

# The Frail and The Elderly: What Can We Do To Support Them In Asia?

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No conflict of interest to declare

Who is looking after the elderly?

# Growing old: Should you be worried?

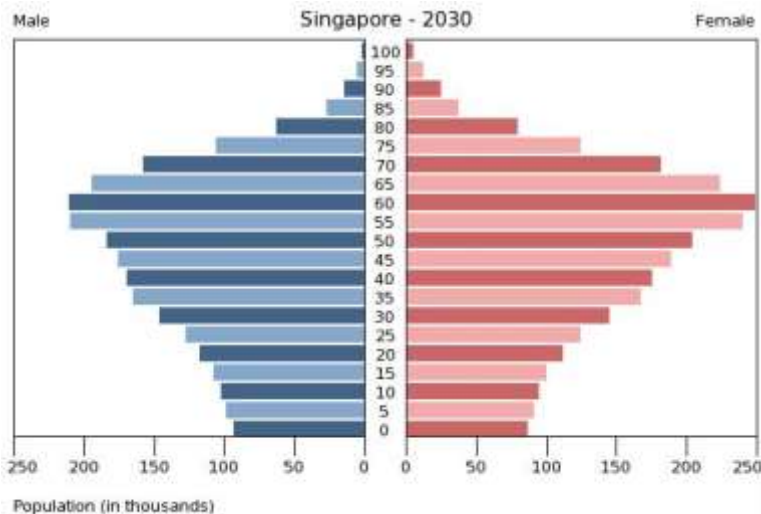


EDSNEY IMAGES PHOTODISC ILLUSTRATION, PETER WILLIAMS, ONG WEE JIN, ALPHONSES CHERN, HO SOR LIAM

# The Aging Population

“ Based on trends, if we project into 2050, even with immigration, the population pyramid will be inverted...

We are going to be growing old faster than any society in the world.”

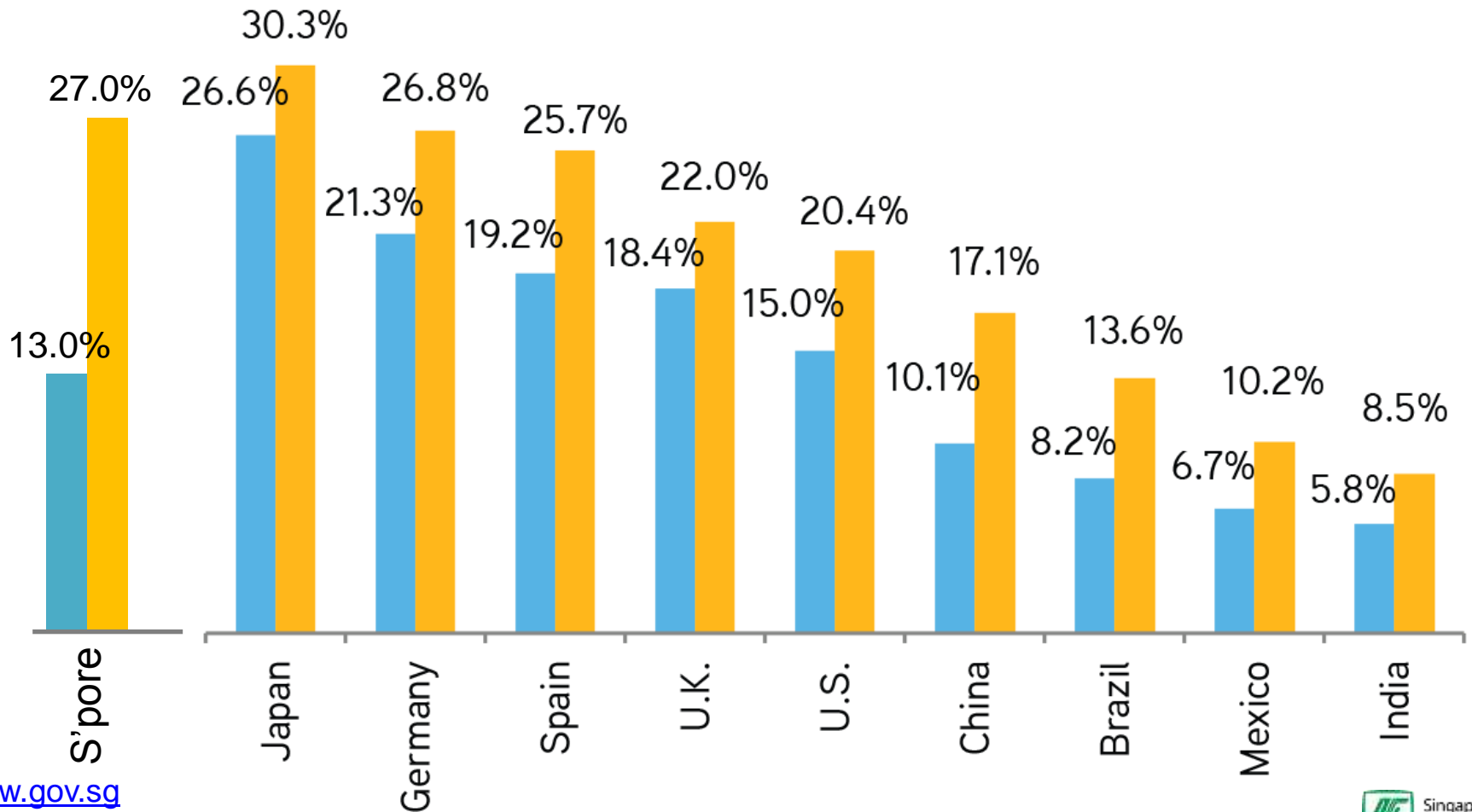


Prime Minister Lee Hsien Loong  
7<sup>th</sup> Annual Ho Rih Kwa Lecture, 2015

# The Aging Population

Over 65 Years Proportion of the Population by Country

■ 2016 ■ 2030



# Geriatric Nephrology

- The dialysis patients will rely on their Nephrology Team for most or all of their care
- Many common geriatric conditions impact on nephrology care

Visual impairment

Hearing impairment

Malnutrition/weight loss

Urinary incontinence

Balance/gait impairment/falls

Polypharmacy

Cognitive impairment

Affective disorders

Functional limitations

Lack of social support

Economic hardship

Home environment/safety

# Geriatric Nephrology



# Outline

- Patient Centred Care
- Rehabilitation
- Integrated Care
- Supporting Care Givers
- The Elephant



# Outline

- **Patient Centred Care**
- Rehabilitation
- Integrated Care
- Supporting Care Givers
- The Elephant

# Disease Based Approach to Care

- Based on understanding of underlying biological mechanisms and population-based patterns of disease
- Limitations
  - Patients often have >1 comorbid condition and treatments may have diverse effects on each of these conditions
  - Not all outcomes can be linked to a single underlying disease process
  - Patients may place different values on a given outcome
  - The evidence supporting clinical practice guidelines may not be relevant to all group of patients

# Patient Centred Care

- Key Tenets of Patient Centred Care
  - Patients are experts in their values and experience of illness
  - Evidence should be considered in the context of the individual patient and should guide rather than dictate care.
  - Providers use their expertise to make recommendations based on their knowledge of the evidence and what is important to each patient.

