

S37

PCDE Symposium

Pearls for clinical practice; management of elderly people with diabetes

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This symposium will address the care of diabetes in the elderly. It is expected that discussing primary care needs of frail people with diabetes will benefit quality in provision of care for this group. The session is aiming to enhance the understanding about multidimensional, integrated approach to the comprehensive management of diabetes in elderly people.

The issue of frailty will be addressed. Frail individuals are characterized by a combination of recent weight loss, significant fatigue, severe restriction in mobility and strength, increased propensity to falls, and increased risk of institutionalization.

A consideration will be given to the management of medications in elderly people. Like with all diabetes patients, there is a need to individualize the medication regimen so as to maintain an optimum balance between control of diabetes and other cardiovascular risk factors and the minimization of drug related adverse events such as drug interactions, falls and admission to hospital or emergency departments.