

# The Role Of Family Physicians In Older People Care: Practical Issues and Essential Solutions

As individuals age, their healthcare needs become more complex and demanding. It is during this time that the role of family physicians in providing comprehensive care to older people becomes vital. With a deep understanding of their patients' medical history and personal circumstances, family physicians can address the unique challenges faced by older adults and ensure their overall well-being.

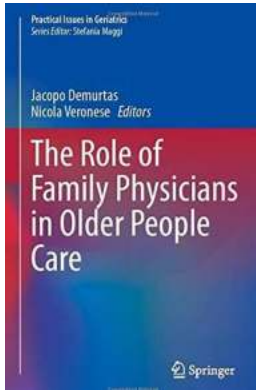
Older people often have multiple chronic conditions such as heart disease, diabetes, and arthritis, which require ongoing medical management. Family physicians play a critical role in coordinating care, ensuring medications are optimized, and monitoring the effectiveness of treatment plans. They are often the primary point of contact for older patients and act as their healthcare advocates.

One of the practical issues faced by family physicians in caring for older people is polypharmacy. With a multitude of medications prescribed for various health conditions, managing drug interactions and side effects becomes crucial to prevent adverse outcomes. Family physicians are skilled in determining the appropriateness of medications, adjusting dosages, and supporting patients in medication adherence.

## **The Role of Family Physicians in Older People Care (Practical Issues in Geriatrics)**

by John Schroeter (Kindle Edition)

★★★★☆ 4.6 out of 5



Language	: English
File size	: 6931 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Print length	: 851 pages



Another challenging issue that family physicians tackle is the psychological well-being of older adults. Mental health problems, such as depression and anxiety, are prevalent among this demographic. Family physicians are trained to recognize the signs and symptoms of mental health issues and provide appropriate interventions. They may collaborate with other healthcare professionals, such as psychologists or psychiatrists, to ensure holistic care for their patients.

In addition to physical and mental health concerns, family physicians also address social issues that may impact the well-being of older people. They consider factors such as social isolation, caregiving responsibilities, and access to community resources. By understanding the social determinants of health, family physicians can provide appropriate support and connect older adults with necessary social services.

Family physicians also play a crucial role in end-of-life care for older people. They help patients and their families navigate the complex decisions surrounding advanced directives, palliative care, and hospice services. With their knowledge and empathy, family physicians ensure that patients' wishes are respected and

that their loved ones receive the necessary emotional support during difficult times.

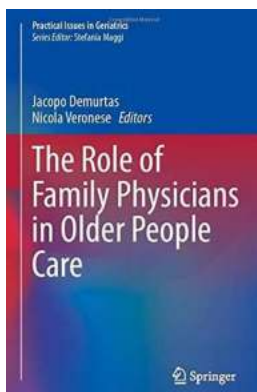
The practical issues faced by family physicians in older people care do not end there. They are also responsible for coordinating referrals to specialists and other healthcare providers when needed. This requires effective communication and collaboration to ensure seamless care transitions and avoid fragmented healthcare experiences for older adults.

It is important to acknowledge that family physicians play an invaluable role in preventive care for older people. They provide vaccinations, conduct regular screenings, and offer health promotion advice to help older adults maintain their overall health. By identifying potential health risks at an early stage, family physicians can intervene and prevent the development of more serious complications.

As the population continues to age, the demand for family physicians with expertise in older people care will only grow. Family physicians who have a comprehensive understanding of the unique challenges faced by older adults and possess the necessary skills to address these issues will be in high demand. It is crucial for healthcare systems to recognize the importance of family physicians in supporting the aging population and provide resources and training to meet the evolving needs.

In , family physicians play a pivotal role in providing practical solutions to the complex healthcare needs of older people. Their expertise in managing chronic conditions, addressing mental health concerns, and navigating end-of-life care makes them essential in ensuring the well-being of older adults. By recognizing their significance and addressing the challenges they face, we can strengthen the

role of family physicians in older people care and ultimately improve the quality of life for our aging population.



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This book provides family doctors with a wealth of evidence-based indications and tips regarding geriatric medicine and approaches for the management of older patients, to be applied in daily practice.

After discussing old and new features of healthy ageing and the approaches required in Family Medicine Consultation, the text introduces key elements of geriatric medicine such as frailty, sarcopenia, and the comprehensive geriatric assessment (CGA), before describing a range of characteristics unique to older patients in different contexts, with a dedicated section on Palliative Care. The role of polypharmacy and the importance of quaternary prevention and deprescribing are also addressed.

Finally, the book emphasizes both the importance of a humanistic approach in caring and the approach of research and meta-research in geriatrics. Though many texts explore the role of primary care professionals in geriatric medicine,

the role of family doctors in older people care has not yet been clearly addressed, despite the growing burden of ageing, which has been dubbed the “silver tsunami.”

Family physicians care for individuals in the context of their family, community, and culture, respecting the autonomy of their patients. In negotiating management plans with their patients, family doctors integrate physical, psychological, social, cultural and existential factors, utilizing the knowledge and trust engendered by repeated visits. They do so by promoting health, preventing disease, providing cures, care, or palliation and promoting patient empowerment and self-management.

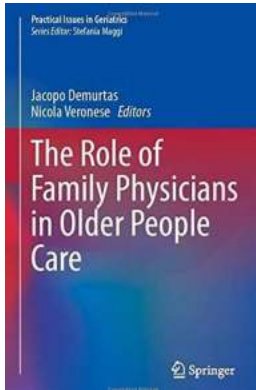
This will likely become all the more important, since we are witnessing a global demographic shift and family doctors will be responsible for and involved in caring for a growing population of older patients.

This book is intended for family medicine trainees and professionals, but can also be a useful tool for geriatricians, helping them to better understand some features of primary care and to more fruitfully interact with family doctors.



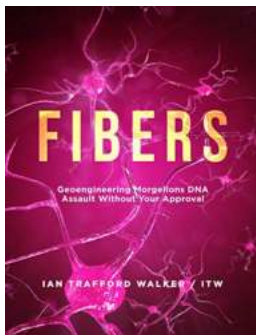
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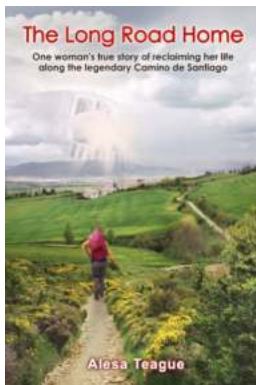
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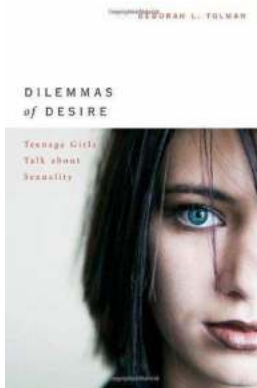
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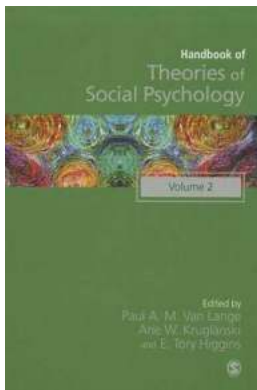
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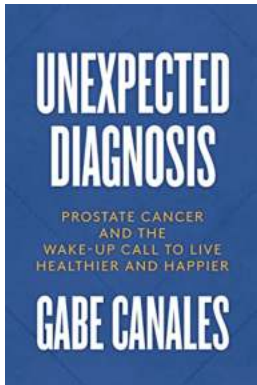
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