# Patient Centred Care



# Patient Centred Care

Tong *et al. Trials* (2015) 16:364  
DOI 10.1186/s13063-015-0895-7



**STUDY PROTOCOL**

**Open Access**

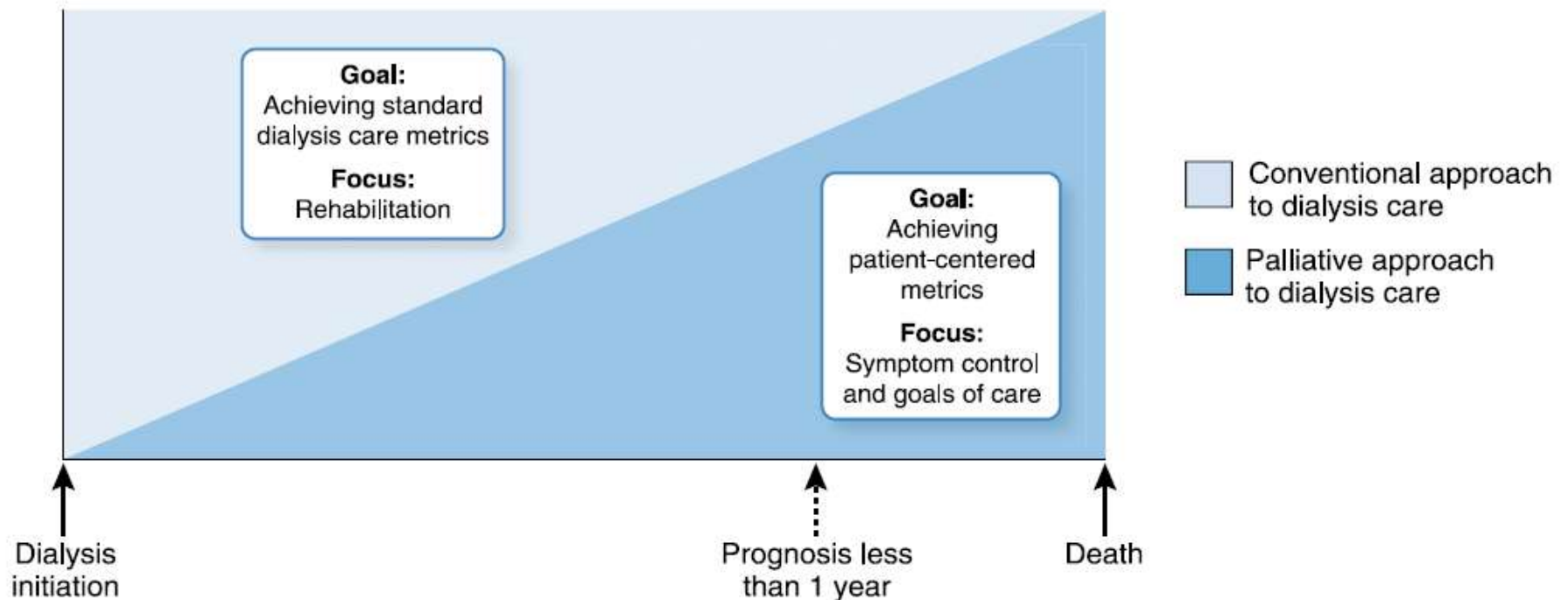
## Standardised outcomes in nephrology – Haemodialysis (SONG-HD): study protocol for establishing a core outcome set in haemodialysis



Allison Tong<sup>1,2\*</sup>, Braden Manns<sup>3</sup>, Brenda Hemmelgarn<sup>3</sup>, David C. Wheeler<sup>4</sup>, Peter Tugwell<sup>5</sup>,  
Wolfgang C. Winkelmayr<sup>6</sup>, Wim van Biesen<sup>7</sup>, Sally Crowe<sup>8</sup>, Peter G. Kerr<sup>9</sup>, Kevan R. Polkinghorne<sup>9,10</sup>,  
Kirsten Howard<sup>11</sup>, Carol Pollock<sup>12</sup>, Carmel M. Hawley<sup>13,14,15</sup>, David W. Johnson<sup>13,14,15</sup>, Stephen P. McDonald<sup>16,17</sup>,  
Martin P. Gallagher<sup>18,19</sup>, Rachel Urquhart-Secord<sup>1,2</sup>, Jonathan C. Craig<sup>1,2</sup> and on behalf of the SONG-HD  
Collaboration

# Patient Centred Care

- Consider if all targets in current clinical guidelines should be applied to this individual
- Should a palliative approach to care be adopted



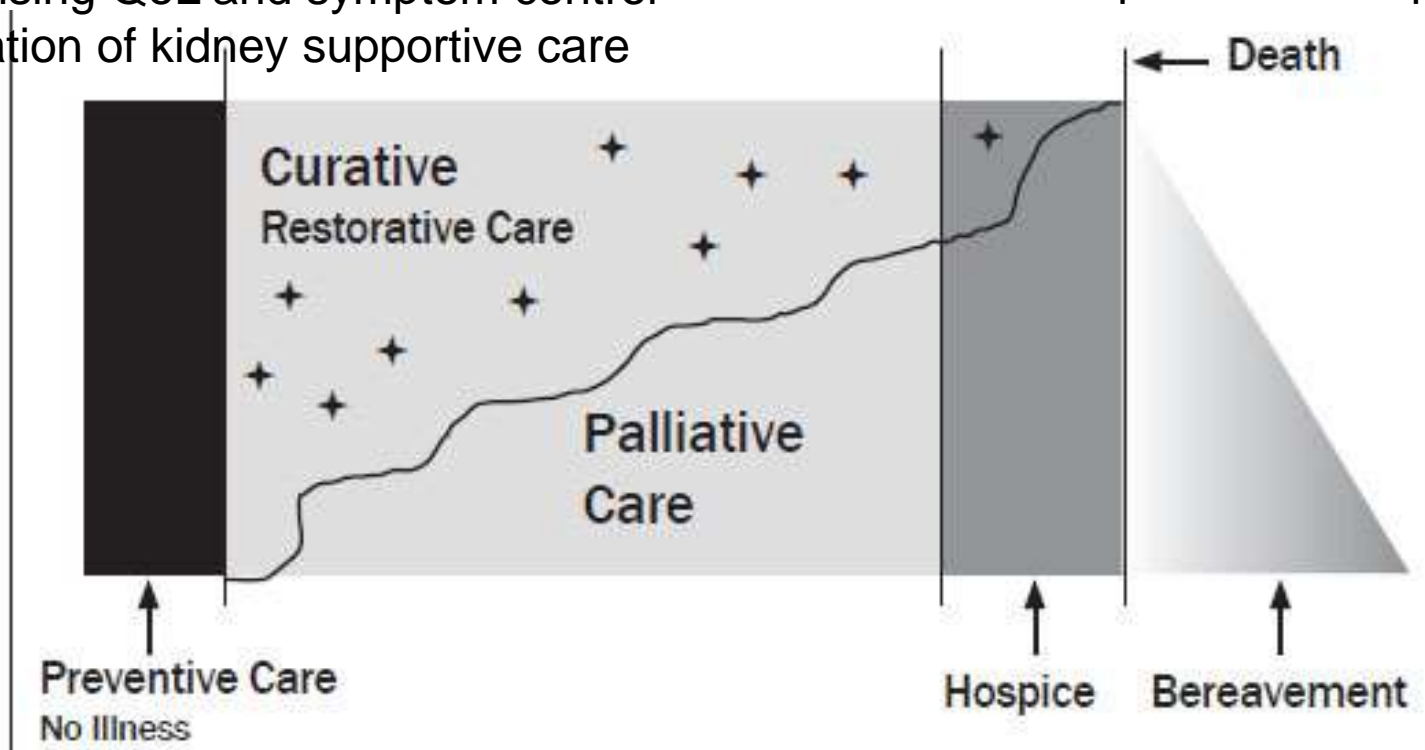
# Patient Centred Care – Dialysis

## Patient-Centred Dialysis

- Align treatment with patient preferences
- Survival and long-term health outcomes are balanced with maximising QoL and symptom control
- Integration of kidney supportive care

## Palliative Dialysis

- Align treatment with patient preferences
- Maximising QoL, Symptom control
- Advance care planning for end of life care become paramount importance



