

The Geriatric Population Has Specific Health Problems

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ABSTRACT

Geriatric medicine addresses a wide range of health problems that are prevalent in older adults, such as diabetes, arthritis, cardiovascular disease and dementia. In addition, geriatricians address aging-related syndromes such as frailty and sarcopenia. Geriatric medicine emphasizes preventive care to reduce the impact of age-related health conditions. This includes vaccinations, screenings and lifestyle interventions to promote healthy aging. Geriatric medicine plays a key role in promoting the health and well-being of older adults by addressing their unique health needs. The field continues to evolve as healthcare providers strive to improve the quality of life of the aging global population.

Keywords: Geriatric Care; Geriatric Medicine; Geriatric Nursing; Patients; Health

1. Introduction

As geriatric care frameworks have been created all through the world, geriatric appraisal programs have been allotted central parts ordinarily as central focuses for section into the care frameworks¹. Equipped to contrasting local needs and populaces, geriatric evaluation programs change in concentrated, structure and work. They can be found in diverse settings, counting acute hospital inpatient units and meeting groups, unremitting and restoration healing center units, outpatient and office-based programs and domestic visit outreach programs. In spite of differences, they share numerous characteristics. Essentially all programs give multidimensional evaluation utilizing particular estimation disobedient to measure utilitarian, mental and social parameters. Most utilize intrigue groups to pool ability and excitement in working toward common objectives. Moreover, most programs endeavor to couple their appraisals with an intercession, such as recovery, counseling or placement.

Today, geriatric appraisal proceeds to advance in reaction to expanded pressures for taken a toll control, shirking of organization remains and shopper requests for superior care. Geriatric assessment can offer assistance accomplish progressed quality of care and arrange cost-effective care. This has by and large implied more accentuation on noninstitutional programs and shorter healing center remains. Geriatric evaluation groups are well situated to convey successful care for older adults with restricted assets. Geriatricians have long emphasized the wise utilize of innovation, precise preventive pharmaceutical exercises and less institutionalization and hospitalization.

2. Patients

The geriatric environment is decided by caregivers and relatives, but moreover by care levels, cognitive disabilities and, over all, by geriatric patients as well as the exchange between these bunches and various social, healthcare and restorative

conditions². Geriatric patients have a place to a heterogeneous gather of exceptionally old individuals; hence evidence-based inquire about experiences different methodological challenges. In expansion, there are visit partialities and one-sided sees of more seasoned individuals in society that impact caring forms and therapeutic intercessions as well as geriatric inquire about. Subsequently, it appears sensible, to begin with, to advance progress the improvement of inquire about directing theories for geriatric inquire about and, moment, to do so in a ethically educated approach in arrange to pick up strong experimental information almost geriatric patients.

To start with, a definition of geriatric patients and a brief diagram of the terms to portray the highlight “age” of these patients. A individual of a so-called oldest age of 80 or more years of life can be a geriatric understanding by definition. Really, chronological age does not characterize a geriatric understanding totally, but or maybe a health condition called multi-morbidity and an age over 65, in common from 70 years of age on. People in this age group are called “older persons” or “older people” or “persons/people of older age, who censure the utilize of the term “elderly”. Multi-morbidity implies that there are two or more health conditions, regularly chronic, that require treatment. A central objective in the treatment of geriatric patients is to protect independence and quality of life, particularly when it is at chance due to an expanded defenselessness. In this manner, if an age-associated physical and cognitive decay rises, as well as a developing state of helplessness, a understanding characterizes as geriatric as well. This circumstance is called slightness which is a term that as however needs a exact definition. Insights appear that most industrialized countries, as well as numerous other, especially creating, nations, are experiencing solid statistic alter. As a result, the number of older people and adults of the most seasoned age is developing colossally and at the same time the normal life anticipation of these individuals is expanding. In other words, more of the more seasoned individuals live longer. It is exceptionally plausible that this slant will be related with an increment in geriatric diseases and multi-morbidity among the most seasoned agers. At the same time, there is trust that geriatric measures to move forward health can keep up quality of life into ancient age (“healthy life expectancy”). To put it in the words of the World Health Organization (2012): “Good health adds life to years”. In arrange to oversee these changes and improvements, restorative and specialized advancements are progressively being looked for to offer assistance to take care of more seasoned people and most seasoned people. The business of innovation in care will without a doubt alter the lives of patients and numerous other partners as well as the work of caregivers.

3. Physiologic Changes

As a individual moves into his or her fifth and sixth decades of life, these physiologic changes gotten to be more clear³. In the seventh and eighth decades and past, they are noteworthy and no longer deniable.

