



Geriatric Choice-Making: Feature and Pleasant of Life

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Description

Medication compliance calls for special consideration for the elderly. Polypharmacy, or the use of numerous drugs, is more common in the elderly due to the accumulation of multiple chronic conditions. Many of these people have also self-prescribed a variety of over-the-counter and herbal remedies. This polypharmacy may raise the chance of harmful medication responses or interactions when combined with geriatric status.

In order to address the variety in older adult patients' health state, Geriatric Assessment (GA) involves a thorough evaluation of common age-related health concerns, such as comorbidities, as well as physical and cognitive performance. The word "fragility" refers to a broad range of conditions in which older persons gradually lose their organ and functional reserves, making them more susceptible to shocks and more likely to have unfavourable consequences. Practically speaking, having ≥ 1 or ≥ 2 deficient GA domains is commonly used to characterize frailty. There is growing evidence that a reduction in Patient-Reported Outcomes (PROs), such as quality of life, physical function, and a higher symptom load, is associated with both frailty and individual GA dimensions. There hasn't been much research done on whether this also applies to elderly people receiving Furthermore, frailty may be observed as a condition of age-related cumulative impairments and is a continuum reflecting a patient's diminished reserve capacity in real life.

It's unclear if the accumulation of these acquired deficiencies results in a progressive deterioration in physical function and quality of life. As people age, changes in pharmacokinetic and pharmacodynamics properties occur, which hinder their capacity to process and react to medications. Age-related physiologic changes affect all four of the pharmacokinetic mechanisms: Excretion, distribution, metabolism, and absorption. For instance, general

declines in liver function may impede medication clearance or metabolism, while declines in kidney function may impact renal excretion. Pharmacodynamics alterations cause older people's susceptibility to medications to shift; for example, using morphine might boost pain relief. In As a result, elderly patients need specific pharmaceutical treatment that takes these age-related modifications into account.

A multifaceted, multidisciplinary evaluation of an older person's functional capacity, physical and mental health and socio-environmental conditions is known as a geriatric assessment. It comprises a thorough evaluation of vitamins, herbal items, prescription and over-the-counter medications, and vaccination records. This examination supports medical condition diagnosis, treatment and follow-up plan formulation, care management coordination, assessment of long-term care needs, and best placement. Unlike a standard medical evaluation, a geriatric assessment takes into account nonmedical domains, prioritizes functional capacity and quality of life, and frequently involves a multidisciplinary team that includes a doctor, dietitian, social worker, physical and occupational therapists, and others.

Healthcare professionals should weigh the benefits and drawbacks of each treatment option as well as how they can affect the elderly patient's general health when contemplating renal replacement therapy for elderly patients. To get clarity on these matters, speaking with a geriatrician and nephrologist might be beneficial. Hemodialysis involves a number of factors to take into account, such as the therapy's resources, related problems, and the choice of vascular access. A clinician's consideration of vascular access choices should take the patient's expected longevity into account. Given the decreased risk of infection and relative ease of maintaining patency, Arteriovenous Fistulas (AVFs) are often favoured over Arteriovenous Grafts (AVGs). They take longer to mature, and as they become older, there's a greater chance that they won't. Because of their greater infection rates and increased risk of cardiac overload, AVGs may be a more sensible access choice for elderly patients with low life expectancy; nonetheless, their suitability should be evaluated based on each patient's unique co-morbidities. When thinking about hemodialysis for elderly patients, the resources needed for the procedure should also be evaluated. The considerable time commitment and frequent travel involved in hemodialysis are too much for many elderly patients and their families.

Conclusion

Finally, problems such as hemodynamic instability, depression, cognitive impairment, malnourishment, and infections are more common in older adults undergoing hemodialysis.

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