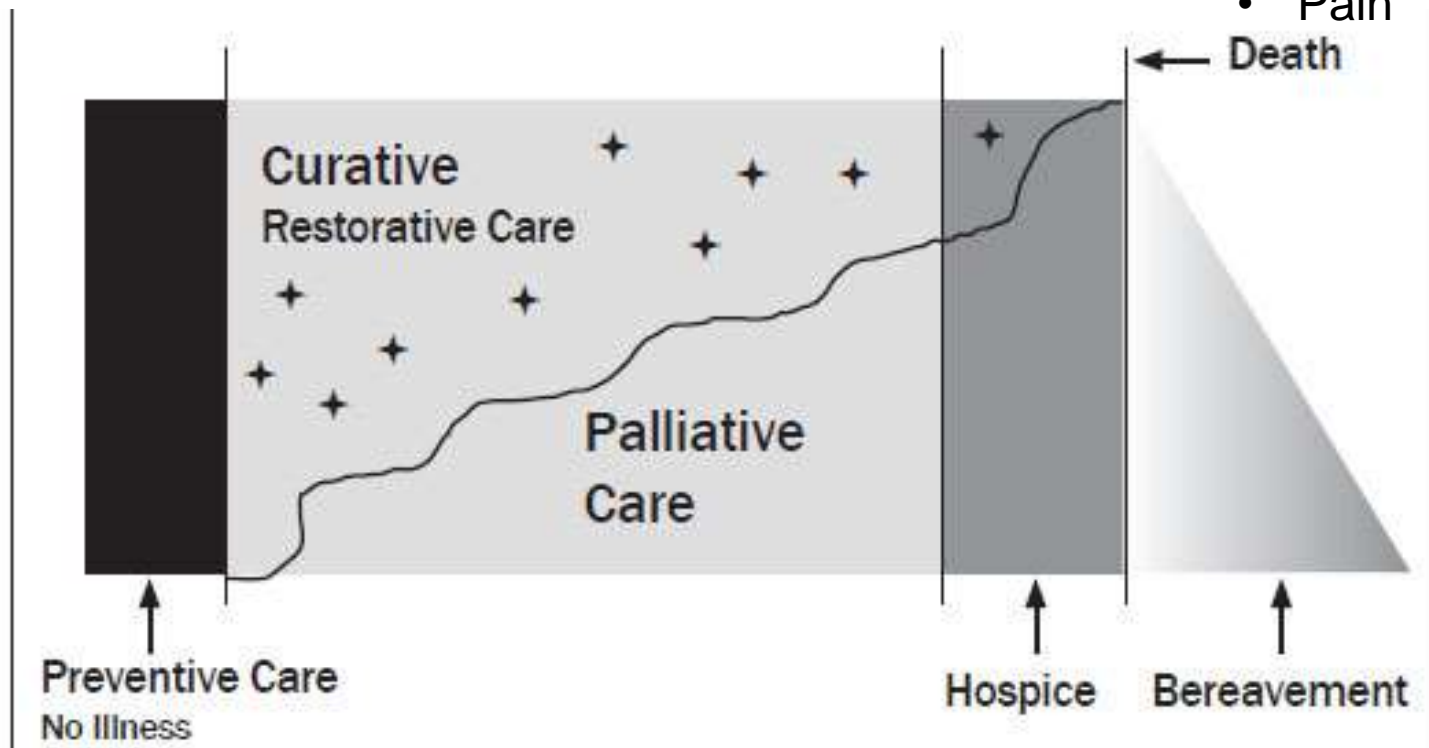
# Patient Centred Care – Renal Supportive Care

## No different from usual CKD Care

- ESA to maintain Hb
- Dietary control of potassium, phosphate, sodium, fluid
- Blood pressure

## Control of symptoms

- Nausea & vomiting
  - Lack of energy
  - Itch
- Dyspnoea
- Pain



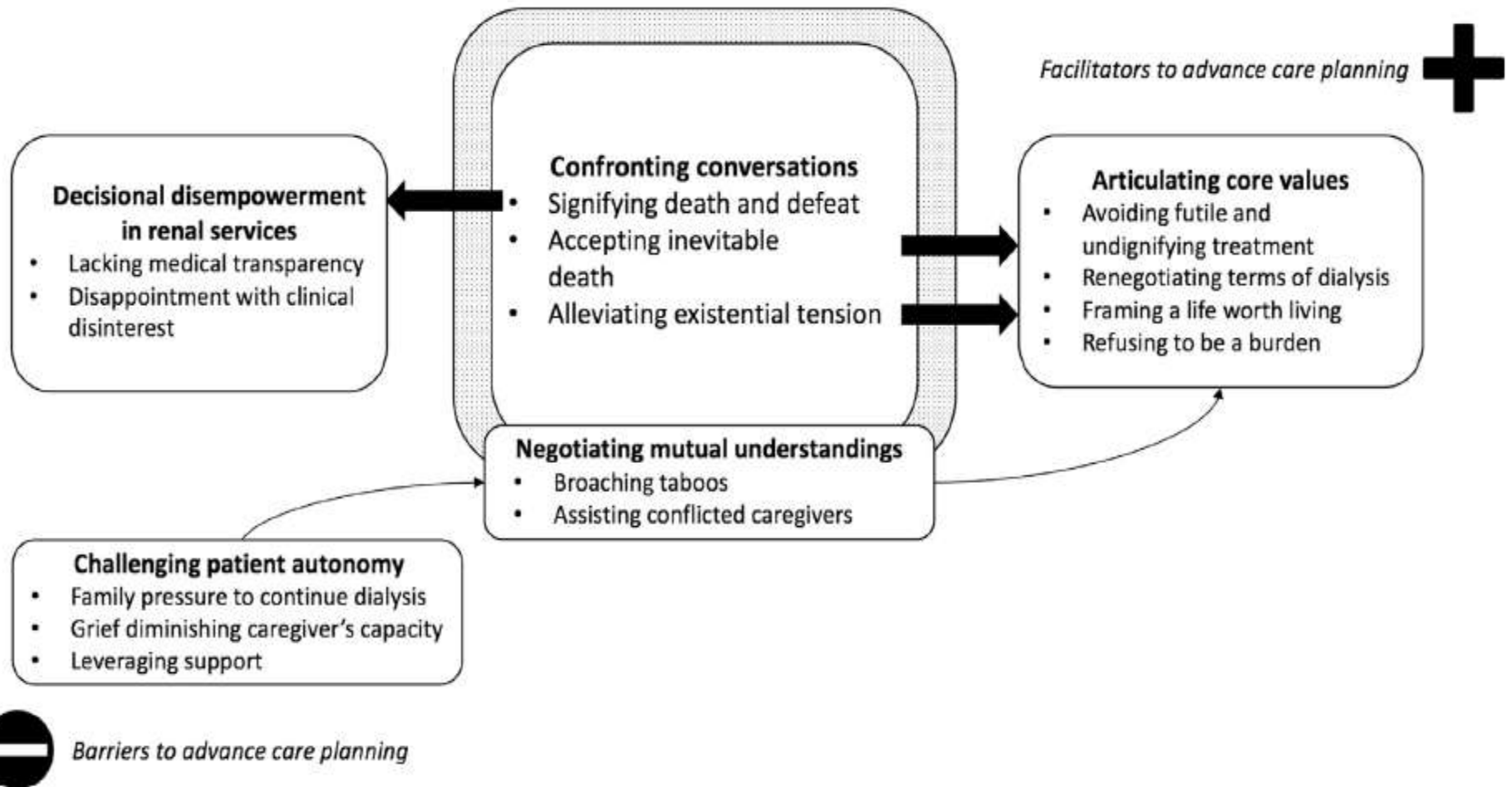


# Advance Care Planning

- Advance Care Planning (ACP) is the process of planning for your future health and personal care.
- Having an ACP conversation with loved ones allows the individual to:
  - Share personal values and beliefs
  - Explore how personal values and beliefs affects healthcare preferences in difficult medical situations
  - Think about who among loved ones can be the individual's voice if one become very ill one day