It is imperative to recognize that in spite of the fact that agerelated changes are unsurprising, the correct time at which they happen is not. Fair as no two people develop and create at precisely the same rate, no two people appear the signs of aging at the same time. There is wide person-to-person variety in when-and to what degree-these changes happen. Heredity, environment and health upkeep altogether influence the timing and greatness

of age-related changes. Some people are chronologically quite young but appear old. The most extreme cases of this happen in a uncommon condition called progeria. When they are as it were 8 or 9 years of age, children with progeria have the physiology and appearance of 70-year-olds. At the other extraordinary, there are people in their sixties, seventies and indeed more seasoned who are overwhelming and show up much younger than their chronologic age. Most individuals appear the signs of aging at a rate some place between these two extremes.

We can watch numerous ordinary changes in the body’s structure and work during the aging prepare. There are moreover changes that show the onset of disease or illness. Medical attendants are anticipated to be able to recognize between typical changes and irregular changes that imply a require for restorative or nursing mediation. To distinguish these contrasts, medical attendants must have a great understanding of the typical body structures and capacities. This information ought to offer assistance medical attendants get it how ordinary and irregular changes influence the day-to-day useful capacities of older adults. As medical attendants, we must be mindful of physical changes that are likely to happen, evaluate each individual to decide the degree to which these changes have happened and at that point make our care plans in reaction to that individual’s needs.

4. Framework

The 5Ms are: what Matters, Medication, Mentation, Mobility and Multimorbidity⁴. It is a memory helper to rapidly express what esteem geriatrics and related specialties bring to the care of older adults. A related system advanced in parallel: the 4Ms, which are what Matters, Medication, Mentation, Mobility. The 4Ms support the Age-Friendly Health Framework development. The clear effortlessness of the 4Ms or 5Ms, whichever is chosen, has permitted it to capture fire over the nation and driven the victory of the Age-Friendly Health Framework movement.

5. The 4Ms

The Age-Friendly Health Framework concept deserves a minute of clarification as well since it goes past the 4Ms⁴. It depicts a framework that: has authority committed to tending to ageism, care particularly custom-made for older adults, staff prepared in the care of older adults, appears quantifiable advancements for older adults, has a precise approach for planning care with organizations exterior of therapeutic care, methodologies to bolster family caregivers and a clear prepare for understanding quiet inclinations and giving care that are concordant with these inclinations. In the current Age-Friendly Health Framework development, it is basically synonymous with giving evidence-based care inside the 4Ms system and it is a move in care, not a program implied to be connected, that is done reliably and begins with champions for age-friendly care and moves on to affect more and more zones inside a framework. IHI (Institute for Healthcare Improvement) outlines it as: “following an basic set of evidence-based hones; causing no hurt; and adjusting with What Things to older adults and their family caregivers.”

The improvement of the 5Ms and the Age-Friendly Health Framework development and its associated 4Ms may appear as well oversimplified to speak to the complexity inside the field of geriatrics or even within a clear geriatrics evaluation. Be that as it may, the victory of this development, how it has refocused the discussion for healthcare around achievable measurements that

make strides the care of older adults and its grasp by the field of geriatrics talks volumes around its brilliance.

This system has been utilized to appear the adequacy of care for older adults over handfuls of distributed considers. Past a common toolkit, there are guides for usage in hospital and mobile hones, in nursing homes, in surgical healing centers, crisis divisions and in helpful care clinics. And it is setting the heading for the future, counting in instruction and public health. Government subsidizing openings in geriatrics and in disciplines proposing to serve older adults, for illustration from the Health Resources and Services Administration (HRSA) for the Geriatrics Workforce Enhancement Programs, have embraced necessities to address the program's affect on the 4Ms and to organize instructive educational program for health callings utilizing the framework.

6. The 5Ms

At the heart of control of the "Ms" is that they give a directing worldview for giving care to older adults and they appear us how to degree the prepare and results of the care we give⁴. But they actually show up in an unexpected way in their specifics over care settings and quiet populations.

Overarching the whole system and crosscutting its adequacy, is understanding the healthcare incongruities that are portion of all of healthcare. Building a picture, with information, in parallel with age-friendly dashboards, of the incongruities in care over different understanding variables, such as race, ethnicity, preferred language, income and gender, will offer assistance any clinician and health framework to apply the system of the 4Ms or 5Ms in a way that best leverages its strengths.

To choose where to start and how to lock in in making enhancements in the 4Ms or 5Ms, finding champions and motivations to progress care in your framework are key. Is there a quality activity that addresses one of the Ms.? Is there an director or chief who is particularly passionate around making strides care for older adults in your framework? Finding and working in arrangement with these components is basic to success.

