

# OVERVIEW OF “MANAGEMENT OF FUNCTIONAL DECLINE IN OLDER ADULTS”

A/Prof Goh Lee Gan

SFP201 I; 37(2) Supplement : 6-7

## INTRODUCTION

The objective of this skills course is to update primary care doctors on the key issues that can contribute to functional decline in older adults. Assessment followed by timely intervention is the key to arrest and prevent further functional decline. Like in other spheres of medicine, prevention is better than cure. This is also a guiding principle here. Thanks are due to the many colleagues who have contributed much to put together a set of notes, to present their talks in the seminars, and also to be resource persons in the workshops. We look forward to you participating in this skills course.

## COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

### Components and CME Points

- Distance Learning Course – 6 units (6 CME points upon completing the Distance Learning Online Assessment).
- 2 Seminars (max. of 3 CME points per seminar cum workshop).
- 2 Workshops.
- 10 Readings – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year).

### Distance Learning Course

Unit 1 : Physical Function

*Dr Wong Sweet Fun*

Unit 2 : Mood

*Dr Ong Pui Sim*

Unit 3 : Continence

*Dr Terence Tang*

Unit 4 : Hearing

*A/Prof Lynne Lim*

Unit 5 : Vision

*Dr Au Eong Kah Guan, Ms Yulianti*

Unit 6 : Oral Health

*Dr Hilary P. Thean, A/Prof Robert Yee*

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## COURSE TOPIC DETAILS

### Unit 1: Physical Function

- Background
- Assessment
  - o Vulnerable Elders Survey (VES-13)
  - o Short Physical Performance Battery (SPPB)
- Interpreting Results
- Clinical Evaluation
- Management
- Clinical Pathway
- Referral
- Recommended Physical Activity Programmes
- Resources

### Unit 2: Mood

- Background
- Assessment
- Interpreting Results
- Diagnostic Criteria for Depression
- Clinical Evaluation
- Management
- Clinical Pathway
- Referral
- Resources

### Unit 3: Continence

- Background
- Assessment
- Interpreting Results
- Clinical Evaluation
- Management
- Clinical Pathway
- Referral

### Unit 4: Hearing

- Background
- Assessment
- Interpreting Results
- Useful Information
  - o Causes of Hearing Loss
  - o Diagnoses Exclusions
  - o Age-related Hearing Loss (Presbycusis)
  - o Initial Management
- Clinical Pathway
- Referral
- Resources

Unit 5: Vision

- Background
- Assessment
- Interpreting Results
- Clinical Pathway
- Management & Referral
- Resources

Unit 6: Oral Health

- Background
- Assessment
- Interpreting Results
- Clinical Implications
- Clinical Pathway
- Management & Referral
- Resources

**FACE-TO-FACE SESSIONS****Seminar 1: 12 March 2011****2.00pm – 4.00pm**

Physical Function

*Dr Wong Sweet Fun*

Continence

*Dr Terence Tang*

Hearing

*A/Prof Lynne Lim***Workshop 1: 12 March 2011****4.30pm – 5.30pm**

Case Studies/Demonstration

**Seminar 2: 13 March 2011****2.00pm – 4.00pm**

Vision

*Dr Au Eong Kah Guan*

Mood

*Dr Ong Pui Sim*

Oral Health

*Dr Wong Mun Loke***Workshop 2: 13 March 2011****4.30pm – 5.30pm**

Case Studies/Demonstration