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Strategies, challenges, and future directions of general medicine in improving the quality of life for elderly patients**Hongli Xiang**

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Objective: The aim of this review is to elucidate the role of general practice in improving the quality of life for elderly patients, by identifying effective strategies and outlining the challenges and future directions in healthcare delivery for this population.

Methods and Materials: This review integrates data from a range of observational studies and practical interventions in general practice that focus on elderly populations. It examines the effectiveness of personalized medical plans, technology integration, preventive measures, and multidisciplinary approaches, utilizing a qualitative synthesis of outcomes and patient-reported data.

Results: Patient Statistics: Over the past year, 12,000 elderly patients were enrolled in personalized medical plan programs with general practitioners recording improvements in patient management. **Intervention Effects: Personalized Medical Plans:** Implementation led to a 35% improvement in mobility and a 40% reduction in chronic pain complaints. **Mental health management** saw a 25% enhancement in patient-reported mental wellness. **Technology Integration: Telehealth usage** reduced emergency visits by 30% and decreased hospital readmissions by 25%. **Remote monitoring devices** predicted deteriorative trends, triggering early interventions and reducing severe episodes by 20%.

Preventive Measures: Systematic health screenings increased detection of chronic conditions early by 45%, resulting in a 30% reduction in disease progression rates among detected cases. **Quality of Interventions: Multidisciplinary Approach:** Collaboration with specialists reduced the time to stabilize new symptoms from an average of 14 days to 7 days, improving treatment outcomes by 30%. **Comprehensive Care Plans:** Involved elderly patients reported a 50% improvement in understanding their health conditions and treatment plans.

Conclusion: General practice significantly contributes to enhancing the quality of life for elderly patients through strategic interventions, effective use of technology, and a multidisciplinary approach. The diverse data presented highlight the need for ongoing innovation and tailored approaches in the management of elderly healthcare. Future directions should focus on expanding technology integration, enhancing interdisciplinary cooperation, and refining personalized care to optimize health outcomes and patient satisfaction.

Biography

Hongli Xiang, from Chongqing University Three Gorges Hospital, specializes in general medicine with a focus on improving the quality of life for elderly patients. Dr. Xiang's research aims to enhance healthcare strategies for better elderly patient outcomes.