

Special training need of elderly patients

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Facts in HKSAR

- 1999 : age \geq 65 (11% of HK population)
- 2005 : age \geq 65 (12% of HK population)
- 2016 : age \geq 65 (~ 13% of HK population)

- 1/8/2006 :
 - 3321 PD patients in HK
 - Age \geq 65 : N=1465 (44.11%)

PWH experiences

Current CAPD status (1st August 2006)

- 318 CAPD patients
- Age ≥ 65 : Age < 65 = 129 : 189
- For the elderly group (age ≥ 65) :
 - Self-care CAPD : Helper CAPD = 97 : 32
- Only 8 elderly patients are residing in elderly home.

PWH experiences

Five years new CAPD patients data

- 1/1/2000 – 31/12/2004 : 328 new patients
- M : F = 170 : 158
- Age start CAPD (Mean±SD) : 57.56±13.87
- Median age start CAPD : 60 (17-86)
- Helper CAPD : Self-care CAPD = 34 : 294
- Length of CAPD training (Mean±SD) : 4.93±1.75 days
- CAPD systems:
 - Ultrabag : UV-flash : StaySafe : Gambrosol trio = 107 : 1 : 218 : 2
- Standard fluid : Bio-compatible fluid (Staysafe Balance or Gambrosol trio) = 286 : 42
- Follow-up all patients for at least 12 months till 1/1/2006

PWH experiences

Five years new CAPD patients

	Age \geq 65 (N = 121)	Age < 65 (N = 207)	
Self-care CAPD	N = 100	N = 194	p = 0.002
Helper CAPD	N = 21	N = 13	

PWH experiences

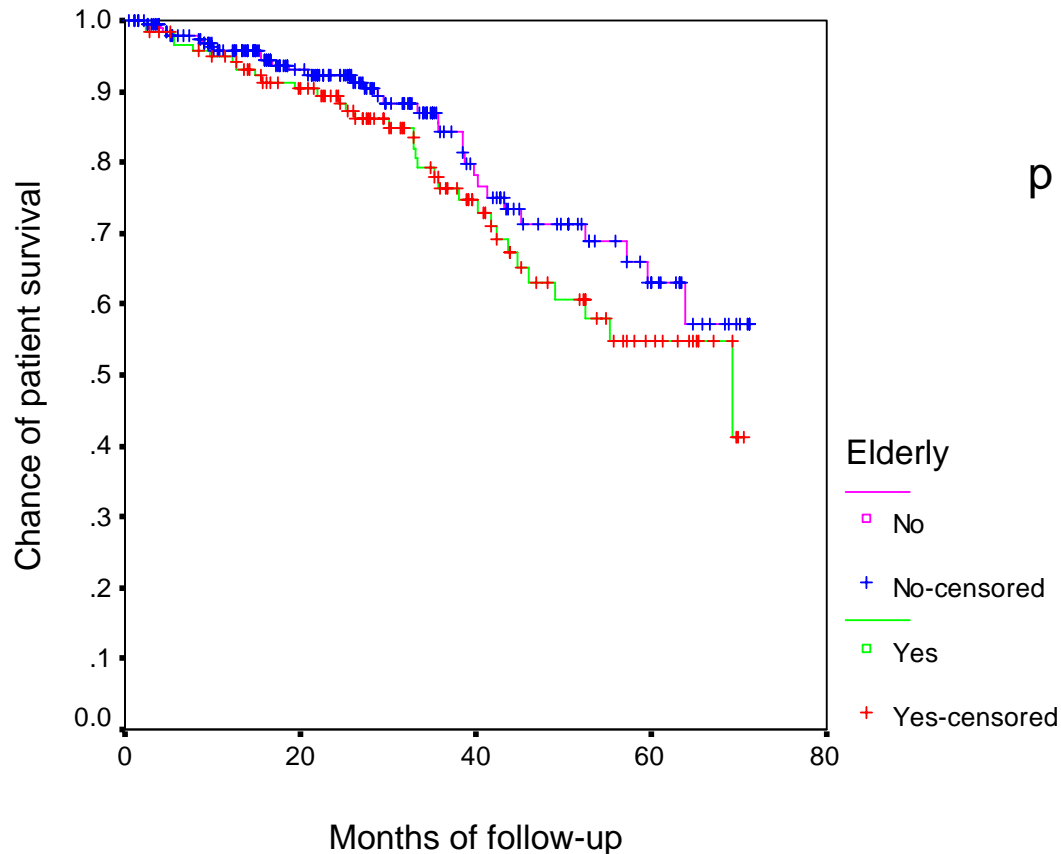
Self-care CAPD patients

	Age \geq 65 (N=100)	Age < 65 (N=194)	
Training duration (days)	5.63 \pm 2.354 Median : 5.00	4.63 \pm 1.298 Median : 4.00	p<0.0001
Sex (M : F)	55 : 45	99 : 95	NS