# Advance Care Planning



# Outline

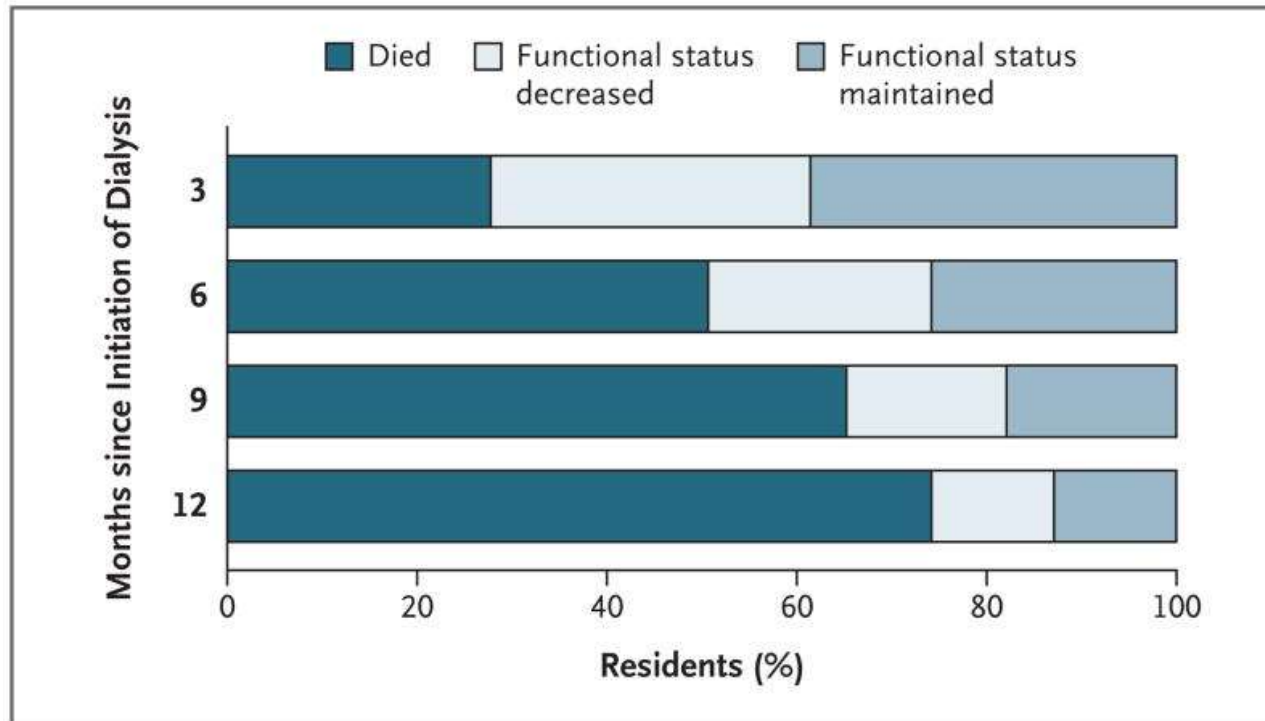
- Patient Centred Care
- **Rehabilitation**
- Integrated Care
- Supporting Care Givers
- The Elephant

# Rehabilitation

- Chronic kidney disease is associated with functional impairment and frailty
- Functional impairment and frailty are associated with quality of life and survival outcomes

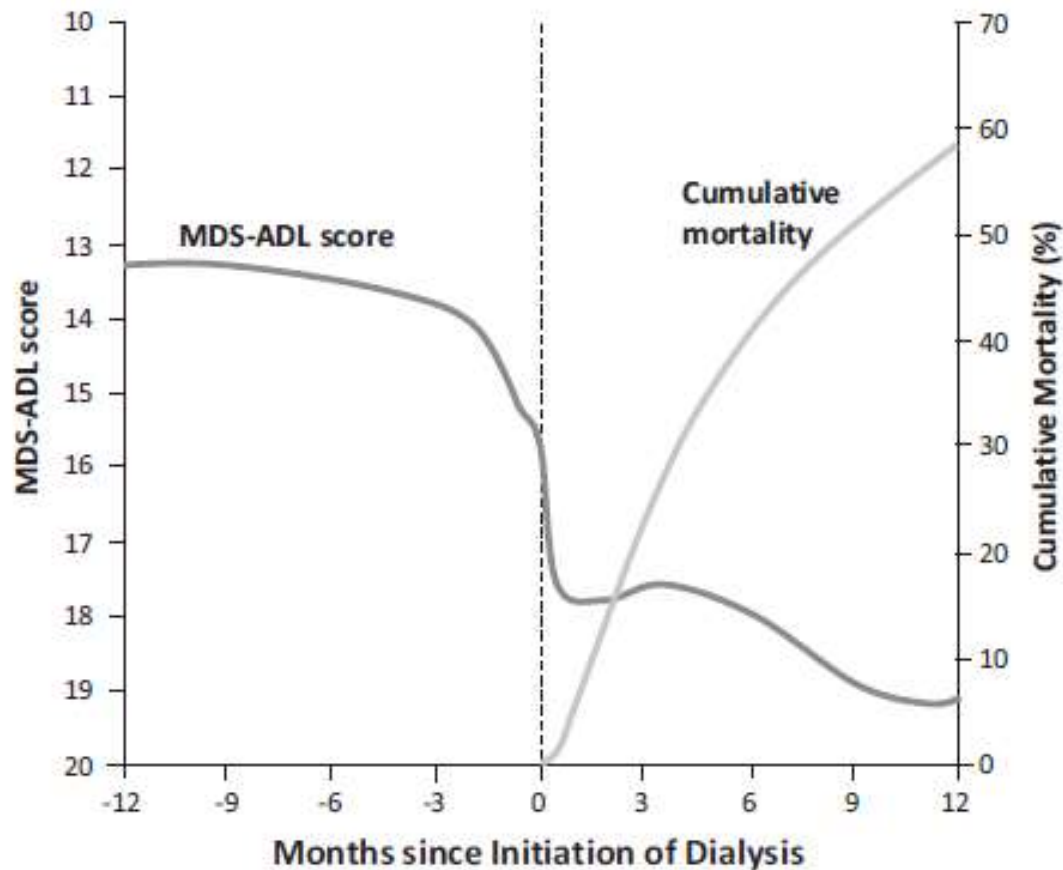
# Rehabilitation

- Dialysis patients have a high burden of dependency and disability.
- Many see a decline in function upon initiation of dialysis



