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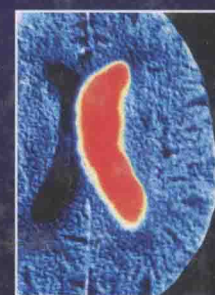
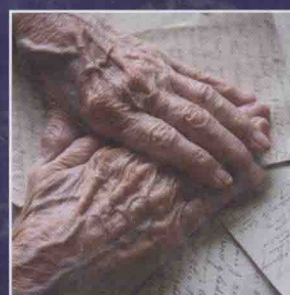
Alan J. Sinclair, John E. Morley
and Bruno Vellas

VOLUME

2

FIFTH EDITION

PATHY'S PRINCIPLES AND PRACTICE OF GERIATRIC MEDICINE



Pathy's Principles and Practice of Geriatric Medicine

Edited by

Alan J. Sinclair

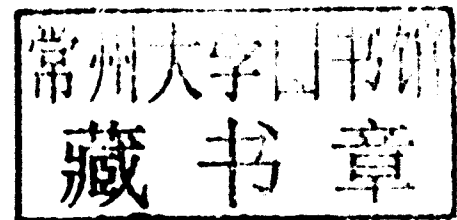
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Volume 2

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Pathy's Principles and Practice of Geriatric Medicine

FIFTH EDITION

Volume 2

To my mother, Ivy, and father, Radovan, for giving me the opportunity.

–Alan J. Sinclair

To all my older friends and patients who have taught me geriatrics, to my wife Pat and my children Robert, Susan and Jacqueline who have supported me throughout my career, and to my grandchildren Amanda, Conor, Katelyn, Nicole, Paige and John who are my eternal joy and hope for my future of elder care.

–John E. Morley

To all the teams working at the G rontop le, to my father Professor Pierre Vellas who created the Universities of the Third Age, and to Professor J.L. Albaredo, our mentor.

–Bruno Vellas

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Preface to the Fourth Edition

"I offer no apology for the publication of this volume. The subject is one of the highest importance, and yet it has been strangely overlooked during the last half-century by the physicians of all countries."

—George Edward Day
(1815–1872)

George Day's introduction to his textbook *Disease of Advanced Life*, published in 1848, regrettably remains appropriate for textbooks published over 150 years later. Modern physicians can still fail to recognize the differences in disease presentation and management between middle-aged and older adults. It is our hope that this Fourth Edition of "Principles and Practice of Geriatric Medicine" will help increase the awareness of geriatric principles and improve the treatment of older individuals. John Pathy's original vision for the first edition was to provide, in a single volume, a comprehensive reference source for all those involved in the medicine of old age. We have endeavored to adhere to this vision, but inevitably the size of the textbook has grown. While in any text of this size some overlap with general texts of medicine will occur, the emphasis is on those assessments and disorders that are particularly of relevance to older persons.

Over the seven years since the last edition of this text was published, there have been dramatic advances in our understanding of the pathophysiology of disease as it interacts with the physiological processes of aging. There has been a continuing validation of assessment tools for older persons and the development of some new ones. Large-scale studies of the efficacy of various geriatric systems such as Acute Care for the Elderly Units, Geriatric Evaluation and Management Units, and Home Care Systems have been carried out. All of these have demonstrated the value and cost-effectiveness of the geriatric specialist approach to managing older people. In comparison, most studies assessing Coronary Care Units and Intensive Care Units have failed to come close to demonstrating the effectiveness that has been shown for geriatric units. Despite

this, all major hospitals have highly expensive critical care units, while fewer have developed geriatric units. The last decade has also seen an increased awareness of the need to enhance the quality of long-term care. This increase in geriatric knowledge has been recognized by the addition of nearly 40 new chapters in this edition. In addition, many of the previous chapters have been totally rewritten to allow the recognition of the changes that have occurred in our understanding of the care of older persons.

Previous editions of this textbook were edited by a single person, John Pathy. With the rapid increase in geriatric knowledge and John's desire for the Fourth Edition to reflect the input of other academic minds, he has added two new editors to share the burden with him, namely, Alan Sinclair and John Morley. This has allowed a more even distribution of the editing tasks, though John Pathy has continued to carry the lion's share. In recognition of the globalization of the world, in general, and geriatrics, in particular, one of the new editors, John Morley, is from the United States, while Alan Sinclair draws on his European experiences. In addition, a major effort has been made at the end of the text to recognize the differences (as well as the similarities) of geriatrics as it is practiced around the world. The enormous good fortune the editors had in recruiting a stellar class of contributors from around the world has, we hope, allowed this text to be truly representative of a global view of geriatric medicine. From the beginning, John Pathy has made this a goal of his text, and the editors feel that this edition has truly achieved an international view of old-age medicine as originally developed by Marjorie Warren and her colleagues in the United Kingdom.