PWH experiences

Outcome of CAPD Patients—

Comparison of patient survival between elderly patients and non-elderly patients

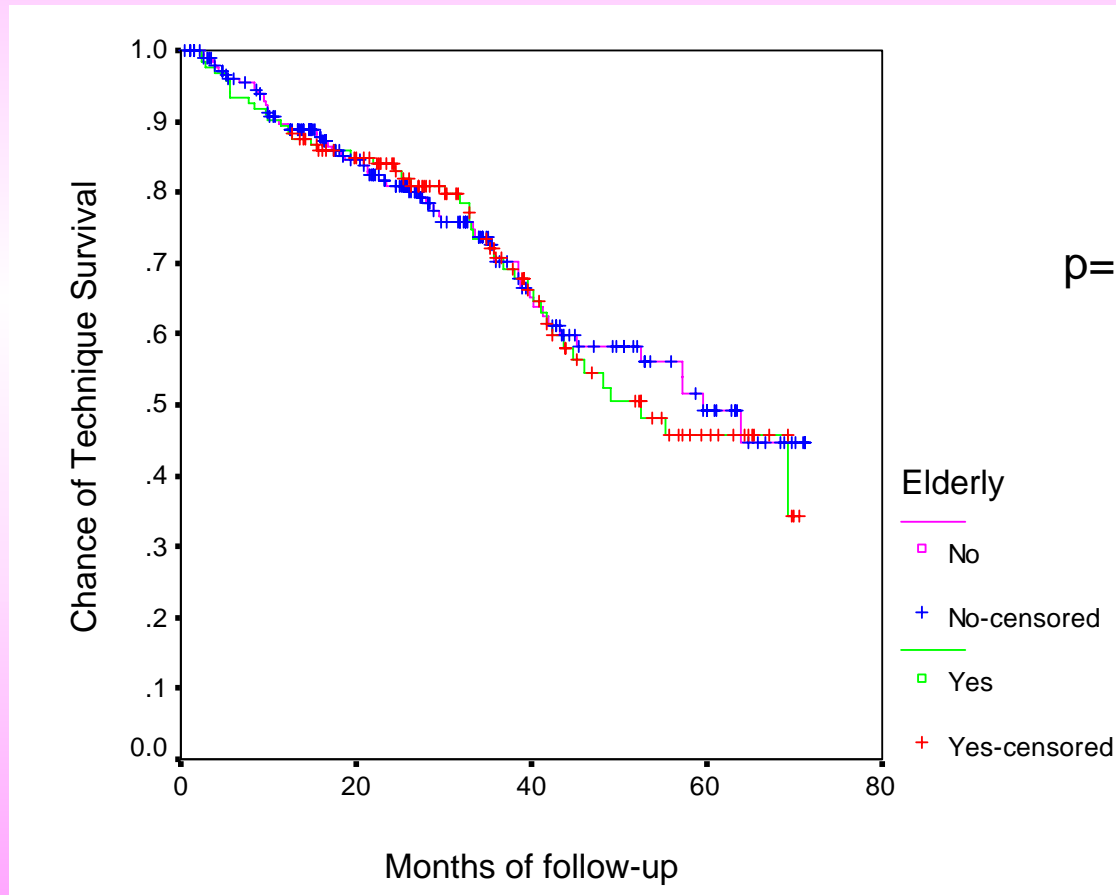


$p = 0.19$

PWH experiences

Outcome of CAPD Patients—

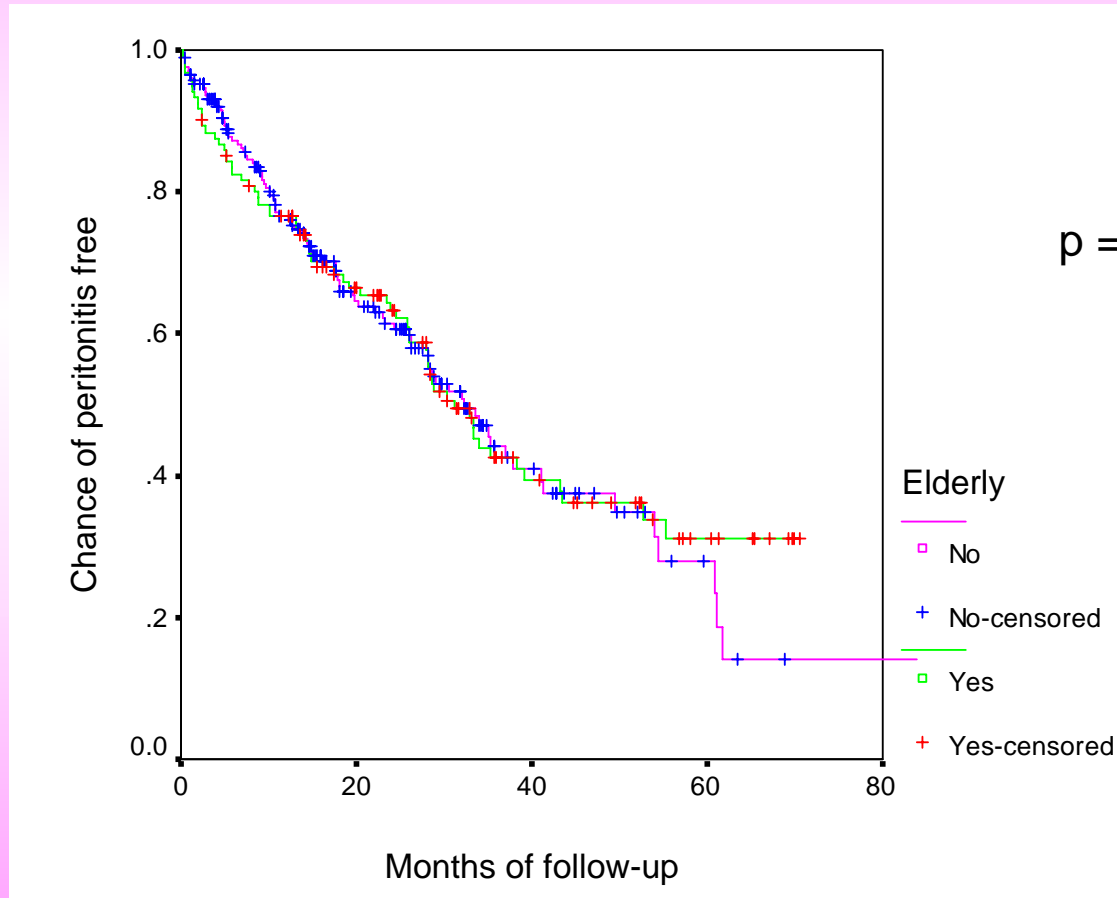
Comparison of technique survival between elderly patients and non-elderly patients



PWH experiences

Outcome of CAPD Patients—

Comparison of peritonitis free period between elderly patients and non-elderly patients

