

The Silent Crisis: Unpacking Public Health Issues for Older Adult in Nepal



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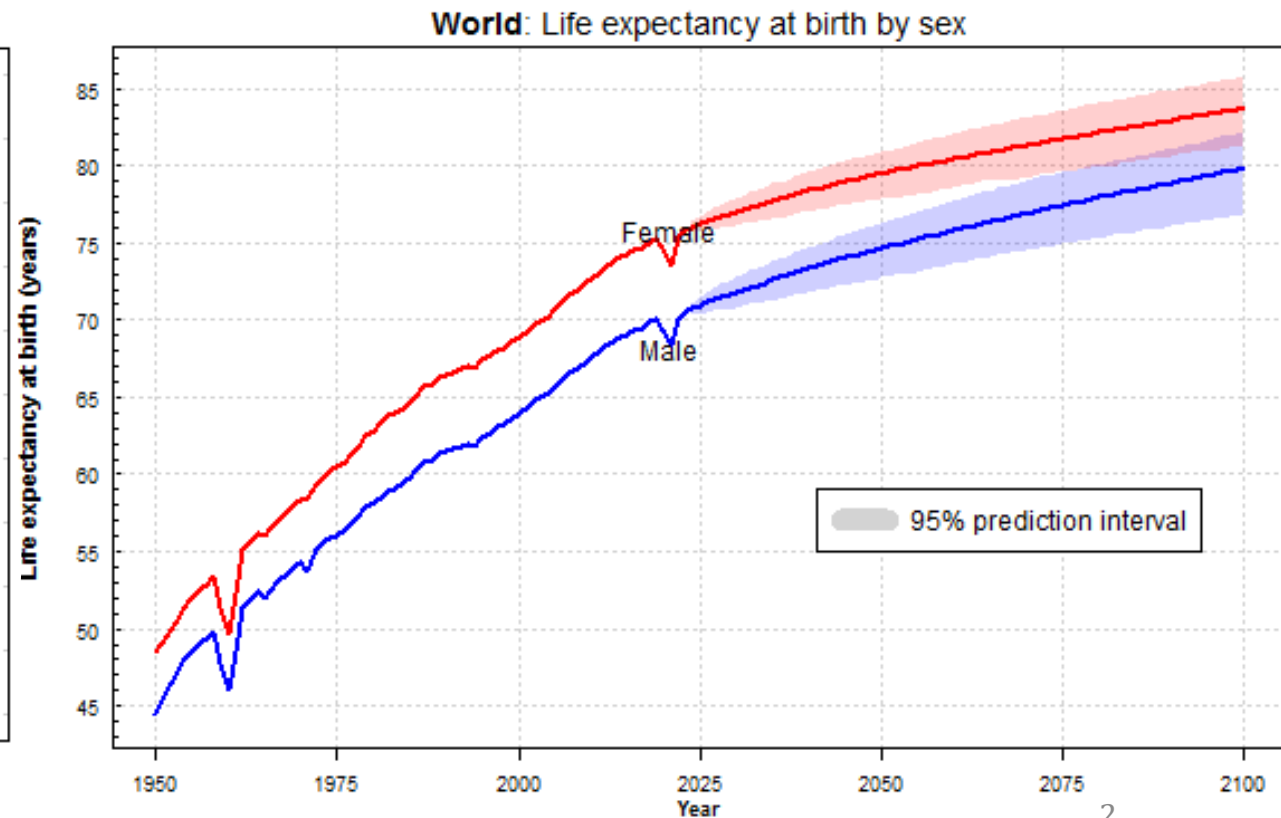
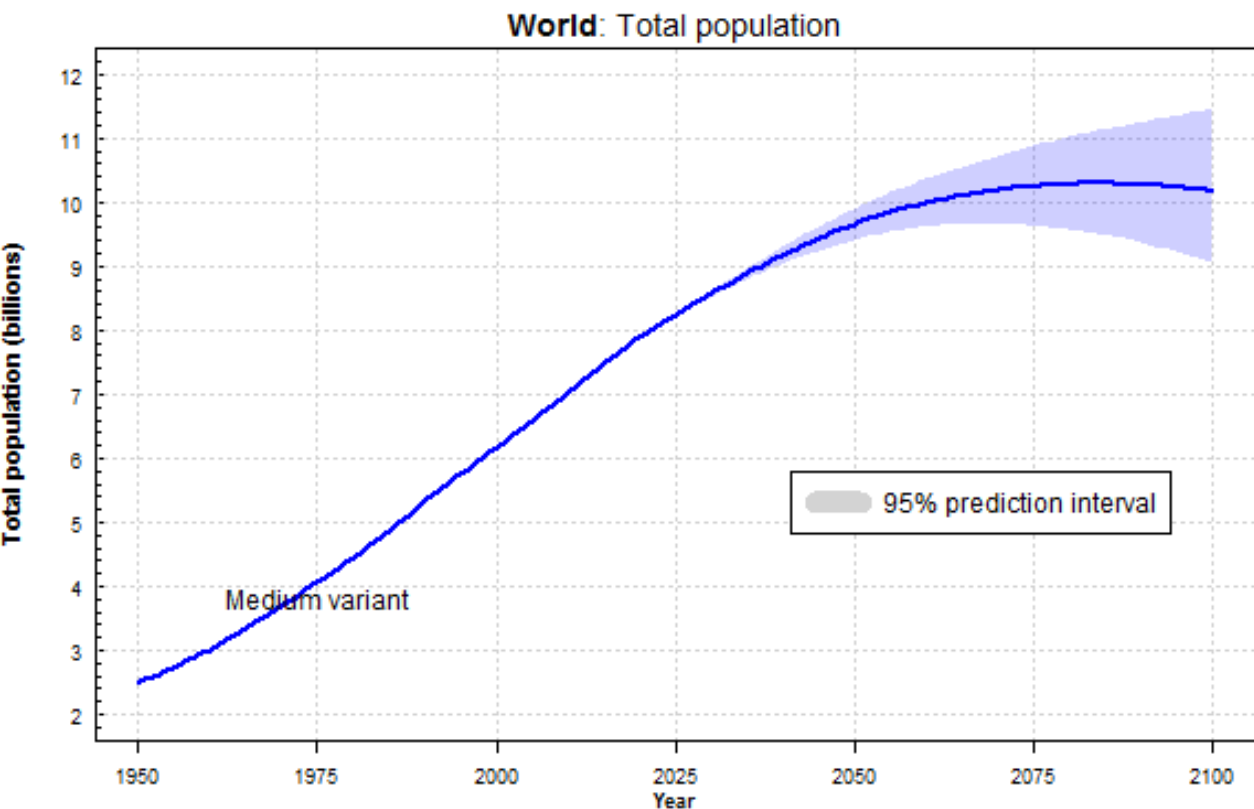
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Background



