Health Care Services for the Old Middle East Population

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The world is experiencing a major demographic transformation globally and the Middle East is not an exception of the same!

Today, about two third of all older people are living in the developing world; mainly Asia, and particularly China and India.
In the Arab countries the number of elderly is increasing due to the improvement in health care services as well as the eradication of most of the infectious diseases that was causing early death.
Percent POPULATION aged 65 and over: 2008

An Ageing World 2008, International population Reports,
US department of Health and Human Services, June 2009
Percent POPULATION aged 65 and over: 2040

Middle Eastern countries have certain cultural, social and economic characteristics in common with similar aspiration and this affects how to view the elderly and their needs.
Geriatric Medicine

- Geriatric Medicine is a relatively new branch of medicine in the Middle East that has recently started getting attention.
The Reason!
Life Expectancy (LE), both gender, at birth, in the Middle East Countries

<table>
<thead>
<tr>
<th>Country</th>
<th>Life Expectancy</th>
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<tbody>
<tr>
<td>Turkey</td>
<td>70.7 y.</td>
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<tr>
<td>Iran</td>
<td>71.3 y.</td>
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<tr>
<td>Saudi Arabia</td>
<td>74.0 y.</td>
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<tr>
<td>Egypt</td>
<td>73.2 y.</td>
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<tr>
<td>Lebanon</td>
<td>71.0 y.</td>
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<tr>
<td>Cyprus</td>
<td>75.8 y.</td>
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<tr>
<td>Israel</td>
<td>78.5 y.</td>
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<tr>
<td>Jordan</td>
<td>76.2 y.</td>
</tr>
<tr>
<td>Yemen</td>
<td>61.0 y.</td>
</tr>
</tbody>
</table>

Lowest: Sierra Leone 28.6 y.  China 70.4  France 79.5  Russia 64.8  Switzerland 80.7  USA 78.3  Highest: Japan 82.1
Elderly Health Care Services

- Varies among ME countries.
- Some countries have specialized geriatric clinics, others have no geriatricians!
Elderly Health Care Services

- At the level of Primary Health Care
- At the level of the Community
- At the level of Secondary/Tertiary Health Care
Primary Health Care

- Geriatric Clinics (comprehensive Ger assessment, consultation, vaccination, etc..)
- Osteoporosis Clinic (DEXA)
- Fall Clinic (near future)
- Wound Management team (pressure ulcers Rx)
Community Level

- Day Care Centers (Bahrain)
- Long Stay Care (Nursing Homes, governmental & private)
- Community Health Care (mobile units)
Secondary/Tertiary Health Care

- Acute Care (General Hospitals)
- Geriatric Hospitals (Chronic Stay)
- Bed-Blockers!
- Skilled Nursing Facility (SNF-Doha)
Alzheimer's Services

• Alzheimer’s Unit (Tripoli, Lebanon)
• Alzheimer’s Association (Lebanon, KSA)
• Alzheimer’s Support Group (Dubai, UAE)
Alzheimer's unit at Social Service Association: A place for care, comfort
Backyard
Benefits include:

• Home-like environment

• Courtyard with a wander walk allows for freedom of mobility and outside activities

• The Physical Needs of all our residents are closely supervised.
Safety and Security are prime concerns
Alzheimer’s Support Group (Dubai)
Day Care Centre (Bahrain)
Social Welfare Centre (Bahrain)
Long Term Service (Bahrain)
Long Term Facility (Dubai-UAE)
Social Activities
Medical Services
Out-Patients
Group Therapy
Wheelchair and Bed evaluation
Patient Care-Giver training
Interactive sessions
Elderly care knowledge
Snoezelen Room
Reflexology
Hijama (Cupping Therapy)
Yoga / Pilates
Acupuncture Therapy
Development of Geriatric Team
Challenges!!
Challenges!

• High numbers of elderly “bed blockers” at the main acute hospitals. (cost?)
• Lack of Elderly Rehabilitation Centers. (transitional care)
• Lack of Local Geriatricians or physicians trained in geriatrics.
• Slowly developing geriatric services.
• Lack of Geriatric teaching at medical schools curriculum.
Challenges, cont

• Underdeveloped community services model. (not ideal)
• Unequal services delivery among the Middle East countries.
• Geographic variations, i.e., accessibility and quality of services.
• Lack of emergency hotlines for older persons.
• Graduates of nursing schools are under trained in geriatric care.
Thank you