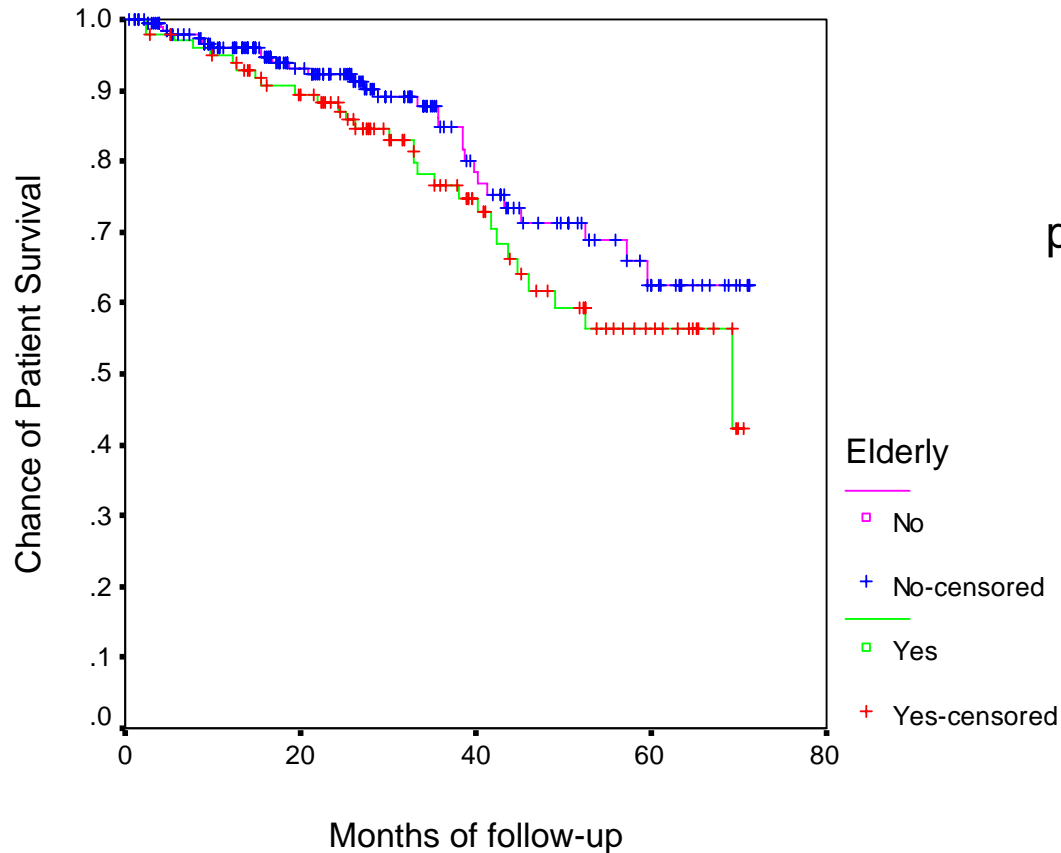


$p = 0.8257$

PWH experiences

Outcome of Self-care CAPD Patients—

Comparison of patient survival between elderly group and non-elderly group