The general outline of the text still follows that of the first edition. The first sections provide a general perspective of old age, the processes of aging, and social and community perspectives. The chapter on preventive medicine now focuses on issues of particular importance to older persons. In Part III "Medicine in Old Age", the section "Eating Disorders and Nutritional Health" has been increased to recognize the increased importance and understanding of nutrition in old age. Chapters on frailty, sarcopenia,

palliative care, and women's health have been added to recognize the increasing importance of these issues in older persons. The final part on "Health Care Systems" focuses first on the emergence of continuous quality improvement, geriatric systems and evidence-based medicine as the foundation of high-quality geriatric medicine. The development of novel education systems is discussed. Finally, unique aspects of geriatric care around the world are examined.

In an attempt to improve the readability of the text, we have asked the authors to make liberal use of tables and figures, and key points have been added at the end of each chapter. References have been limited, and at the beginning of the reference list, authors identify a few key references to allow for further reading. The new editors have tried to

keep the easy reading style of the previous editions, but, as can be imagined, this has been a difficult task as we have increased the number of contributors from around the world.

Overall, we hope our readers enjoy and learn from this textbook; for the three of us, it has been a true labor of love. We particularly would like to thank our contributors for the excellent job they have done. We would also like to thank Layla Paggetti from John Wiley & Sons for her tireless efforts in making sure this book came to fruition. Finally, we would like to thank our families for their forbearance. This book is dedicated to all those who care for older persons.

M.S. John Pathy, Alan J. Sinclair, John E. Morley

December 2005

Preface to the Fifth Edition

The Fifth Edition of this widely known international textbook incorporates the latest evidence of research into the often complex management of common clinical problems in older people. We as Editors embarked on this edition with the knowledge that John Pathy would be there to guide us with all his wisdom and incredible grasp of the discipline of Geriatric Medicine. His untimely departure from this world left a major gap for us, but we have worked very closely as an editorial team, supported by Wiley-Blackwell, and hope that this edition fulfils all the expectations and objectives that were set when we originally sat down with John Pathy to discuss the textbook. We pay tribute to John Pathy as a tremendous role model for aspiring geriatricians all over the world and hope that his textbook will continue to educate all those who seek enlightenment in caring for older people.

We have used, wherever possible, an evidence-based approach to developing each chapter and asked all authors to think hard on what are the key messages. Chapters that have been revised and updated were edited closely to ensure that the clinical pathway is still highly relevant and that the references also reflected an in-depth revision process. A new layout of chapters will be apparent and is based on grouping chapters with similar clinical relevance and where similar pathophysiological mechanisms may be operating. In a majority of chapters, we have leading international authors who are experts in the field.

Wide clinical experience is the hallmark of a sound geriatrician or other healthcare specialist who claims expertise in managing older people who are hospitalized or who have clinically deteriorated in the community. This may take many years of training, although at an early stage of their careers, recognition of the varying nature of illness in old age and how both simple and focused interventions can lead to health gain are prerequisites for enhancing clinical care. This textbook should complement these activities irrespective of the status of the practitioner but, as always, reading a book and acquiring knowledge must be accompanied by a practical clinical care approach aligned with compassion and understanding of the critical issues affecting older people.

Professor Alan Sinclair would like to thank Caroline Sinclair, and Professor John Morley would like to thank Susan Brooks, for their tremendous assistance in helping them to complete their editorial tasks, and the Editors would like to express their appreciation of the incredible patience and support from Gill Whitley and Robyn Lyons at Wiley-Blackwell.

Alan J. Sinclair
John E. Morley
Bruno Vellas

Foreword

One of my earliest memories is of my father at work in his small study: he would be surrounded by what, to a child's eye, appeared to be a chaotic mass of books, journals, papers and slides. He never seemed to rest. The time not occupied by professional work was filled with hard labour in the garden or, with the constant support of his devoted wife Norma, in bringing up five children.

One of the results of the drive and determination in that time spent in his study was the first edition of *Principles and Practice of Geriatric Medicine* in 1985. I had become a medical student by that time, and remember the work involved in the production of that first edition. Twenty-five years on, I wonder at how my father managed to find the time, after completion of all his clinical and teaching tasks, even to contemplate such a *magnum opus* – however, many distinguished contributors may have been ready to assist.

The success of the first edition led to a request for a second, enlarged, edition, and then to a third edition. It was

during the production of the third edition that my father himself required in-patient treatment. During this stay in hospital I called in to visit him, but found that he was not in bed but in the ward office on the telephone to a consultant at the hospital who was a contributor to the book, simply confirming that the contribution would be received by the deadline.

My father died before he could begin work himself on the fifth edition. Although by then he was no longer as physically fit as he would have wished, particularly for gardening, he remained mentally sharp, alert and energetic. Medicine remained his passion. He continued to be involved in research and remained abreast of the latest developments in professional literature. His private study, where he continued to beaver away energetically, remained as chaotic as ever.

Dr Damian Pathy FRCP