7. ACP

Advance care planning (ACP) may increment the chances that a person's health care incorporates the components most likely to support or progress quality of life⁵. The objective of ACP is to offer assistance guarantee that individuals get therapeutic care that is reliable with their values, objectives and inclinations during serious and persistent sickness. By the by, ACP is effective when care conveyed adjusts with patients' objectives. In spite of the fact that ACP involves an speculation in time, CMS (Centers for Medicare and Medicaid Services) has progressed repayment for suppliers locked in in this counseling.

One imperative component of ACP may be the assignment of a trusted individual or decisional surrogate, who may offer assistance to make therapeutic choices if the persistent loses this capacity. In spite of the fact that this person is commonly a cherished one (spouse, partner, family member or friend), he or she may instep be somebody with less enthusiastic speculation (such as a personal attorney). Clinicians must know that older people who are socially disconnect are less likely to lock in in ACP at that point their socially locked in partners. Clinicians may prompt patients to consider an person whom they believe to make troublesome choices, who can do so beneath conceivably

upsetting conditions and who can speak to the patient's values and needs well. In any occasion, the planning of this surrogate to fill the part, not fair being recorded in a record, is crucial.

Physicians ought to also get it patient's ethnic, otherworldly and social foundation to better understand what things most in patients' objectives and inclinations. It is supportive for the clinician to have an appreciation of that legacy and the part it plays in the patient's understanding of health and ailment. Interpreters ought to be utilized when having discourses with patients in another dialect and depending on caregivers or family individuals to interpret - so as to dispose of their conceivable bias.

8. CGA

CGA is an evidence- based approach to the appraisal and treatment of older adults, which returns more patients to their possess homes and decreases inpatient mortality compared with standard ward care⁶.

The older individual must stay central to the prepare in all angles of CGA. The point of CGA is to create a multicomponent care arrange to move forward the health, mental and physical function of the patient. The result ought to be to advance prosperity, empowering the quiet to work in as autonomous an environment as conceivable while assembly their goals for care.

- Certain ailments or disorders are more common in older adults (e.g. dementia, Parkinson's disease, falls, stroke) and advantage from master geriatric multidisciplinary intervention.
- Older adults regularly display to clinic with non- particular side effects, e.g. confusion, falls, incontinence or immobility.
- Older adults tend to endure with different comorbidities, complicating the clinical picture.
- Older adults are regularly endorsed a expansive number of medicines, which connected with their sicknesses and with each other, including complexity.
- Older adults are more likely to endure with cognitive or mental disorders, making clinical history- taking difficult.
- Older adults are more likely to have useful or social needs in expansion to their therapeutic needs.

This group of stars of issues requires a all encompassing, group- based approach to care, utilizing a handle known as the 'comprehensive geriatric assessment' (CGA).

Comprehensive geriatric assessment (CGA) is a handle where the complex physical, useful, cognitive, psychosocial and recovery needs of a slight more seasoned individual are distinguished and a arrange of administration foundations⁷. Geriatric evaluation and management (Gem) portrays a comparative handle with a particular treatment component as portion of the administration arrange. A team-based approach is basic with input from common specialists, geriatric medication masters, physiotherapists, word related specialists, social specialists, discourse advisors and, where appropriate, staff working in matured care offices and other community care staff. CGA has been connected in a number of settings. These incorporate inpatient geriatric and management unit (GEMU), inpatient consultative benefit such as orthogeriatric benefit, domiciliary care, outpatient benefit and in incessant matured care offices. The hone of CGA changes agreeing to the setting.

For case, in the essential care setting, the handle might be started by the common professional with input from a home nurture. In the intense healing center setting, more seasoned people in GEMU frequently have cover referrals to the multidisciplinary group, which incorporates geriatricians, physiotherapists, word related advisors and social specialists with other faculty included as suitable. In the outpatient setting, it is regularly performed by geriatricians or nurture specialists, while in the domiciliary setting, more seasoned people are frequently evaluated by a single matured care laborer with the association of other disciplines where fitting. CGA commonly includes a number of contacts with the subjects over a period of time, that is, it is a prepare or maybe than a single interaction with one or more health-care suppliers. It is basic that slight more seasoned people and their families and critical others are central to the prepare of evaluation and care arranging. Without a doubt, no appraisal is total without including the more seasoned persons' families and carers in the distinguishing proof of issues and in the definition of care plans. As this prepare regularly includes more than one health-care proficient, it is critical that documentation is organized and displayed in a way which empowers the viable exchange of clinical data over diverse settings and between benefit providers.

