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A Study on the Cognitive Status in Hypertensive Geriatric Patients Receiving Various Antihypertensive Drugs in a Medical College and Teaching Hospital

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ABSTRACT:


Objectives: The objective of our study is to assess the cognitive status in hypertensive geriatric patients using MoCA questionnaire, to assess the association of various variables in the cognitive status in older adults.

Methods: A prospective observational study was carried out from October 2017 to April 2018 in the inpatient Department of General Medicine. All the demographic details were collected by self designed data collection form. A specially designed screening tool known as MoCA Questionnaire was used to find out cognitive status. Demographic data and details regarding drug therapy were reported by descriptive analysis. Association of various variables on cognitive status were evaluated by inferential statistics such as Chi Square test.

Results: A total of 135 hypertensive geriatric patients were included in the study. Based on MoCA screening tool, 63 (46.6%) passed the test and 72 (53.3%) failed the test which shows mild cognitive impairment. On considering the different variables it was found that quality of life, social habits such as smoking and alcoholism, educational status, occupation are having positive relationship with cognitive impairment. There was negative association between cognitive impairment and socio-economic status. Additionally, those who are unemployed and living in rural areas had higher prevalence of cognitive problems.

Conclusion: In this prospective observational study majority participants had mild cognitive impairment based on MoCA screening tool. Here the significance of various variables in the development of cognitive status were assessed. Better knowledge about risk factors and confounding variables will help the health care professionals in reducing cognitive impairment in geriatrics.

Keywords- Cognitive Status, Geriatrics, Hypertension, MoCA Questionnaire

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