Geriatrics & Gerontology

Effectiveness of palliative care
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Palliative care aims at improving the quality of life of patients with life-threatening illnesses and their families. Since the start of the modern hospice movement in the 1960s, research in palliative care has been expanding with increasing evidence showing its effectiveness. A number of randomized controlled trials proved the significant positive impact of palliative care on the quality of life of cancer patients. Other surrogate end-points has been used to show the effectiveness of palliative care, like symptom control, patients’ and caregivers’ satisfaction, aggressiveness of end-of-life care, place of death and opioid consumption. Furthermore, the cost-effectiveness of palliative care has been illustrated in many studies. This accumulating evidence about the effective of palliative care paved the way to recognize palliative care as an essential practice in the health care system of developed countries. Although it is considered now a necessity; unfortunately, palliative care is very much underdeveloped in many developing countries.

Antimicrobial Stewardship Program: Egyptian experience
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Antimicrobial stewardship programs are an integral part of worldwide strategies to combat the increasing antimicrobial resistance. In this presentation we describe the essential components of such a program, how to start in the Egyptian environment. The multidisciplinary team required as well as statistical and managerial support required are also briefly touched on. The impact of such a program should be decreased antimicrobial resistance and better patient and institutional outcome

Orthogeriatric: a growing field
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With the greying of the population worldwide, the prevalence of comorbid conditions and frailty is high among elderly patients with orthopedic disorders especially hip fracture. They are at high risk of developing complications, suffering from functional decline or needing long-term care, and even dying. Therefore, despite successful surgical treatment, hip fractures pose a significant burden of illness for the affected patient as well as for the healthcare system. Orthogeriatric care is medical care for older patients with orthopaedic disorders, which is provided collaboratively by Orthopaedic and Geriatric services. The coordinated multidisciplinary care has a wide influence on improved outcome in fragility fracture patients either on patient recovery or health care system resources.

Clinical significance of periodontitis in rheumatoid arthritis patients: association with disease activity and functional status
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Background Objectives: To evaluate frequency of periodontitis (PD) in rheumatoid arthritis (RA) patients and relate it with clinical characteristics, disease activity, functional status, anticyclic citrullinated peptide (anti-CCP) and radiographic scores.

Methods: The study included 60 RA patients and 30 controls. Clinical Disease activity index (CDAI), Modified Health Assessment Questionnaire (MHAQ), visual analogue scale of pain and Scott’s modification to Larsen scoring method were assessed. Rheumatoid factor (RF) positivity and anti-CCP titer were measured. Periodontal examination was performed and relevant indecese calculated.

Results: The mean age of the patients was 49.1 ± 13 years and they were 52 females and 8 males. PD was present in 71.7% of RA patients versus 46.7% in control (p = 0.02). PD was predominately generalized (p = 0.004) and moderate-severe degree (p = 0.01). Age (p = 0.007), disease duration (p < 0.0001), morning stiffness (p = 0.01), CDAI (p < 0.0001), MHAQ (p = 0.02), CRP (p = 0.02), anti-CCP titer (p = 0.01) and methotrexate treatment (p = 0.005) were significantly higher in RA-PD versus RA. However, gender, smoking, oral hygiene, erythrocyte sedimentation rate, RF, anti-CCP positivity and radiographic scoring were insignificantly different. PD positivity was 96.3%, predominately generalized in 92.6%, moderate (40.7%) and severe degree (37%) in early RA versus (51.5%, 24.2%, 24.2%, 12.1% respectively) in late RA patients. All PD indices were higher in early patients (p ≤ 0.05) while teeth loss (p = 0.03) was higher in late cases. CDAI, VAS and ACPA titer all significantly correlated with PD indices (p < 0.05).

Conclusions: Periodontitis is frequent in RA patients’ especially in early cases and is remarkably associated to disease activity and reduced functional status.

Disclosure of Interest: None.