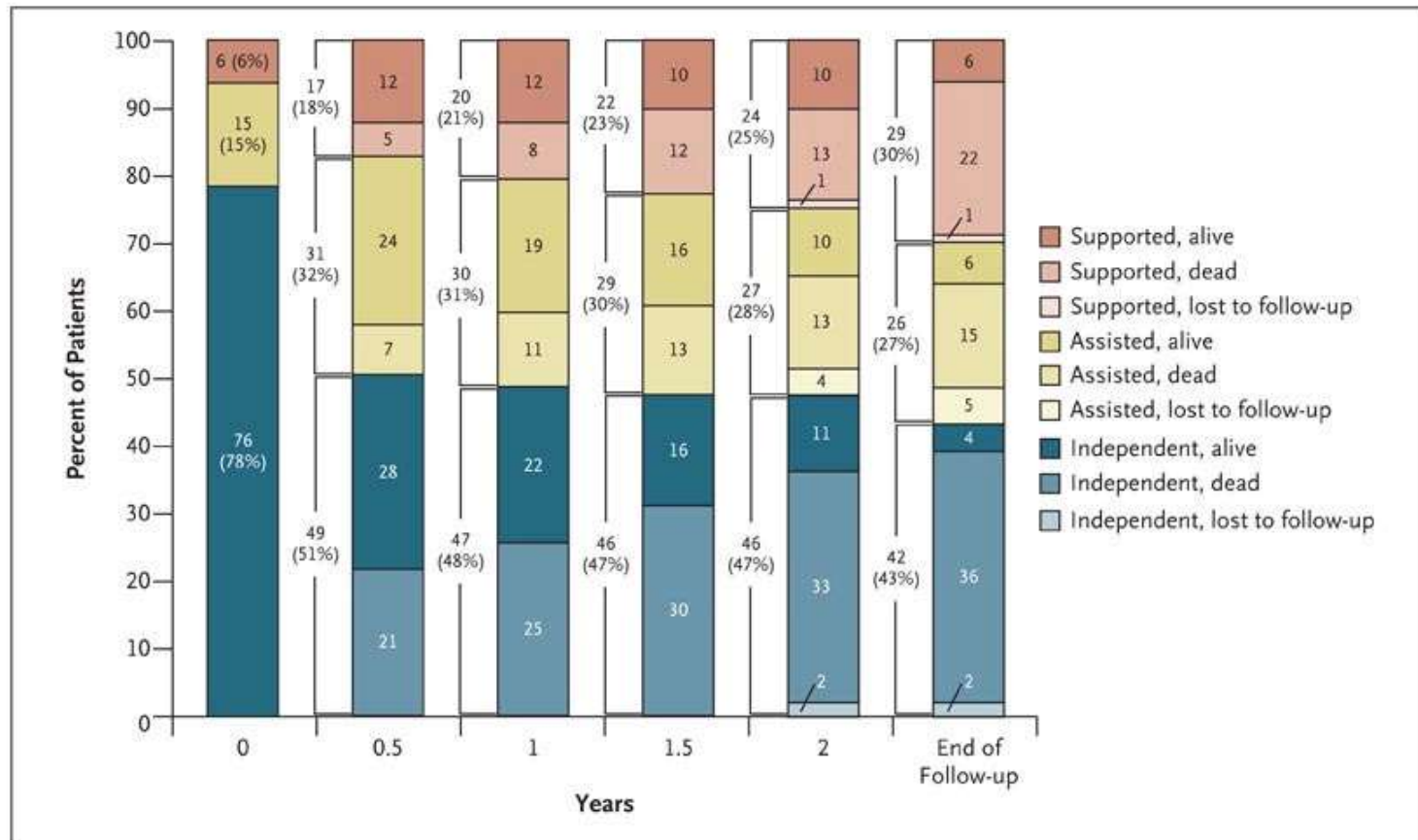
# Rehabilitation

- This correlates with increasing mortality

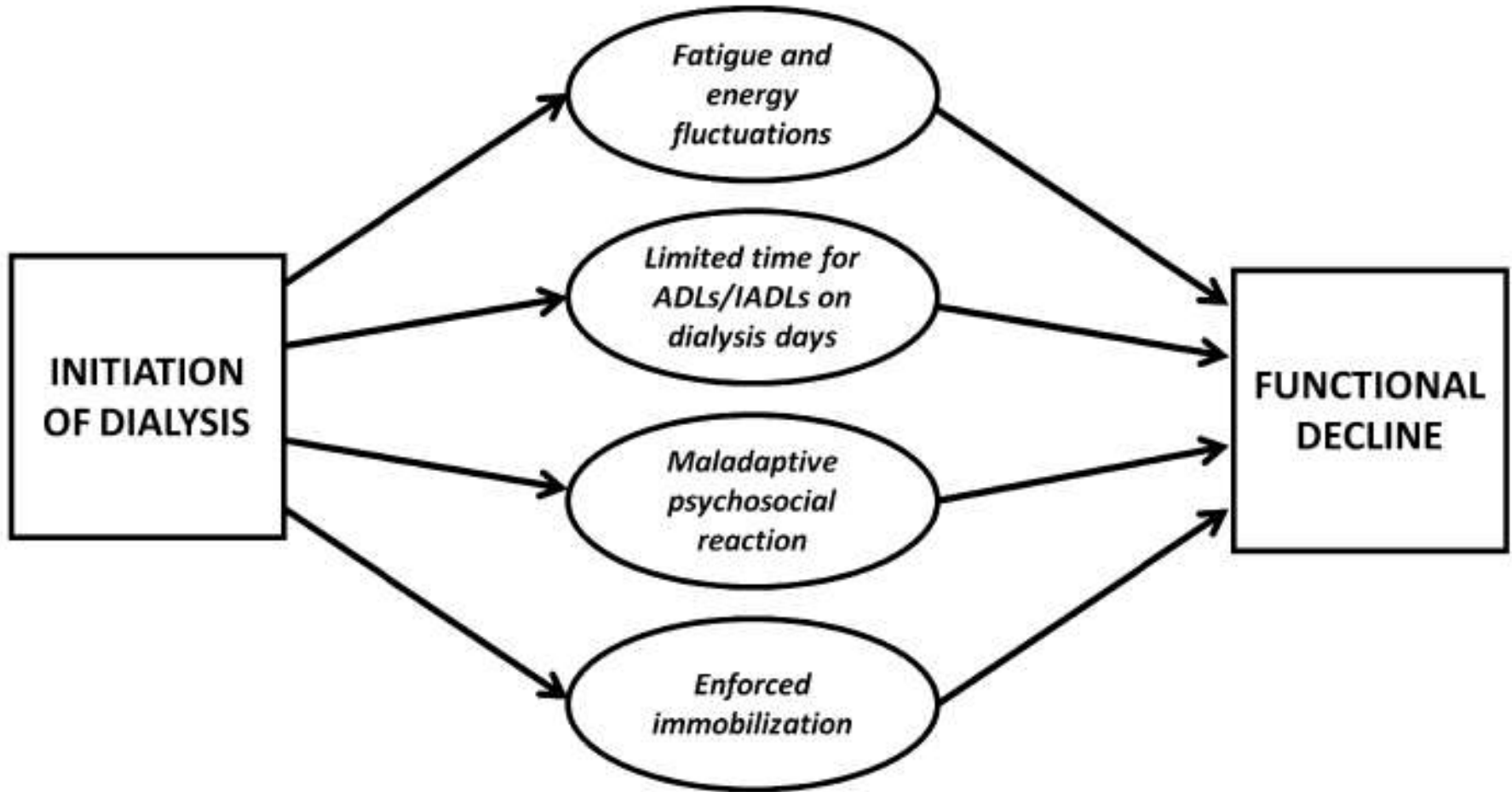


# Rehabilitation

- Regardless of their pre-morbid function.