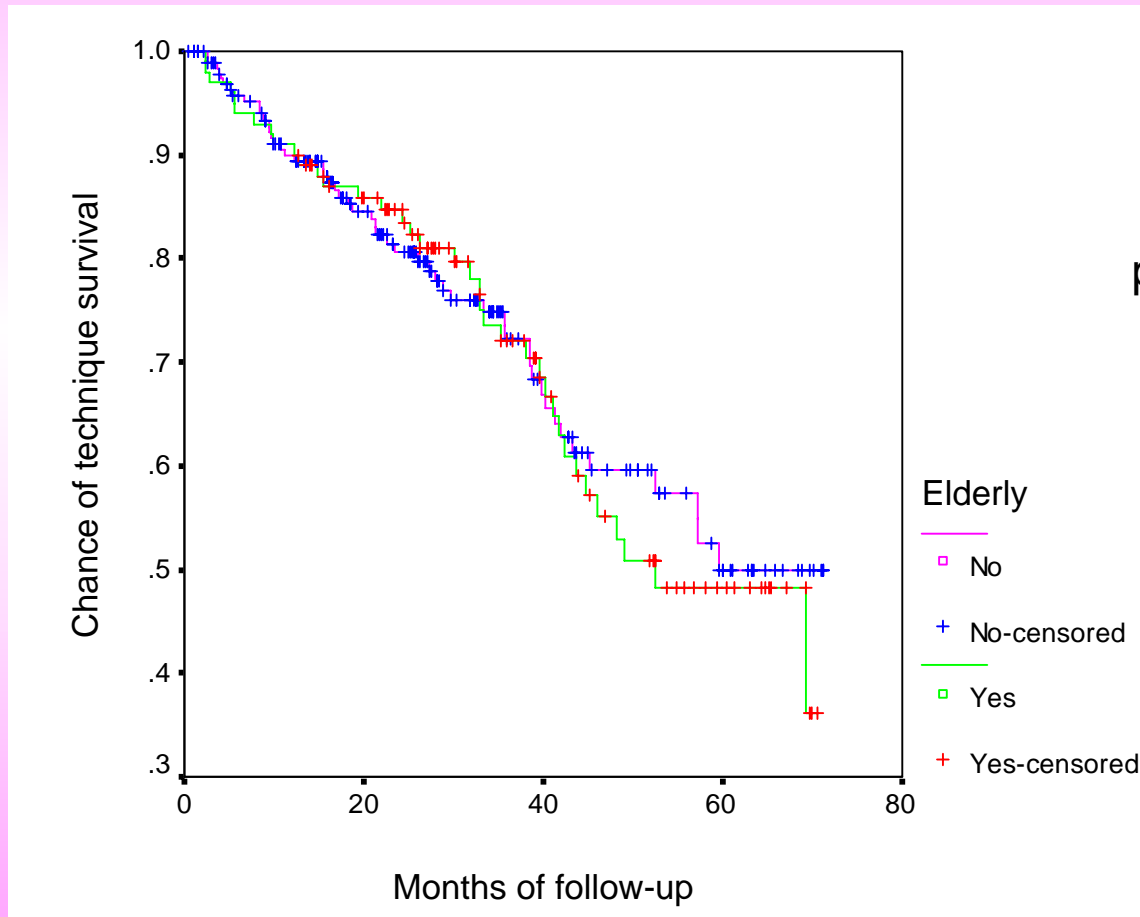


p=0.1429

PWH experiences

Outcome of Self-care CAPD Patients—

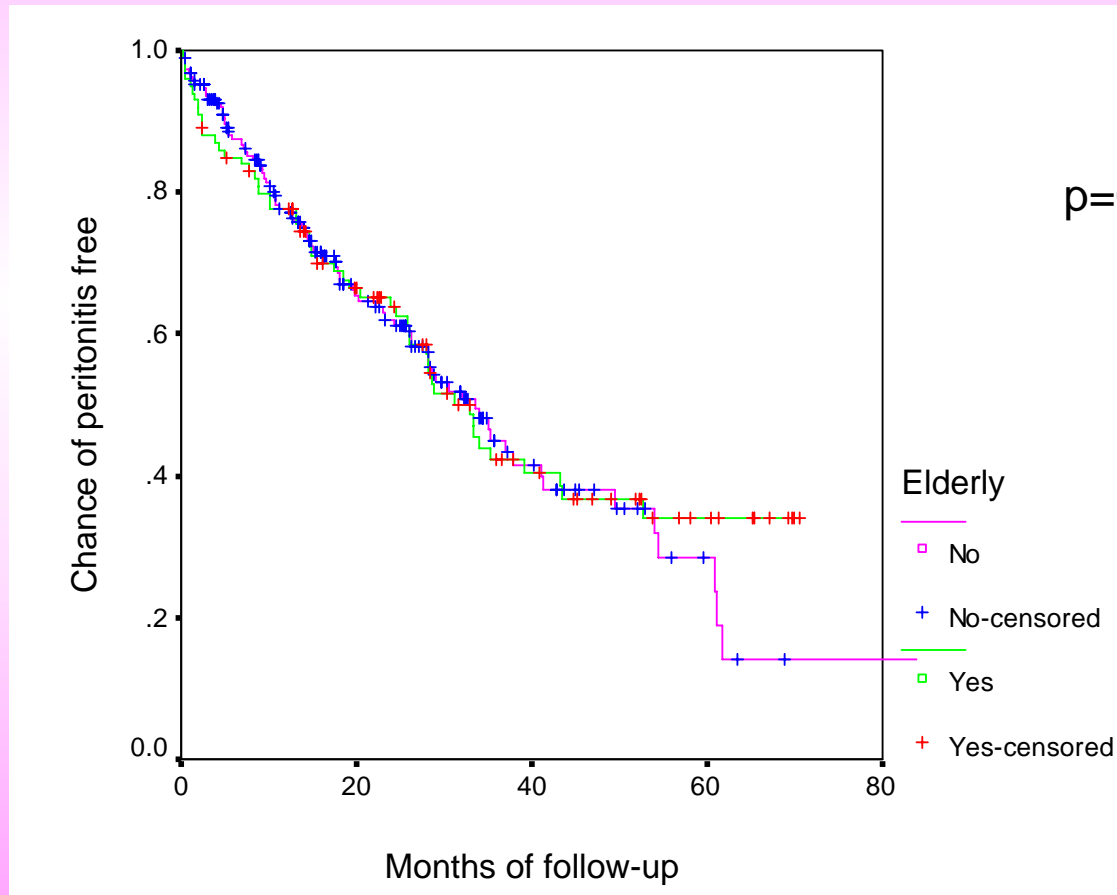
Comparison of technique survival between elderly group and non-elderly group



