

中文題目：高齡整合門診減少老年患者一年內就醫次數

英文題目：Geriatric integrated clinic reduces outpatient clinic visits in elderly people in one year

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Background: Multi-comorbidities in elder people result in increased medical and economic burden, which increases with the aging society. Polypharmacy, huge medical cost, and frequent transportations secondary to multiple clinic visits are common in elderly people. This retrospective study is aim to evaluate if the geriatric integrated outpatient clinic reduces outpatient department visits in elderly population.

Methods: The patients visited the geriatric integrated outpatient clinic received comprehensive geriatric assessment at first. Then, the geriatrician set the treatment goal and tried to simply regimen. Patients received medical consultation from the psychiatrists, neurologists and doctors of physical medicine and rehabilitation as their need in the integrated clinic at the same time. We conducted a retrospective study involving patients over 65 years old, who regularly followed up in geriatric integrated outpatient clinic in Kaohsiung medical university Chung-Ho memorial hospital since 2013 January to 2016 June. The age, gender, date of first clinic visit, total medical fee and outpatient clinic visits were recorded. The clinic visits were collected every 6 months before and after the first geriatric integrated clinic visit. The data was calculated by paired t-test by SPSS program.

Results Total 2387 patients were enrolled as the inclusion criteria. 1351(56.6%) patients were female, and 1036 (43.4%) patients were male. The average age of patients was 78.7 ± 7.7 years old. The average of clinic visits was 9.3 ± 9.7 times/6 months before patients' first visit of geriatric integrated clinic. It decreased to 5.8 ± 7.7 times/6 months and 6.3 ± 5.9 times/6 months in the first 6 months and 12 months separately ($p<0.001$, $p<0.001$). However, after one year, the OPD visits raised back to 9.3 ± 8.6 times/6 months.

Conclusion: Geriatric integrated outpatient clinic in our hospital reduce the frequency of clinics visit in one year in elderly population.