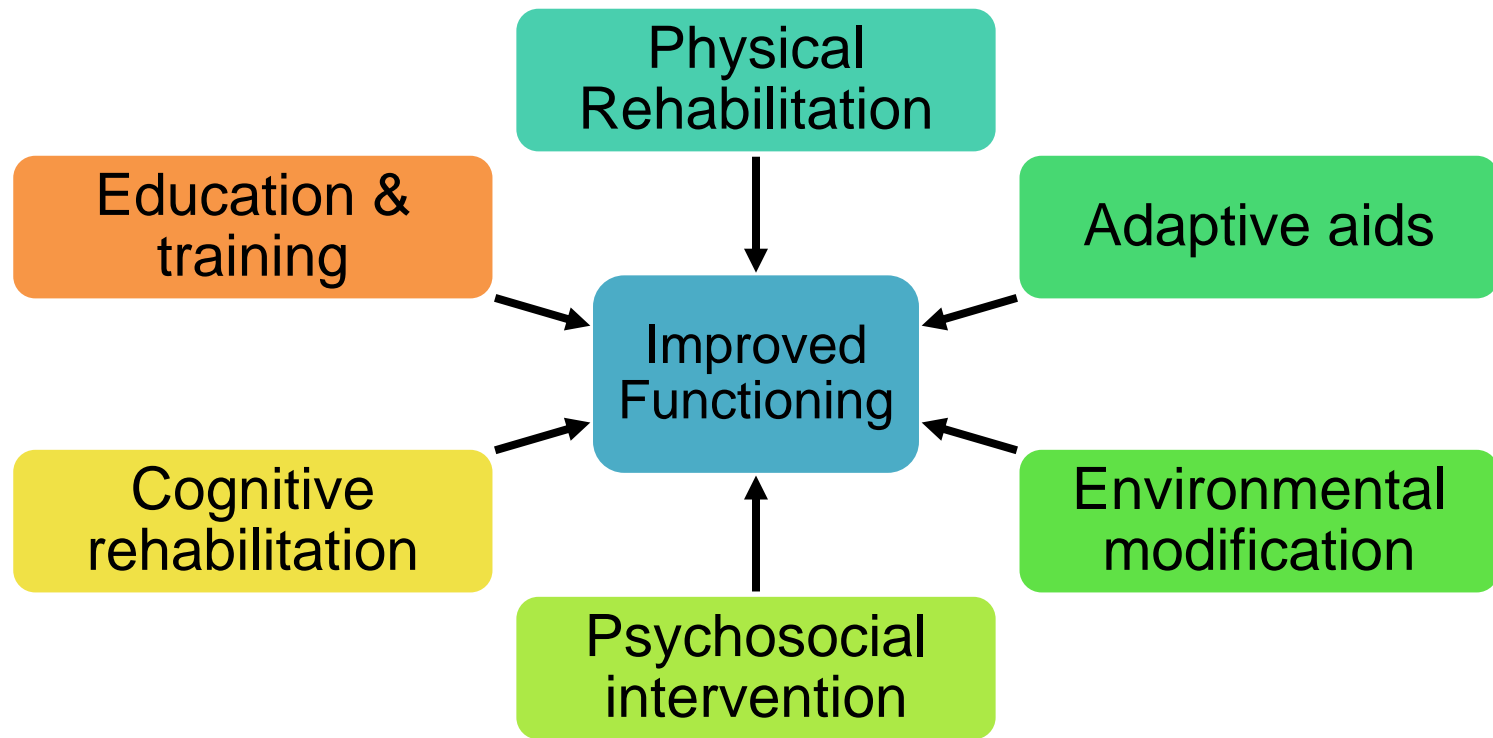
# Rehabilitation



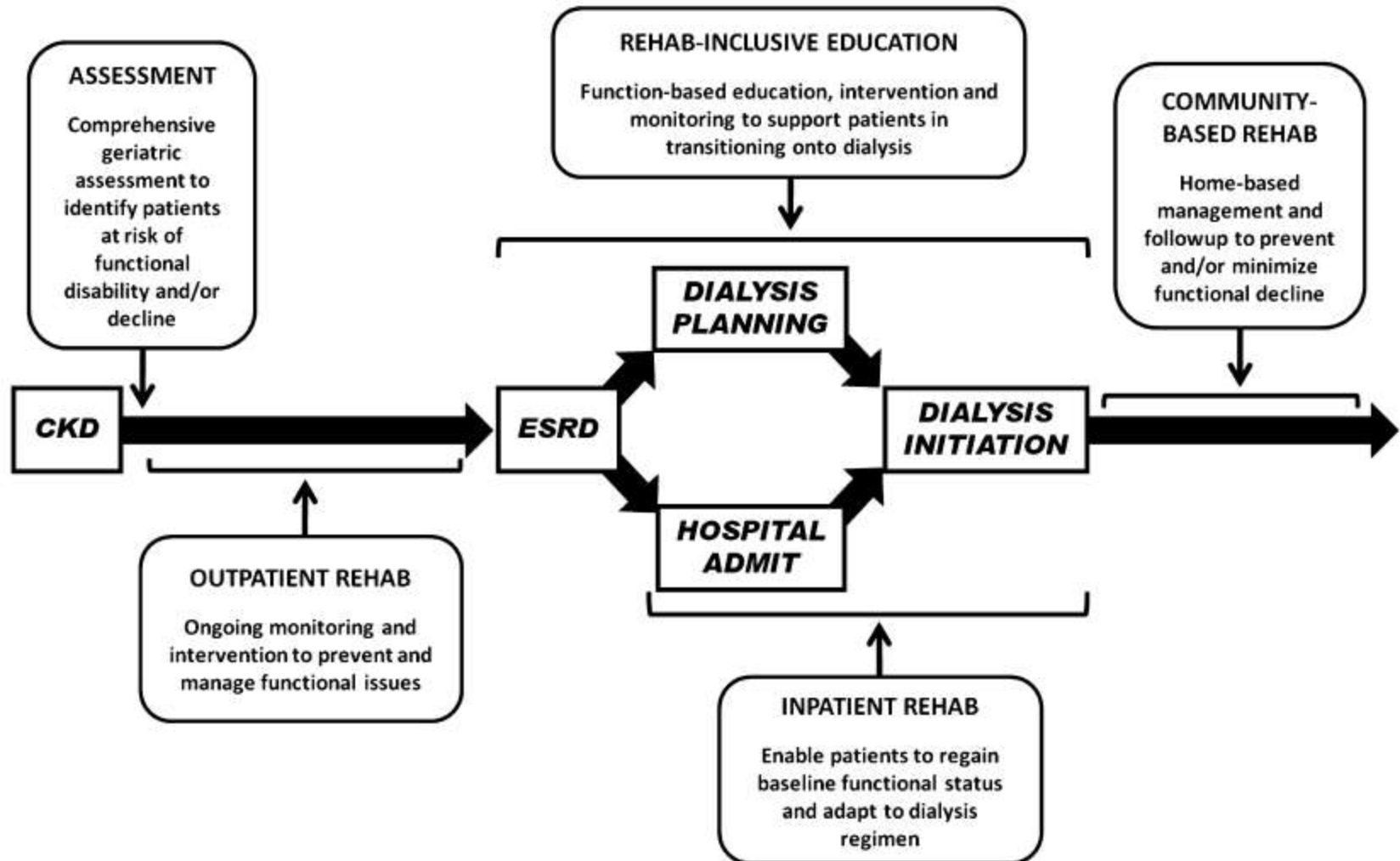


# Rehabilitation

- Recent onset dependence and disability may be reversed through targeted rehabilitation programs



# Rehabilitation



# Rehabilitation

- Comparable outcomes to non-dialysis patients
- Reduce
  - Admission to Nursing Homes
  - Risk of death
- Improve
  - Physical function & independence
  - Psychosocial well-being
  - Health related outcomes

# Rehabilitation

- Rehabilitation outcomes are improved if Nephrologists work in conjunction with rehabilitation team
  - Dialysis scheduling
  - Nutrition and ultrafiltration
  - Rationalisation of medication
  - Assessment during dialysis
  - Avoiding the “Sick Role”

# Outline

- Patient Centred Care
- Rehabilitation
- **Integrated Care**
- Supporting Care Givers
- The Elephant

# Integrated Care

- Multidisciplinary Clinic
  - Team members: Physician, Nurse, Care Coordinator & Counsellor, Occupation & Physiotherapist, Dietitian, Pharmacist, Social worker
- Challenge the current concepts of location
  - Going to the community
  - Tele-consultation

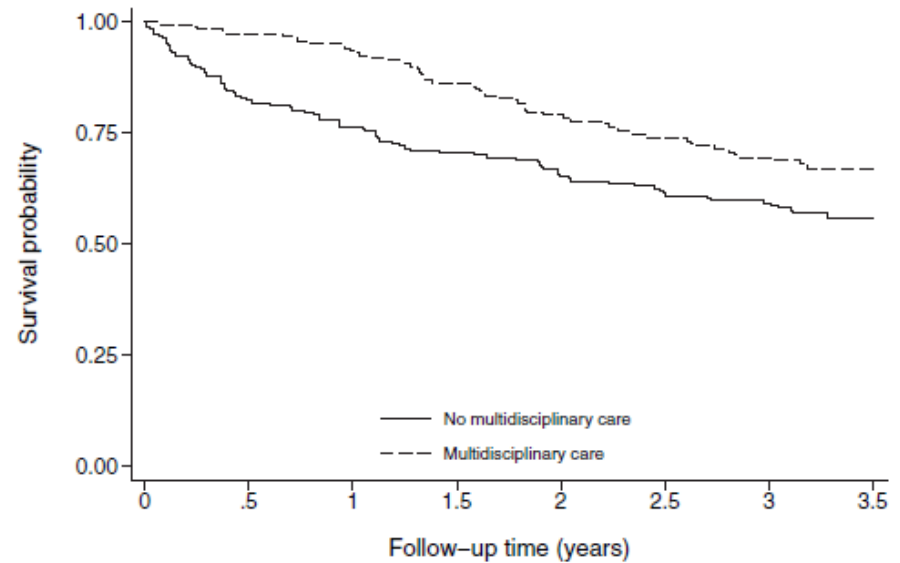
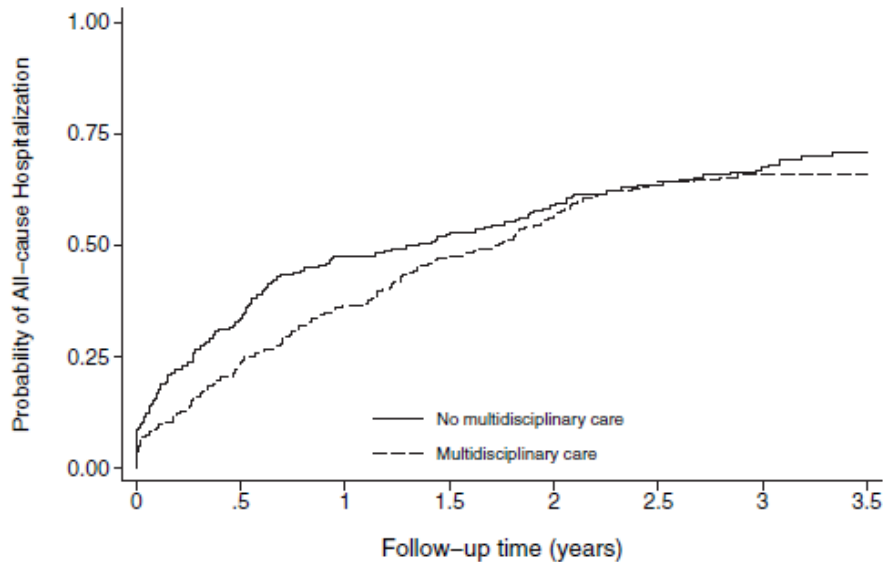


# Multidisciplinary Clinics

- May lower all-cause mortality
- May lower risk of starting dialysis and lower risk of temporal catheterisation for dialysis.
- May not decrease hospitalisation or increase peritoneal dialysis uptake
- May be cost effective by reducing hospitalizations, emergent start and need for renal replacement therapy

# Multidisciplinary Clinics

- May reduce mortality in elderly ( $\geq 66$  years) with CKD ( $\geq$ stage 3)





