

Prognostic indicators for dementia: our hospital experience

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Introduction: Dementia is a progressive life limiting condition with increasing prevalence and complex needs. Palliative care needs of patients with dementia are often poorly addressed; symptoms such as pain are under treated while these patients are over subjected to burdensome interventions. Research into palliative care in dementia remains limited but recent developments together with national guidelines and policies set foundations for improving the delivery of palliative care to this group of the population. Patients and methods: We analyzed 80 patients with dementia. We determined two groups of indicators. The first group consisted general predictors of end stage illness: multiple comorbidity with no primary diagnosis, weight loss 10% over 6 months, general physical decline, serum albumin Results: In our study there were 80 patients with dementia. 53 patients were women. The oldest patient was 92 years old, the youngest 58. 30% of patients were with Alzheimer`s dementia. Multiple comorbidity had 34 patients, weight loss 10% over 6 months had 42 patients, and general physical decline had 69 patients, serum albumin Conclusion: People with dementia (and their families) have complex symptom needs, evolving as the dementia progresses, over a prolonged period of time, challenging to provide truly person-centered dementia care and palliative care within current resources, but we can all make small changes in our own practice and show leadership in this area.