Atherosclerosis impacts the link between hepatocyte growth factor and cognition

N. Naim Adly1, W. Helmy El-Kawaly1 and H. Ahmed Abdelsattar2

From the 1Geriatrics and Gerontology Department, Faculty of Medicine, Ain Shams University, Cairo, Egypt, Ain Shams Aging Research Center and 2Clinical pathology department, Faculty of Medicine, Ain Shams University, Cairo, Egypt

Background: There is a controversy about the association between Hepatocyte growth factor (HGF) and cognition. Although some consider it as a new targeted therapy in dementia, others found that it is associated with cognitive dysfunction. An increased serum level of HGF has been reported in patients with hypertension, peripheral arteriosclerosis and carotid atherosclerosis. Ankle–brachial index (ABI) is considered as a marker of atherosclerosis. We hypothesized that atherosclerosis, as assessed by ABI, could be a limiting step to the suspected beneficial link between HGF serum level and cognition.

Aim: The aim was to explore the link between HGF serum level and cognition in hypertensive elderly with abnormal ABI and hypertensive elderly with normal ABI, versus normotensive elderly with normal ABI.

Design: A case-control study was conducted among elderly subjects attending outpatient geriatric clinic at Ain Shams University hospital.

Methods: Ninety elderly patients were recruited and were subdivided into 3 groups, each 30 subjects. Group A (controls; normotensives with normal ABI), group B (cases; hypertensives with normal ABI) and group C (cases; hypertensives with abnormal ABI). Cognitive function was assessed by The Rowland Universal Dementia Assessment scale (RUDAS).

Results: Group C had worse score in RUDAS than controls (P = 0.01), and it has the highest HGF serum level (P < 0.001). HGF was negatively correlated with ABI, in group C (P = 0.007, r = -0.49), and it was positively correlated with systolic blood pressure (SBP), in group B (P = 0.045, r = 0.37). HGF serum level was positive predictor of RUDAS score in group A (P < 0.001), in group B, after adjustment for SBP, (P = 0.024) and in group C, after adjustment for ABI, (P = 0.031) or ABI and SBP (P = 0.05).

Conclusion: The potential link between HGF serum level and high cognitive test scores was met in normotensives with normal ABI, and atherosclerosis could alter this association.

Effects of implementing geriatric palliative care guideline on nurses knowledge and practices

S. Hassan Abd Elhameed1 and D. Abd Elhameed Abd Elmawla1

From the 1Faculty of Nursing, Mansoura University, Egypt

Background: Palliative care is an approach that aims to optimize the quality of life of patients and their families facing the problems associated with life-threatening illness. One area that needs greater attention is the role of nurses in managing chronic illness by utilizing guidelines to measure palliative care needs and outcomes. Moreover, older patients need advance care planning and should be aware of their right to cease active treatment of medical problems to concentrate on palliative goals, emphasizing that comfort care will always be provided.

Aim: Determine the effect of implementing geriatric palliative care guideline on nurses’ knowledge and practices.

Design: Quasi-experimental research design was used.

Setting: Medical and Intensive Care Units in Mansoura University Oncology Center and the Specialized Medical Hospital.

Subjects: The study subjects included 68 nurses, aged 20 years and more, had more than 1 year of experience, involved in direct care for the older adult patients and willing to participate in the study.

Tools: Three tools were used to collect the data namely nurses interview schedule sheet, nurses geriatric palliative care knowledge structured interview schedule and nurses geriatric palliative care practices checklist.

Results: The mean age of the study subjects was 25.34 ± 3.69 years. The nurses’ total knowledge and practices scores increased significantly immediately and 2 months after geriatric palliative care guideline implementation (P = 0.000). In addition, the nurses’ total knowledge score was correlated significantly with their total practices score after the guideline implementation.

Conclusion: Implementation of the developed geriatric palliative care guideline affects significantly, and improved the nurses’ total knowledge and practices scores.

Recommendation: The developed illustrated geriatric palliative care guideline booklet to be distributed to all nurses in Mansoura University Hospitals and Centers through the responsible personnel.

Effects of nursing program as a life review on life satisfaction and happiness among elderly people

A-H. El-Gilany1 and R. Refaat Alam2

From the 1Faculty of Medicine, Mansoura University, Egypt and 2Faculty of Nursing, Mansoura University, Egypt

Background: Life review can be an effective intervention in increasing the positive emotions, happiness and life satisfaction among elderly, which in turn will improve their life significantly. This study aims: to determine the effects of nursing program as a life review on life satisfaction and happiness among elderly people.

Design: A quasi experimental study.

Settings: Two elderly clubs namely; Elsaada and El-Amal in Mansoura, Egypt.

Subjects and Method: subjects included 74 elderly, Data collected are: socio-demographics, Subjective Happiness, and Satisfaction with Life Scales. Nursing program as (a life review) was implemented and the two scales were re-measured immediately and two months after intervention.

Results: There is an improvement of the overall median life satisfaction score in the immediate post-intervention and two months after intervention. These improvements are statistical significant with P = 0.001. Also, the overall median happiness score improved from 14 up to 19.5 and 20 in the immediate and two-months post intervention; respectively. These improvements are statistical significant with P = 0.001. This pattern of improvement persists after stratification of all the sociodemographic variables studied and with the presence or absence of chronic diseases.

Conclusion: Implementation of a Life review intervention improved the life satisfaction and sense of happiness among elderly immediately and post 8 weeks of intervention.