

PS1.107

Swallowing functions and activities of daily living impact for anxiety and depression symptoms in palliative care patients

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Background & Aim: Patients who are hospitalized in palliative care service are investigated about swallowing functions and activities of daily living impact for anxiety and depression symptoms is aimed. **Method:** Patients that have been diagnosed oncologic or neurologic diseases and hospitalized between two years of 2013 - 2015 in palliative care service were included in the study. EAT-10, LB-IADL and HADS were applied. SPSS 20 demo program was used for data analysis.

Results: Sixty five people were included in the study and mean age was $63,57 \pm 16,38$ (22-95). Fifty two point three percent (n=34) of the participants had oncologic, 47.7% (n=31) had neurologic diseases. Fifty six point nine of the participants were women, 76.9% (n=50) were married, 47.7% (n=31) had monthly 800-1499 Liras household income, 61.5% (n=40) were mobile. After the applied scales examined; according to scale results participants who had swallowing dysfunction, knowing no writing or reading and immobilization scored more EAT-10 points statistically significant. According to LB-IADL results of being dependent on daily living activities; participants who are over 65 years old, knowing no writing and much lower household income were statistically more. Being immobile were boosted anxiety and depression symptoms statistically significant according to HADS results. According to EAT 10 results participants who had not have swallowing (eating) disorders had lower LB-IADL, HADS-A and HADS-D points and it was statistically significant.

Conclusions: Patients that have been diagnosed oncologic or neurologic diseases and hospitalized in palliative care service; being immobilized and having swallowing dysfunction (dysfagia) increases dependance on instrumental daily living activities, anxiety and depression symptoms is found in this study.