

Primary Care and Medical Education for a Geriatric Patients.

*Amala Chintala

Department of Pharmacology, Gokaraju Rangaraju College of Pharmacy, Hyderabad, India.

Accepted on July 26, 2020

Geriatric Patients

Geriatrics is a medical specialty mainly focused on health care and the treatment of older persons. Gerontology is a multidisciplinary and is concerned with physical, mental, and social aspects and implications of aging. An older people such as senior citizen, who are suffering from different types of diseases and that kind of people especially receiving a special care from the health care unit this people comes under Geriatrics. People can consult a geriatric physician at an age group of over age 85 in case of women it is about 65 years old then they are the fastest-growing segment of the population. Geriatricians are primary care doctors should have an additional training in their health care needs of older people because the older people suffering from several kinds of disease and they should receive a special care from the family, doctors, nurses, healthcare system etc., Mainly a family support should be the priority for a person. The care should be provided to protect their health and continuous monitoring and maintaining a good diet and vitamin rich food, sufficient nutrition, regular exercise, continuous health check-ups and with proper medication.

The doctors or physicians who will treat aged people they are called geriatrician. This geriatric physician is the medical doctor who can be specially appointed as a specializes in the diagnosis, treatment, and prevention of disease and some disability in older adults. Geriatric physicians are the primary care doctors who are specially trained in the aging process. In case of aged people the skin becomes thinner and blood vessels become visible, our pores may also increase in size and a major problem is with the visible signs of growing older include wrinkles, sagging skin and an increasing number of age spots, freckles, moles and other changes to pigmentation caused by sunlight.

An assessment of geriatric care maintains with the multi-disciplinary exercise was checked based on their mental, physical, emotional, and psychological health and be assessed properly. It can mainly affect their living conditions. socio-economic environment should be maintained. This Geriatric people i.e., older people can forget all the tensions by maintaining social circles, discussions regarding several topics with their age groups and can be engaged with their chitchats. Mainly family involvement is compulsorily required, and this can maintain some quality of life.

Primary health care

There are several health care services provided for elderly once for their good health. There are several old age homes and several health care centres provided for old age people because they are in a very sensitive phase and in present world elderly people need care and comfort to lead a healthy life without worries and anxiety. Due to this there will should be a

lack of awareness regarding the changing behavioural patterns in elderly people at home leads to abuse of them by their kin to avoid such cases the old age homes are started with great care and support. Doctors, nurses, and public should give the geriatric patients with great social care, safety and security, companionship, love, and respect which need to be addressed adequately. These needs should be identified and supported through appropriate measures.

Medical education

Doctors or the respective care takers should take care of the Geriatric patient and provide them with a respective care. Always their medical history should be known and identified with each stages of their treatment. Geriatric patients should be provided with the good nursing care and continuous time to time medication and should provide with the great support and care in a positive environment.

*Correspondence to:

Amala Chintala
Department of Pharmacology
Gokaraju Rangaraju college of Pharmacy
Hyderabad
India
E-mail: amala.chintala@gmail.com