PWH experiences

Outcome of Self-care CAPD Patients—

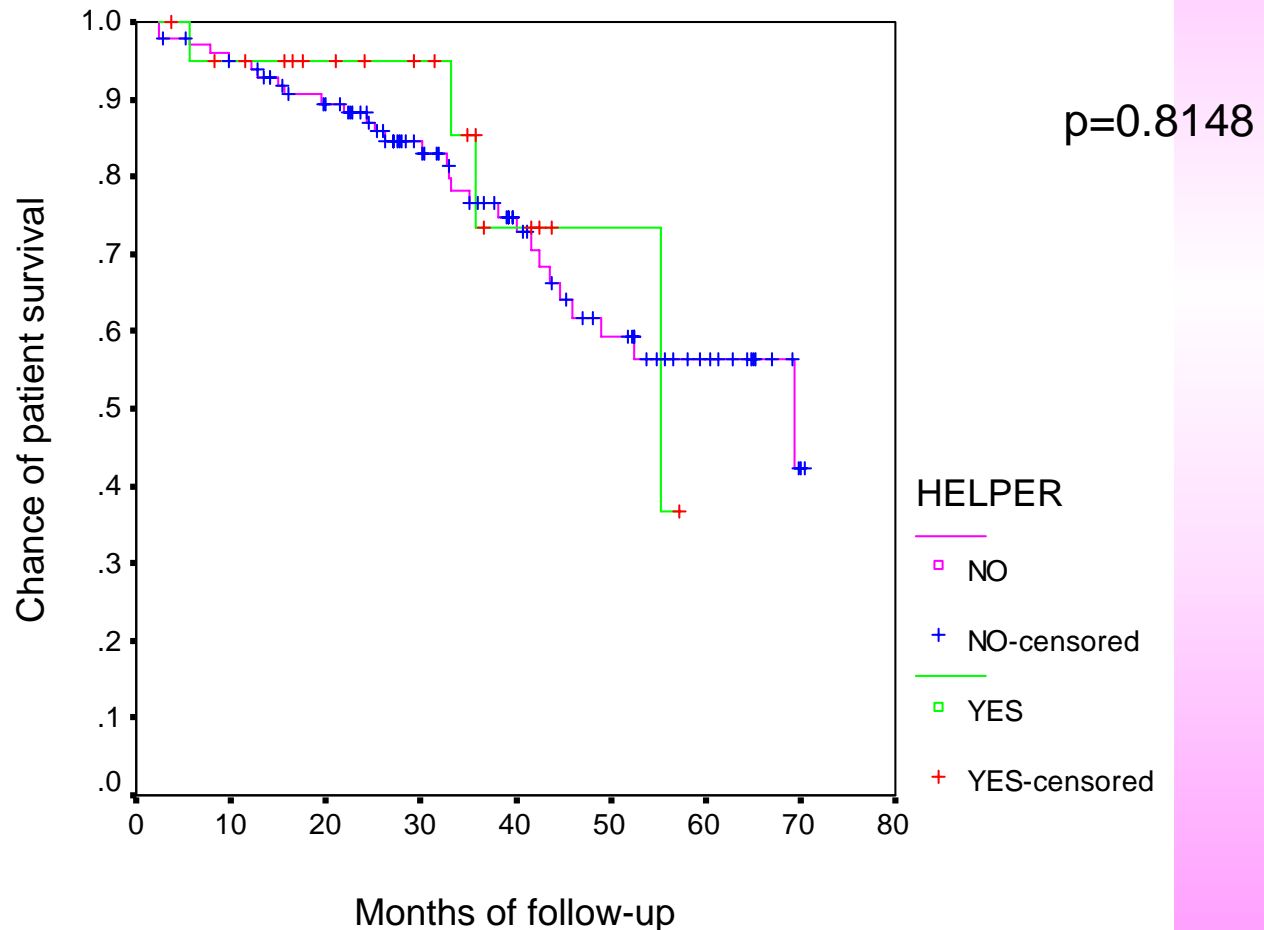
Comparison of peritonitis free period between elderly group and non-elderly group



