

CENTURY: GETTING AND BEING THERE

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Introduction: Centenarians have seen a faster increase in their numbers than any other age group in England and Wales. Studies have shown that Centenarians have slower aging and delayed onset or escape from the chronic diseases of aging such as dementia, cardiovascular disease and cancer. We conducted a study to identify the characteristics and outcomes in centenarians. Methods: A Retrospective case note study of all patients ≥ 100 yrs of age, admitted between June 2003-June 2008 was performed. Results: A total of 46 centenarians were identified. Majority (n=42) were females. Mean age at admission was 101yrs. 19(41%) were admitted from their own home. 14(31%) and 13(26%) were from residential and nursing homes respectively. Of the 19 who came from their own home, 68%(n=13) lived alone and only 7(37%) patients needed carer support. 59% were independently mobile or with aids. 80% of individuals never smoked or consumed alcohol. 37% were admitted for infections(urinary/chest), 22% for falls, 17% for stroke or IHD. Only 15% were known to have dementia and 3 had treated cancers. Average length of stay was 16 days. In-hospital mortality was 41% and only 13% were discharged to care home. 46% had no previous hospital admissions. Conclusion: Majority of the centenarians needing hospital admission had a healthy life style, satisfactory health and functional status, with falls and infections as common causes for their admission. Cardiovascular disease, dementia and cancers were less common as in previous studies. Falls prevention programs in the community may help reduce admissions in this group.