9. Inpatient Care

Geriatrics has developed as a strength and the geriatric patient populace is presently being recognized as a specialized populace that ought to get care in the hands of masters prepared in taking care of these patients and at specialized geriatric centers committed to geriatric care⁸. There is rising prove that recommends that centers that handle higher volumes and a higher extent of geriatric patients have superior results. Geriatric discussion progresses injury care by distinguishing extra analyze not promptly evaluated by the intense care surgery benefit, helping with progressed care arranging, overseeing medicine changes, progressing pain administration, diminishing the length of remain and decreasing releases to long-term care. Any essentially harmed quiet ought to be conceded by the intense care specialist with suitable interview and multidisciplinary input as the start of obligatory geriatric counsels is related with progressed progress care arranging, shorter in-hospital length of remain and expanded multidisciplinary care. Guaranteeing the inclusion of geriatricians helps in diminishing unfavorable results among geriatric acute care surgery patients. Furthermore, geriatric nursing, utilizing an intense care elderly unit demonstrate, has too driven to progressed care.

Acute care elderly units consolidate a patient-centered, homelike environment that incorporates plans for avoiding inability and iatrogenic sickness as well as giving comprehensive release arranging and administration. A few centers have committed geriatric units to give care for elderly patients exchanged from other administrations. Along with the inpatient care of elderly patients, these geriatric programs moreover emphasize and give early restoration administrations for these patients. The adequacy of these geriatric programs has been assessed in a few randomized controlled trials. The biggest trial randomized over 1300 slight patients to get geriatric inpatient care or normal inpatient care. Patients who gotten geriatric inpatient care had altogether diminished dreariness and made strides useful recuperation quality of life at the time of release compared to the patients who gotten regular inpatient care.

10. Prognosis

While the larger part of clinical questions defined by clinicians are on treatment, an important aspect of geriatric care is issues related to guess⁹. Thinks about of forecast can offer assistance clinicians make the right treatment choices in numerous circumstances; in others, it can certainly offer assistance with counseling a stressed understanding or caregiver. Information of destitute guess can arm the clinician with instruments to start a challenging discussion almost life anticipation and end-of-life care. Most prognostic devices were not created and approved in older adult populaces and did not incorporate variables important to older adults like physical or cognitive work as a prognostic figure or as an result of intrigued. Giving a single guess for young and older adults can be deceiving. For this reason, it is critical to guarantee members in a prognostic think about are classified into prognostically similar groups. Not shockingly, progressing age is a prognostic calculate for numerous conditions. Since thinks about centered on older adults alone are not common, we frequently have to appraise forecast in this populace by looking at subgroup examination and balanced examination that account for age. We moreover know that sicker patients tend to be older, in which case age can be a perplexing or maybe than a true prognostic figure.

11. ADL

Clinicians regularly think of work in terms of particular vital exercises, such as the essential and instrumental exercises of every day living (ADLs)¹⁰. Fundamental ADLs allude to capacities required for individual care, counting strolling, dressing, washing, utilizing the can, exchanging from the bed to a chair, prepping and eating. Instrumental ADLs, such as shopping, housework, transportation, utilizing the phone, overseeing accounts and overseeing medicines, are essential for living autonomously in the community. Mindfulness of useful shortages that frequently go before ADL issues can offer assistance clinicians expect potential ADL troubles. In specific, issues with versatility, such as strolling a quarter mile or climbing stairs and upper-extremity restrictions, such as trouble lifting an protest over one's head or getting a handle on little objects, frequently go before trouble in ADLs and put older adults at hazard for encourage useful decrease. Early location of portability trouble, upper-extremity confinements or decays in execution measures, such as stride speed, may permit for mediations to avoid movement to ADL disability.

Functional shortages in older adults are not the straightforward item of their restorative analyze, but or maybe a key component in quality of life and the primary determinant of the capacity to live freely in the community. Given that numerous diseases and disabilities of older adults cannot be cured or dispensed with, anticipation and treatment of utilitarian decay must include not as it were restorative treatment of infection, but also natural modifications to outwit headstrong disabilities, mental intercessions to reduce the fears and frustrations related with physical impedance and the marshaling of assets to give the back essential to keep older adults securely in the community.

12. Conclusion

Aging is an integral part of life. This process has only been evolutionarily altered in the human population, so the average lifespan of people has been extended several times compared

to the lifespan of people in the first civilizations, thanks to high medical care, quality living conditions and modern technology. The geriatric population has specific health problems that require support and dedication in treatment. Geriatric medicine is of great importance in the treatment of diseases and the study of aging. Rehabilitation of older people requires a multidisciplinary approach with the aim of meeting their physical, psychological, educational, spiritual and other social needs.

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