$p=0.7837$

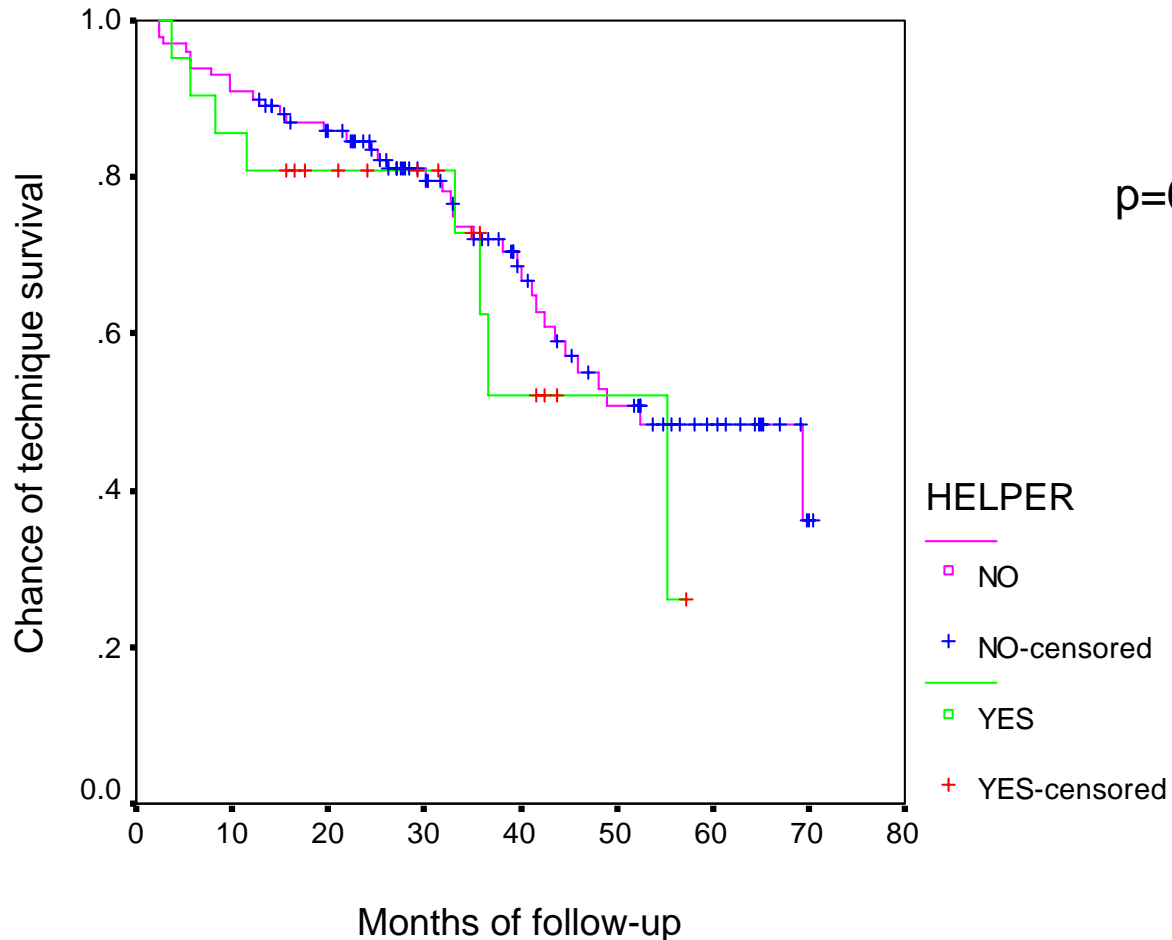
PWH experiences

Comparison of patient survival in elderly patients
between self-care group and helper group