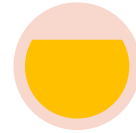
Background



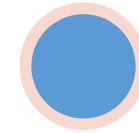
Older adults
Aged ≥ 60 years



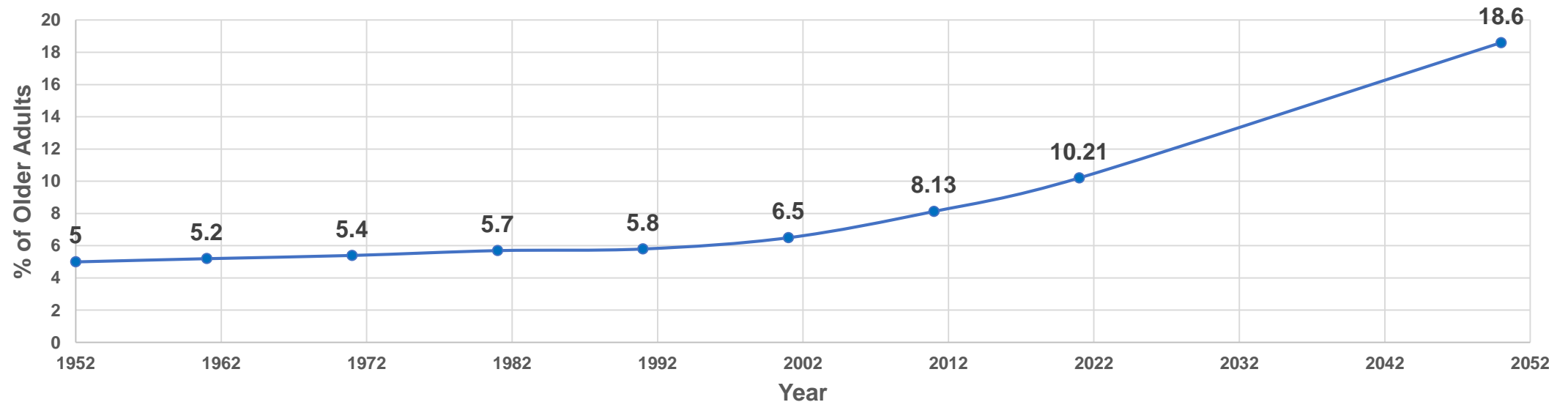
Increased risk
of disease



Poor health
status



High prevalence
of frailty



Older Adults in Nepal (≥ 60 years)

