

Geriatric Care in Promoting Healthy Aging and Lifestyle in Older Adults

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DESCRIPTION

Geriatrics is the medical specialty that focuses on the care of older adults, especially those over the age of 65. Aging is a natural process that affects all living organisms, and as the global population ages, the demand for geriatric care is increasing. Geriatrics is an interdisciplinary field that combines medicine, nursing, social work, and other health-related fields to provide comprehensive care for older adults. In this article, we will explore the importance of geriatrics, the challenges faced by geriatric patients, and the role of geriatric care in promoting healthy aging.

The importance of geriatrics

As people age, their bodies undergo significant changes that affect their overall health and well-being. Geriatrics plays a vital role in promoting healthy aging and preventing or managing age-related diseases and conditions. Geriatric care is essential because older adults often have multiple chronic health conditions that require complex care management. These conditions can be challenging to diagnose and treat, as they may present differently in older adults than in younger patients.

Geriatric care also focuses on promoting independence and quality of life for older adults. Many older adults want to maintain their independence and live in their own homes for as long as possible. Geriatric care can help older adults achieve this goal by providing support and resources to help them live independently. Geriatric care also addresses the social and emotional needs of older adults, as social isolation and depression are common issues among older adults.

Challenges faced by geriatric patients

Geriatric patients often face unique challenges that can impact their health and well-being. Some of the most common challenges faced by geriatric patients include:

Multiple chronic health conditions: Older adults are more likely to have multiple chronic health conditions, such as diabetes, hypertension, and heart disease. Managing these

conditions can be complex and require coordinated care among multiple providers.

Medication management: Older adults often take multiple medications, which can increase the risk of adverse drug reactions and interactions. Geriatric care providers must carefully monitor medication use and adjust dosages as needed to prevent these issues.

Cognitive decline: As people age, they may experience cognitive decline, which can affect their ability to make decisions, remember information, and perform daily activities. Geriatric care providers must address these cognitive issues and provide support to help older adults maintain their independence.

Social isolation: Older adults are at increased risk of social isolation, which can lead to depression and other mental health issues. Geriatric care providers must address these social and emotional needs to promote healthy aging.

The role of geriatric care in promoting healthy aging

Geriatric care plays a vital role in promoting healthy aging and preventing or managing age-related diseases and conditions. Some of the key ways that geriatric care promotes healthy aging include:

Preventing disease: Geriatric care providers focus on preventing disease through regular screenings and assessments. This can help identify health issues early, when they are easier to treat.

Emotional support: Geriatric care providers address the emotional needs of older adults, helping to prevent depression.

CONCLUSION

Geriatrics is a critical field that focuses on the care of older adults. As the global population ages, the demand for geriatric care is increasing. Geriatric care is essential because older adults often have multiple chronic health conditions that require complex care management. Geriatric care providers must be able to address the unique challenges faced by geriatric patients, such as medication management, cognitive decline, and social isolation.

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Geriatric care plays a vital role in promoting healthy aging and preventing or managing age-related diseases and conditions. By preventing disease, managing chronic health conditions, providing medication management, addressing cognitive health, and providing social and emotional support, geriatric care providers can help older adults maintain their independence and quality of life.

It is important to note that geriatric care is not just limited to medical interventions. Geriatric care providers also work with

patients and their families to address the social determinants of health that can impact healthy aging, such as housing, transportation, and access to healthy food. Geriatric care is a comprehensive approach to promoting healthy aging that addresses the physical, emotional, and social needs of older adults.