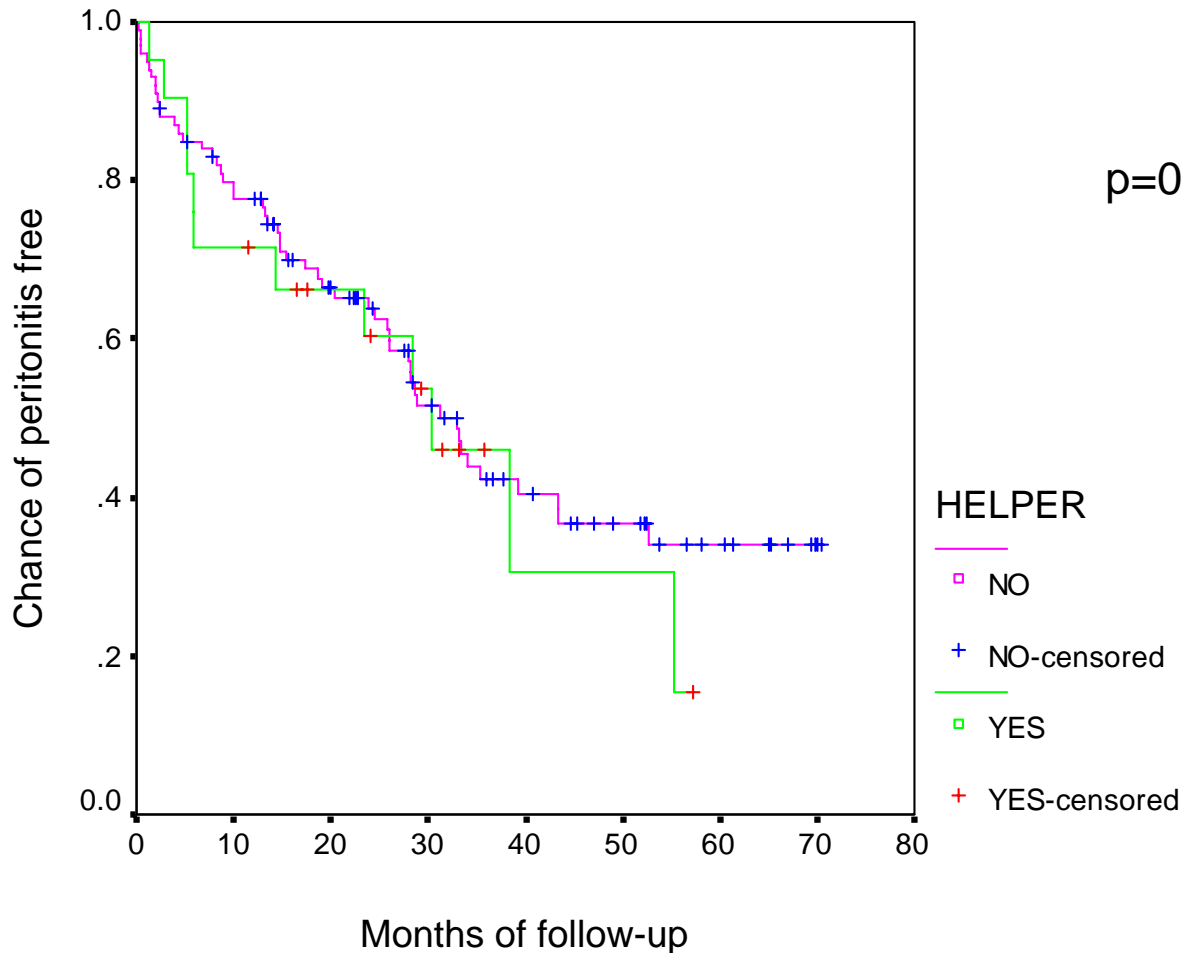
PWH experiences

Comparison of technique survival in elderly patients between self-care group and helper group



PWH experiences

Comparison of peritonitis free period in elderly patients between self-care group and helper group



- CAPD is a proper RRT for both young and old ESRD patients.
- With proper training for the capable elderly, it is possible to have CAPD done by our elderly patients.
- The clinical outcomes of the self-care elderly CAPD patients are comparable to the young patients.

Advantages of PD for the elderly

- Continuous removal of solutes and fluid is suitable for those elderly patients suffer from cardiovascular diseases.
- PD takes place in patient's own home, it permits an independent lifestyle.

Changes related to normal aging

- Vision
 - Impaired vision
- Hearing
 - Hearing loss
- Sensation
 - Blunted touch sensation
 - Blunted temperature sensation
- Memory
 - Mild impairment of memory or learning ability
- Muscles and joints
 - Joint pain, especially in knees and in the obese
 - Increased forward bending of spine

Health problems of the elderly that will affect training

- Elderly anxiety
 - Anxious thoughts, difficulty in concentrating, avoidance behaviour
- Depression
 - Fatigue, difficulty in concentrating, failure to fulfill duties
- Dementia
 - Decline in cognitive and intellectual function such as memory, learning capacity, ability to think and calculate, as well as language and judgment.
- Eye problems
 - Presbyopia, floaters, blurred vision due to cataract, glaucoma or age-related macular degeneration.
- Osteoarthritis of hand
 - Reduce activity of fingers.

Special needs in training of the elderly

- Hearing
 - High-pitched voice is difficult for the elderly to hear
 - Speak slowly and distinctly
 - Use a slightly louder voice, but do not shout
 - Do not eat or cover the mouth while speaking to the elderly
 - Sit about 3 to 5 feet in front of patient in order to allow lip reading
 - Have a quiet environment
- Vision
 - Some elderly may have to use eyeglasses