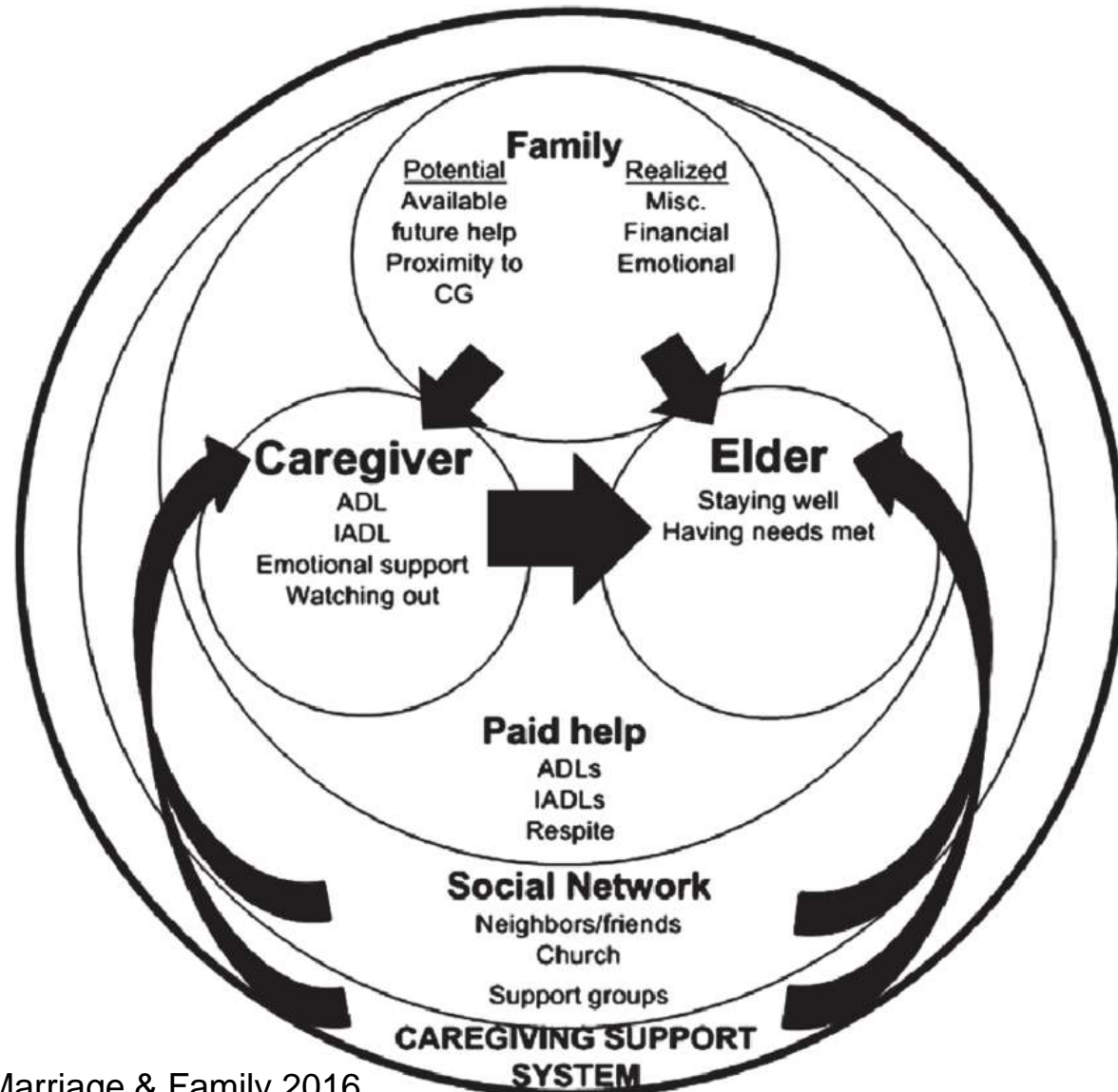
# Integrated Care

- Dialysis centres with additional facilities
  - Care giver training and respite
  - Rehabilitation
  - Primary medical care
- Centres which have dialysis support
  - Mental Health Hospitals
  - Nursing Homes
  - Day Care Centres
  - Polyclinics

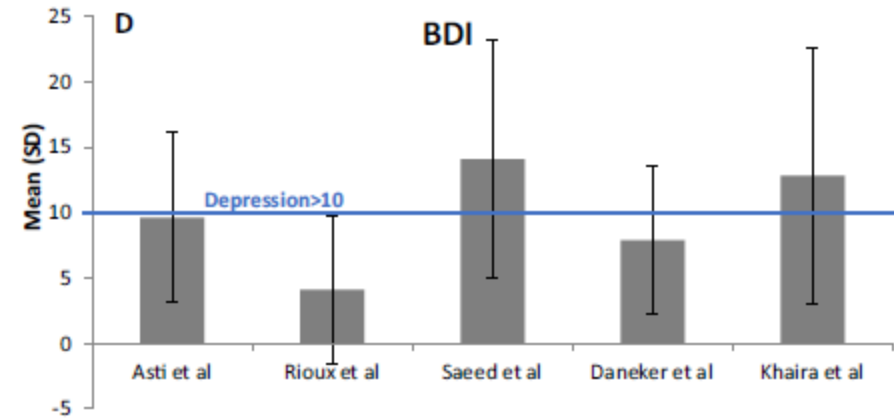
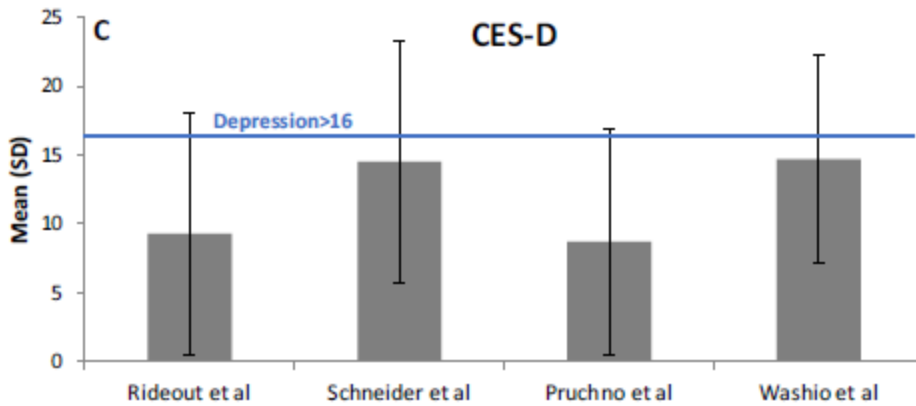
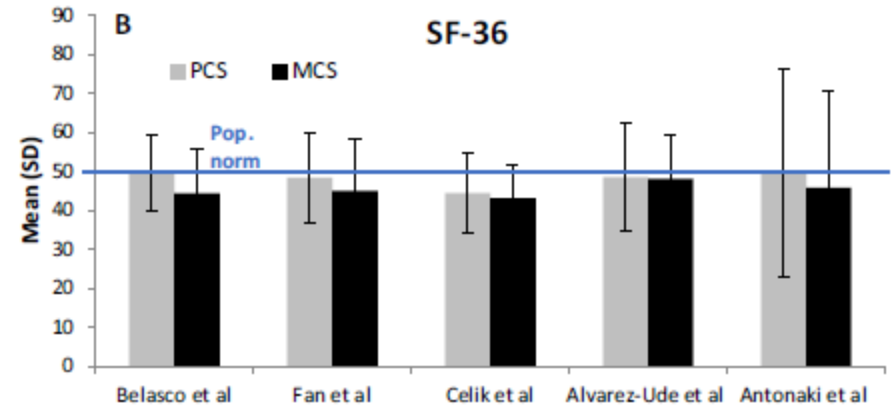
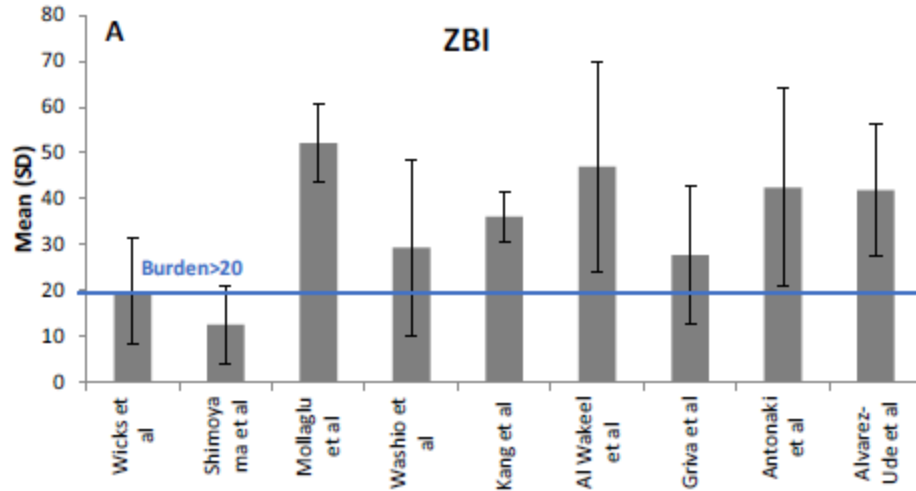
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# Supporting Care Givers



