

# Palliative Care & Clinical Trials and Pharmacovigilance

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### **Palliative care for elderly with Dementia**

**D**ementia is a progressive terminal illness for which there is currently no cure. The prognosis may range from 2 to more than 15 years, with the end-stage lasting as long as 2–3 years. Although the frequency of dementia in low- and middle-income countries is uncertain due to few studies and varying estimates, most people with dementia live there (60% in 2001, rising to 71% by 2040).

The care of older people with dementia is widely inadequate on the continuum from prevention to the end of life. At the end of life, this inadequacy has been summarized as: too much intervention with little benefit such as tube feeding or too little (poor pain control, dehydration and malnutrition). There are many reasons why people with dementia do not receive adequate palliative care, including health care professional's not perceiving people with dementia as having a terminal condition and difficulty in prognosis.

The number of symptoms is similar to that of people with cancer, but people with dementia experience them for longer. People with dementia have cognitive, functional and physical impairment, which gets progressively more severe, often over a prolonged period of time. The most frequent symptoms in the last year of life are cognitive impairment, urinary incontinence, pain, low mood, constipation and

loss of appetite. Palliative care for people with dementia urgently needs to be improved. Approaches could include interventions for agitation, constipation and pain, which may improve the quality of life, decrease the number of unnecessary investigations and reduce costs.

### **Speaker Biography**

Mohammed Abduh Alshaqi is a Consultant and Head of Palliative Medicine in division of Oncology Department at Prince Sultan Military Medical City at Riyadh, Saudi Arabia. He completed his MBBS from King Saudi University 1992/1993. He served as an Arab Board of Family Medicine in 2001, then Palliative Care from Canada and King Faisal Specialist Hospital & Research Center at 2006 and 2008. He is a member of many affiliations and societies like American Academy of Family Physicians and Saudi Society of Family and Community Medicine since 2001. In addition to that, he is a Member of Middle East Academy of Medicine of Aging (MEAMA) since 2003, Member of International Association for Hospice and Palliative care since 2006, Member of Saudi Oncology Society since 2008, member of Saudi Pain Society since 2009, Member of Group on Educational Affairs (GEA) for Medical Education Research Program (MERC) since 2011, and Member of Arab Society of palliative care since 2014 till present. He is a trainer and external examiner of Palliative Medicine of Saudi Commission for Health Specialties and Acting director of Saudi Society of Palliative Care since 2013 till present.

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