 - Have adequate, even and soft lighting
 - Reading materials should have large type and bold print

Special needs in training of the elderly

- Learning environment
 - Comfort is important to gain full attention.
 - Have minimal distractions.
 - Body temperature adjust slowly in the elderly, therefore ensure warmth.
- Keep teaching periods short
 - Sleep disorders are common in the elderly.
 - Keep teaching periods short, usually no longer than 20 minutes.
 - Be observant. Stop teaching if restlessness occurs.

Special needs in training of the elderly

- Be patient
 - Do not present material too quickly, avoid making patients feel rushed.
 - Information is processed more slowly in the elderly. They need longer time to absorb new information.
 - Present information using different formats, such as posters, videos.
 - Assuring elderly that forgetting and memory lapses are common and will happen to us all.
 - A longer training period may be necessary.

Home Visit

- Nurse can assess patient's home during home visits.
- Teach in patient's own home and allow patients to learn at their own place will alleviate problems with adjustment.
- If teaching in patient's own home is impossible, nurses can have home visit immediate post training. Allow elderly patient to have the first bag exchange at home with the training nurse will increase patient's confidence in self CAPD at home.

Home Visit for CAPD patients



A 76 years old lady is performing bag exchange at home.

Home Visit for CAPD patients



A 73 years old man is performing CAPD at home.

Summary

- Nurses must assess the elderly patient's physical, sensory and psychological capabilities before training.
- The teaching plan should be individualized and allow a longer training time.
- The training nurse should be patient and be well-prepared.
- Allow elderly patients to learn at their own home will alleviate adjustment problems. If it is impossible to teach them at their own place, nurses can have home visits for the patients immediate post training.