation
  - Psychological wellbeing

• Pain
  - Independent living
  - Carer wellbeing

• Bladder problems

• Hearing

• Dexterity

• Vision

• Bowels

• Social life

• Memory
  - Integrated care
  - Prevention of multiple chronic conditions
  - Frailty
  - Comprehensive Geriatric Assessment

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