

INDICATORS OF DEPRESSION AND USE OF ANTIDEPRESSANTS MEDICATION IN RESIDENTS OF NURSING HOMES IN LISBON

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Introduction

Depression in the elderly is increasing and Portugal is one of the most aged countries. It is noted that the depression is more common in elderly living in nursing homes and in many instances, under-diagnosed and under-medicated in these institutions.

Aims

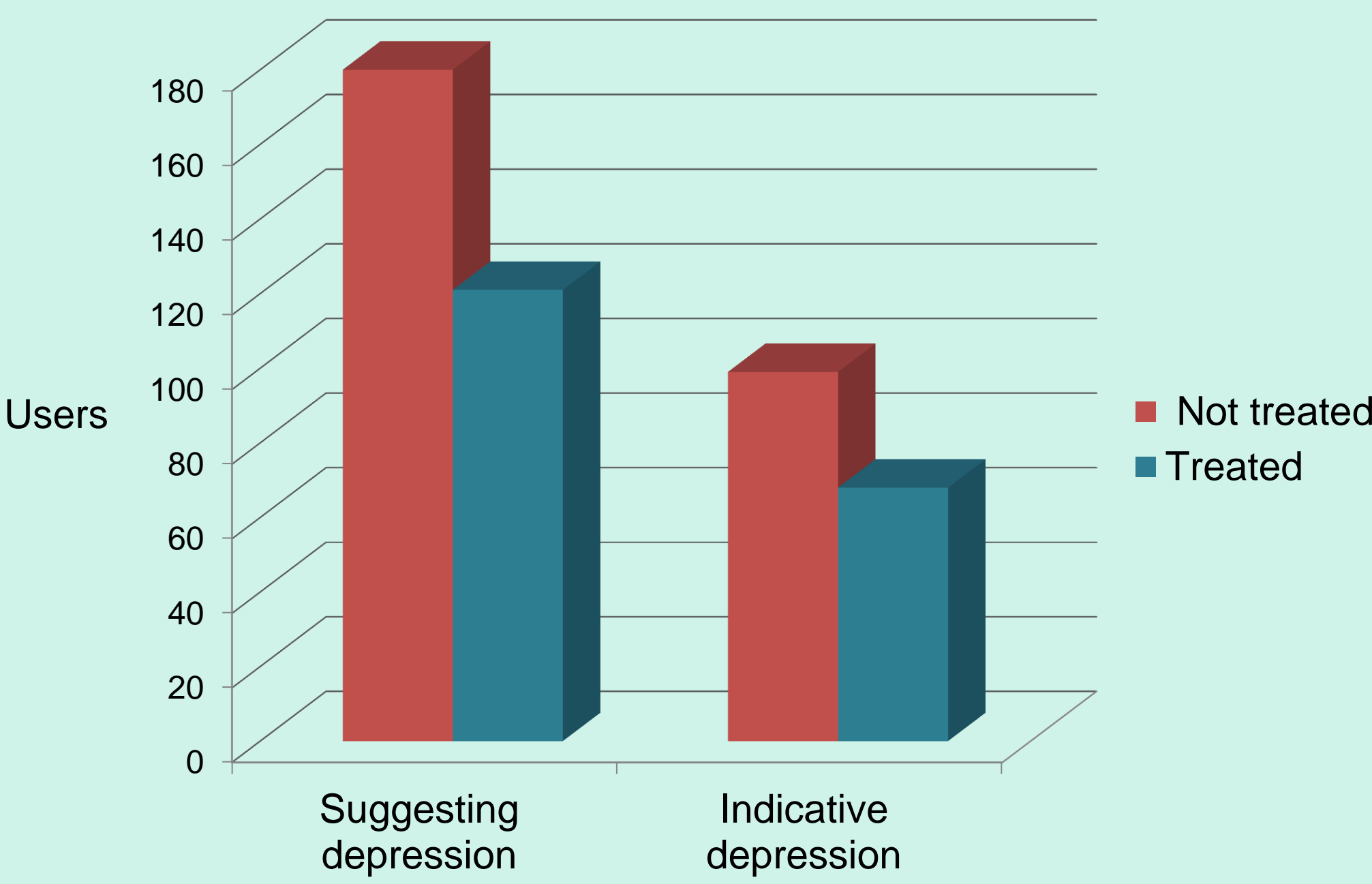
To characterize the elderly respondent, residing in nursing homes of Lisbon, from the points of view of demographic, therapeutic and emotional state by analyzing indicators of depression and use of antidepressants medication.

Methods

- In the frame of GERIA Study we conducted a cross-sectional analysis of a longitudinal study. Through the Social Charter, 33 homes were randomized Lisbon, of which we have information on the medication administered to 32 nursing homes.
- We evaluated all elderly residents who have consented to participate and were able to respond to the questionnaire.
- To analyze the emotional state, we proceeded to the application of the Geriatric Depression Scale, version 15 items (GDS15) and for the consumption of antidepressant therapy we proceeded to survey the processes of the participants.
- The study took place between September 2012 and March 2013

Results

- $n = 717$
- 77% Women
- Mean age 84 years (SD = 7.3 years), from 65 to 105 years
- Mode and median of 85 years
- The assessment of emotional state, showed:
 - » Depression is indicative of 167 (23%), of whom 99 (59%) were not treated.
 - » Suggesting depression 301 (42%) in which 180 (60%) did not consume anti-depressants.
 - » Without depression and 249 (35%), of whom 74 (28%) were treated with antidepressants.



References

Barreto, J., Leuschner, A., Santos, F., & Sobral, M. (2003). Escala de depressão geriátrica: *Tradução portuguesa da Geriatric Depression Scale, de Yesavage, et al.* Lisboa: Grupo Estudos de Envelhecimento Cerebral e Demências.

Brown, M., Lapane, K., & Luisi, A. (2002). *The management of depression in older nursing home residents.* Journal of the American Geriatrics Society.

Conclusions

Most elderly people living in nursing homes are emotionally depressed or prone to depression, and most are not medicated.

This study reveals the importance of adjusting therapy for the emotional needs of the elderly in order to improve their well-being.