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## Prevalence of major components of geriatric syndromes and their association among nursing home residents in AL-Medina –KSA

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**Background:** By the end of 2050, people who aged 60 and above in KSA will be 25% of total population i.e., 40 million. Thus, there will be more than 10 million people aged 60 and more by 2050.

**Objective:** The main objective of this study is to increase the health expectancy of these age structure and to know about direct and indirect inducer factors of both filed demographic and chronic diseases in Saudi Arabia (Medina region).

**Method:** A cross-sectional study was conducted with a total of 75 elderly (51 male, 24 female) who were screened at the Medina Nursing Home after taking the informed consent.

**Main Measures:** An in-person interview was done by the researchers to answer the questionnaires; no self-answer was done because majority of them are illiterate. Each questionnaire took about 35 minutes per participant. Questionnaires were divided into two parts, part one contains demographics factors like age, gender, occupation, marital status, number of offspring, education, smoker, and about chronic diseases and part two contains geriatric syndromes like functional decline, cognition and incontinence.

**Results:** Sample and demographic factors: A total of 75 participants of the same nursing home were screened. Mean age was in the range of 80-89 years. 87% of the participants were originally from Madinah. Majority of the subjects had no job. 75% of the participants (56) are single and only 6.3% are married. On other hand 75% of married have no offsprings. 90.7% (68 persons) of them are illiterates. 18.7% (14 persons) of them smoke where those Ex-smokers are 14.7%. Most of the participants have chronic diseases and diabetes mellitus was the highest among them by 48%. Geriatric Syndromes: In the category of functional status (function decline), totally dependent (<1 ADL) are 19%, totally independent are 31 % (=6ADL) where those partially dependent are 51% (≥1ADL). 96% of the subjects have Mini Mental State Examination (MMSE) score below than 17. Urinary incontinence was reported by 9% of subjects (≥1ICIQ-UI Short Form).

**Conclusion:** Geriatric syndromes are common among older adult, this study provides the prevalence and associated factors of the geriatric syndromes which is a common problem among elderly people with numerous preventable risk factors. There is a persistent need to conduct more studies in Medina on elderly population as it is large and increasing gradually.

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