# Supporting Care Givers



# Supporting Care Givers

Setting	Population	Intervention	Outcomes assessed/endpoint	Results
Single centre, India	30 caregivers of adult HD patients	Information booklet	Post-test difference in knowledge score	Overall knowledge score improved.
Single centre, Spain	95 caregivers of adult (53 HD, 42 PD) patients	Oral and written information delivered by nurses	Post-test difference in four domains of knowledge, caregiving load	Knowledge increased in all four domains
Single centre, Spain	135 caregivers paediatric Tx patients	Information booklet	Knowledge, self-confidence	Clarified doubts, diminished stress and fear, facilitated adaptation

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# Old and frail, and taking care of an elderly loved one



According to a new study, nearly half of all caregivers are aged 55 and older. PHOTO: ST FILE

PUBLISHED SEP 12, 2017, 5:00 AM SGT



Singapore

## Hiring untrained maids to take care of frail, sick elderly may not be safe or sustainable: Experts

Those ill-prepared to take care of ailing elderly folk could be at risk of feeling burnt out, experts say.



An elderly woman in a wheelchair, pushed by her caregiver. (Photo: Gaya Chandramohan)

By **Jalelah Abu Baker**

21 Apr 2019 06:20AM

(Updated: 21 Apr 2019 10:37AM)

# CAREGIVER SUPPORT

Provide caregivers with accessible care options by expanding capacity for aged care services

Defray costs of caregiving with subsidies and grants



## Workplace Support

- Work-Life Grant (WLG) to encourage flexible work arrangements
- **NEW!** MOM is exploring increases to the WLG budget
- Tripartite Standard (TS) on Flexible Work Arrangements; TS on Unpaid Leave for Unexpected Care Needs
- Adapt and Grow initiative to provide employment facilitation and support for jobseekers



## Care Navigation

- **NEW!** 4 more AICare Links in the community for information and referral, up from existing 8
- Singapore Silver Pages ([www.silverpages.sg](http://www.silverpages.sg)) and Singapore Silver Line (1800-650-6060) for one-stop information and resources
- **NEW!** Digital platforms to facilitate access to services/healthcare items and end-of-life planning



## Financial Support

- Seniors' Mobility and Enabling Fund to defray costs of assistive devices and home healthcare items
- Caregivers Training Grant (\$200/yr) to equip caregivers with skills
- Foreign Domestic Worker (FDW) concessionary levy rate of \$60/mth
- **NEW!** Home Caregiving Grant (\$200/mth) to defray caregiving expenses (replaces current FDW Grant of \$120/mth)
- **NEW!** Expand use of MediSave to pay for sibling's healthcare expenses



## Caregiver Respite Services

- Respite services at senior care centres and nursing homes
- **NEW!** Pre-enrolment pilot for respite services to shorten activation time
- **NEW!** Night respite pilot for caregivers of clients with dementia
- **NEW!** Home-based respite for caregivers of end-of-life cancer patients



## Caregiver Empowerment & Training

- **NEW!** Evolve community outreach teams to support caregivers' socio-emotional needs
- **NEW!** More peer support networks in Dementia-Friendly Communities and community support for caregivers
- **NEW!** Standardised Caregiver Training Courses based on seniors' mobility condition, and early training for FDWs



For more information, visit [www.moh.gov.sg/caregiver-support](http://www.moh.gov.sg/caregiver-support)

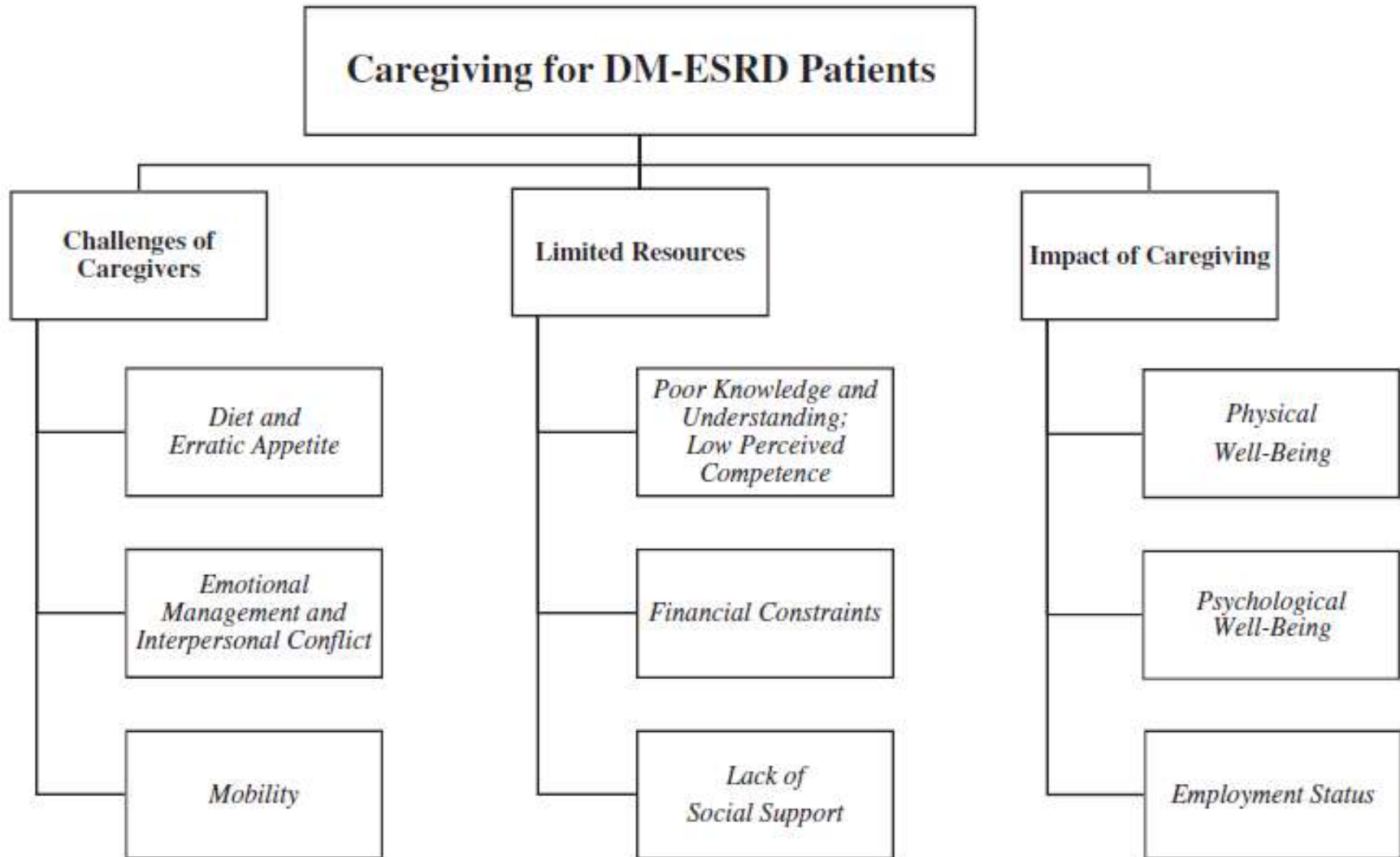
# Supporting Care Givers

- Care giver support for end stage renal failure patients
- Partnering existing services





# Supporting Care Givers



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# The Elephant in the Room



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**If you only do what you can do,**



**you will never be more than you are.**

# Thank You



Singapore  
General Hospital