

## **Comprehensive geriatric assessment, management and rehabilitation**

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Comprehensive geriatric assessment, management and rehabilitation is based on interdisciplinary team-work with a functional-orientated approach instead of the traditional disease or illness oriented model.

A prerequisite for successful treatment and rehabilitation is a comprehensive assessment performed by a geriatric team.

The patient in need of comprehensive geriatric assessment:

- The geriatric patient is an old person with a complex clinical presentation and usually with multiple needs.
- The presenting issue often forms the top of an iceberg, there are as a rule multiple other issues underlying at the same time.
- The treatment and rehabilitation is unlikely to be successful unless the patient is systematically evaluated and all treatable and/or modifiable issues are dealt with simultaneously.
- In addition to the presenting illness and co-morbidity new disorders may develop during the course of treatment and rehabilitation that need to be swiftly detected and treated- otherwise the whole treatment and rehabilitation effort may be in jeopardy.
- The team is needed to detect any change in the patients presentation.

Two meta-analyses, one including GEMU-units (Geriatric Evaluation and Management Units) and one based on Stroke-unit trials will be discussed.

Three randomised controlled geriatric intervention trials from Umeå University Hospital will be presented. 1. Old general internal medicine patients. 2. Old patients suffering femoral neck fractures. 3. Fall prevention in residential care facilities

Comprehensive geriatric assessment, management and rehabilitation:

- is a prerequisite for successful treatment and rehabilitation of frail old people.
- is also effective in prevention in old people.
- is complicated but effective when properly performed by a team.
- will reduce unnecessary suffering for a large proportion of old and frail people.
- great economic savings are possible if resources for geriatric assessment, treatment and rehabilitation are expanded.
- all professions involved in the interdisciplinary co-work has to be dedicated to the development of geriatric assessment, treatment and rehabilitation through research.