

NONAGENARIANS ADMITTED TO A LARGE PUBLIC HOSPITAL IN A DEVELOPING COUNTRY: RECOGNIZING THE DEMAND

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Introduction: The population aging is occurring fast in developing countries. This study aimed to evaluate the demand in health care of nonagenarians admitted to a large tertiary public hospital of one of the poorest states in a developing country: Brazil. Methods: retrospective analysis of patients aged 90 years or older admitted consecutively, during the period of March 2006 to November 2008, to a 300-bed hospital in Fortaleza, Brazil. Results: We evaluated 117 nonagenarians, with a mean age of 93.5 ± 3.9 years, most females (59.8%). A greater percentage lived in Fortaleza (76.1%), but only 11.1% was born in this capital. The median length of stay was 5 days (range: 1-118 days). Most patients were admitted after an elective care (60.9%) and a higher percentage during the day (77.8%). There were higher percentages of nonagenarians with hypertension (38.5%) and diabetes mellitus (21.4%) when compared with cancer (7.7%). The prevalence of myocardial infarction and stroke were 2.6% and 14.5% respectively; and the percentage of neuropsychiatric diseases was only 7.7%. A total of 341 drugs were prescribed, with an average of 5.3 drugs per patient. The polypharmacy (use of 5 or more medications) was identifying in 50.8% of patients. Drugs of group A (ATS classification), with action on the digestive system and metabolism was the most prescribed (27.3%). Medications that act on nervous system, cardiovascular and anti-infectious accounted for 22%, 14.4% and 12.3%, respectively. Conclusion: Knowledge of the profile of nonagenarians treated in hospitals of developing countries is useful for a more appropriate care.