Background



Limited geriatric healthcare services

- < 10 % of hospitals have dedicated geriatric care services (62 Government Hospital)

Scarcity of geriatric healthcare professionals

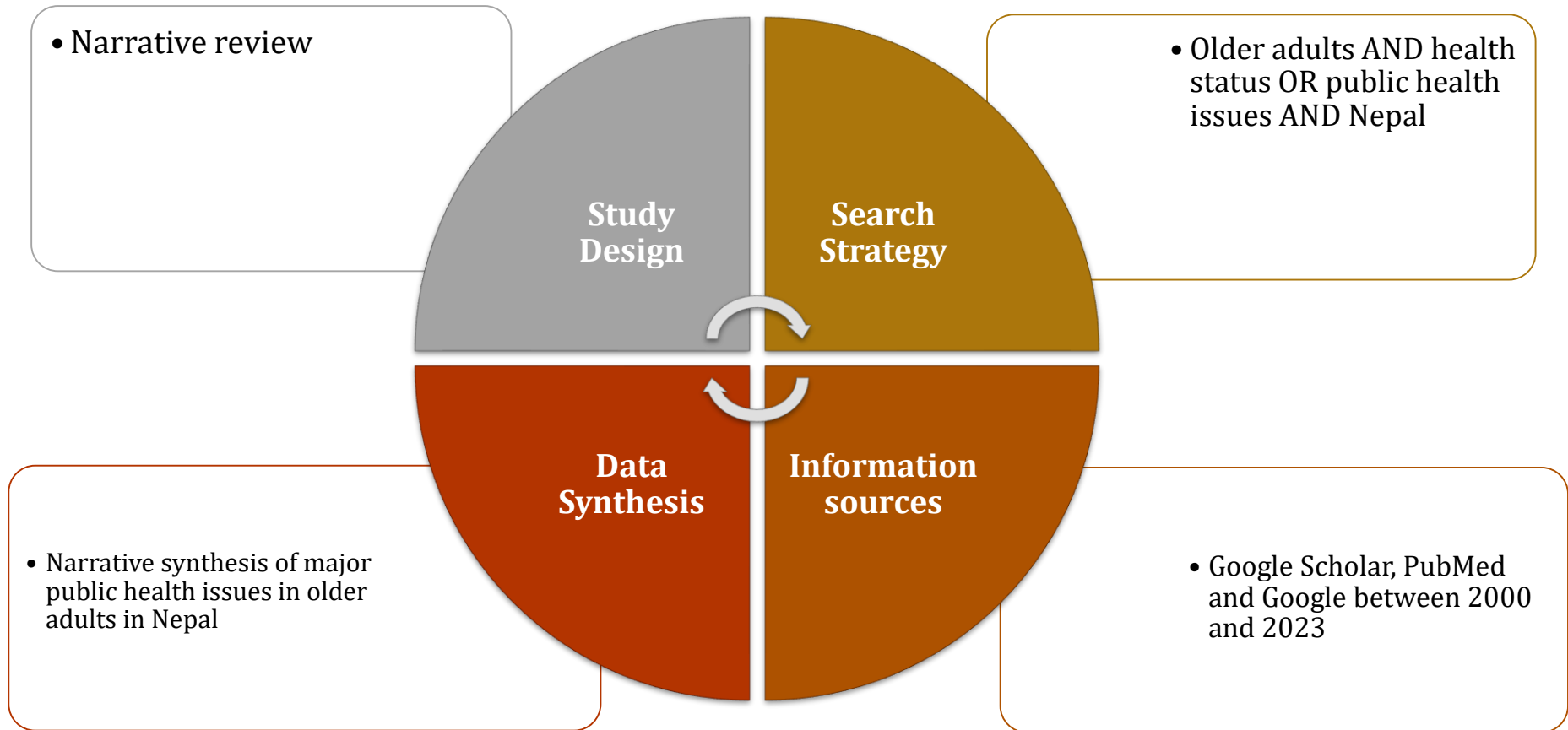
- 0.3 geriatrician per 100,000 older adults

Low geriatric care knowledge of general healthcare professionals

Aims:

- **To identify major public health issues faced by older adults in Nepal**

Methods

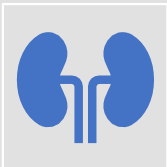


Results



High prevalence of age-related multimorbidity & complications

Prevalence of multimorbidity: 14% to 70%
Pooled prevalence of multimorbidity: 25%
(95% CI: 16.99 to 34.09)



Poor management of diseases

Controlled blood pressure: 4% to 15%
Controlled blood sugar level: 6%

Results...

