

งานประชุมวิชาการสมาคมพุดชาวิทยาและเวชศาสตร์ผู้สูงอายุไทย ประจำปี พ.ศ. 2566

Healthy aging in the new era

#### O4: Keys to success in older people clinic in the dementia home care: the expert interviews

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**Background:** Thailand is now in Aged Society since 2021. The incidence of Dementia and Mild Cognitive impairment (MCI) has increased. Not only the screening and prevention for Cognitive impairment but also the appropriate treatment and following are very important.

**Objectives:** To determine the factor of successful cases in dementia management and to systemize experts' opinion on its success.

**Materials and Methods:** We interviewed 11 experts working in Geriatric Clinic and associated units including doctors, home visit nurse team and in primary care units located in Bangkok and surrounding area. We also reviewed dementia or MCI cases treated at NIT Specialty Ageing Clinic. The specific issues is family care, caregiver, knowledge and attitude of caregiver, the linkage between OPD to home health care.

**Results:** The good results in cases with good outcomes are (a) good and warm relationship in the family correlate with gratitude tradition (b) good caregiver with good skills and knowledge (c) day care unit while the caregiver working in daytime (d) the skills and knowledge of nursing at home (e) the easy access of caregiver to doctors for problem solving (f) the regular follow up (g) the proper treatment in neuropsychiatry and other related diseases. The Specialty Ageing Clinic at NIT consisting of neuropsychiatrist, internist with multidisciplinary team (pharmacist, physiatrist, ophthalmologist, dentist, nutritionists, psychologist, nurses and social workers) provides knowledge to all other geriatric units (with or without doctors) via interdepartmental conferences. IT network communication between hospitals of all levels and the caregivers supervised by case managers must be strengthened.

**Conclusion:** There has been evidence of the Thai gratitude tradition as good practice for the older care. The developments of health care workers and caregiver knowledge strengthening by specialty Ageing clinic with neuropsychiatry and medical doctors leaders were identified as indicators for effective dementia care success. It was suggested that national policy should be practical and easily accessible for all stakeholders with clear vision and mission.

**Keywords:** Older people, Geriatric clinic, Dementia, Home care