

SOCIODEMOGRAPHIC AND CLINICAL CHARACTERISTICS OF OLDER PATIENTS ADMITTED TO AN INPATIENT PSYCHIATRY CLINIC

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BACKGROUND AND AIM: Aging is associated with increased illness prevalence and healthcare utilization. Geriatric patients often present with complex medical comorbidities, prolonged hospitalizations, and unique treatment requirements. The aim of this study is to evaluate the sociodemographic and clinical characteristics of geriatric patients who were admitted to a psychiatric clinic.

METHODS: This retrospective study analyzed the records of 163 patients aged 65 years and older who were hospitalized in Zonguldak Bulent Ecevit University's psychiatric clinic between 2012 and 2022. Sociodemographic data, medical history, psychiatric diagnoses, treatment modalities, and length of stay (LOS) were examined. All data were obtained retrospectively from the hospital's electronic system records. Due to repeated admissions, 219 hospitalizations were reviewed. It was approved by the Zonguldak University Clinical Studies Ethical Committee on 28/12/2022, with approval number 2022/23.

RESULTS: The mean age of patients was 70.9(\pm 5.2) years, with 49.7% female and 50.3% male participants. Most patients lived

with their spouses and children(85.9%). Physical illnesses were present in 62% of patients, with cardiovascular diseases (52.1%) being the most common comorbidity. The most frequent psychiatric diagnoses were mood disorders (48.9%), psychotic disorders (16.4%), and cognitive impairments (11.0%). The mean LOS was 19.9(\pm 13.4) days, with over 26% staying more than 25 days. Electroconvulsive therapy (ECT) was administered to 16.4%, primarily for mood and psychotic disorders. However, no significant relationship was found between ECT and LOS. Medication use included antipsychotics (65.0%), antidepressants (64.4%), anxiolytics (23.9%), and mood stabilizers (12.9%).

CONCLUSIONS: Geriatric patients present with complex medical and psychiatric profiles, requiring tailored care approaches. The findings highlight the need for enhanced planning and resource allocation to address prolonged LOS and diverse treatment needs. Future research should focus on interventions that optimize care and improve outcomes for this growing population.

Keywords: Elderly inpatients, electroconvulsive therapy, geriatric psychiatry, psychiatric treatment, psychotropic medications