Mental health issues

Prevalence of depressive
symptoms:

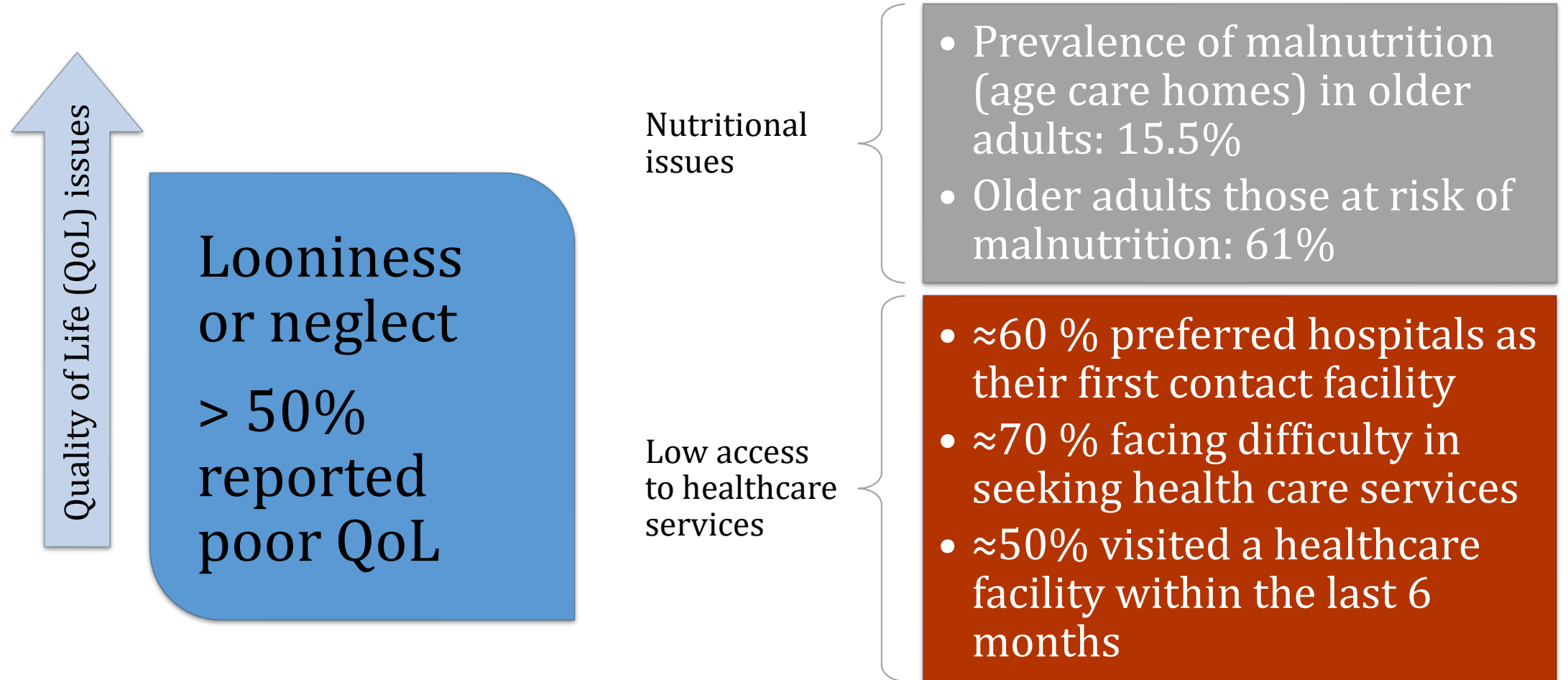
26% to 61% in the community

17% to 89% in aged-care facilities

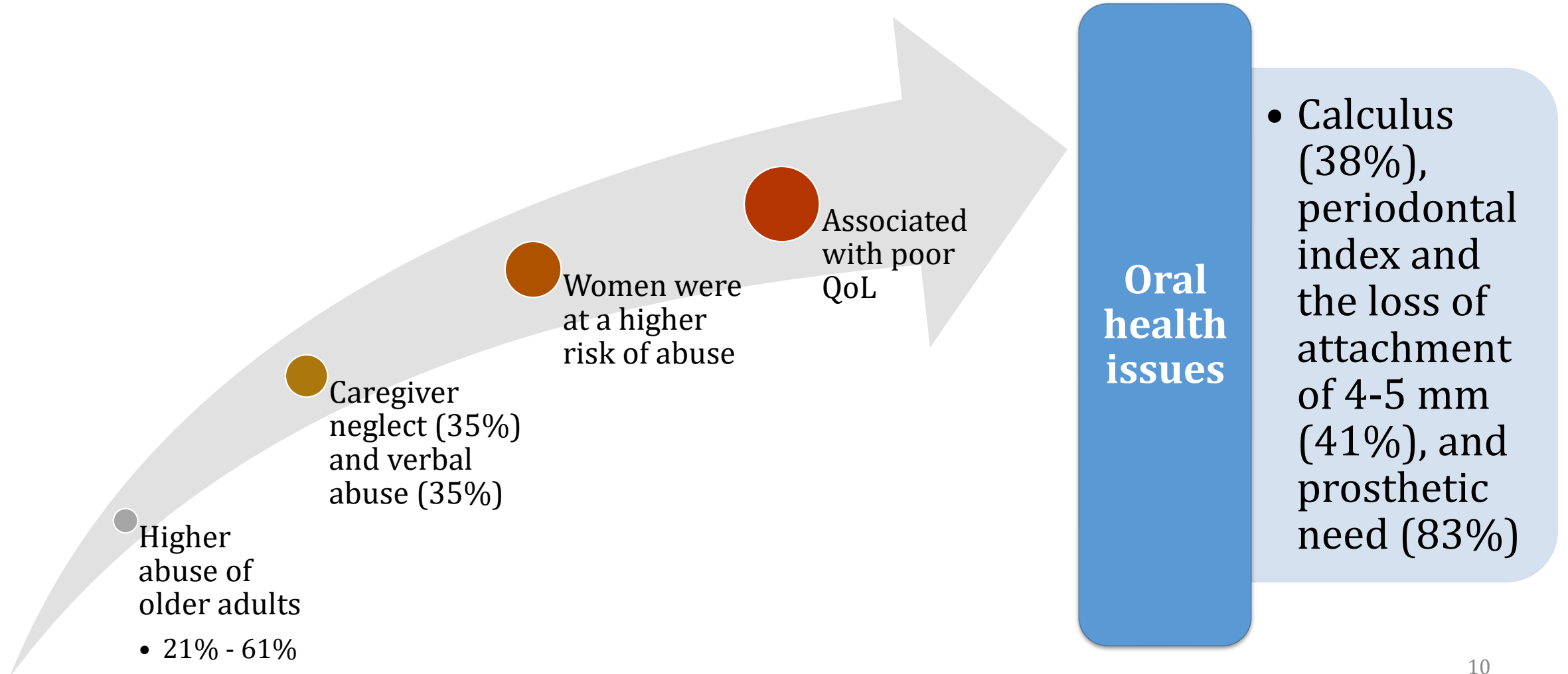
53% to 57% in hospital settings

Prevalence of anxiety
symptoms: 22% to 32%

Results



Results





Medication-related issues

Polypharmacy: $\approx 50\%$ of older adults

Potentially inappropriate medications: 14-53% of older adults

Poor medication management

- Hoard/stock drug (43%), use of expired medication (0.5%), multiple prescribers (52%), actual medication duplication (3%) and inappropriate storage (49%)

Incorrect use of medical devices

- Incorrect insulin injection technique
- Incorrect use of inhaler devices: 64-100% (at least one overall step of inhalers) and 9-100% (critical steps of inhalers)

Inadequate Aged care home and services

≈ 70 aged care homes registered

≈ 1,500 older adults

Urban areas

Inadequate health services and skilled nursing services

Key Findings

Older adults faced significant public health challenges in aged care homes and in the community

Public health issues

High prevalence of age-related diseases and complication

Resident or medication safety issues

Mental health issues, nutrition issues

Low health literacy & geriatric healthcare services and utilization

Social isolation and loneliness

Key Recommendations

1

Strengthening
healthcare
systems for
geriatric care

2

Strengthening
coordination
between different
levels of
government

3

Enhancing access
to geriatric care

4

Promoting a
community-based
support system

THANK YOU