

# ESSENTIALS OF GERIATRICS

Editor

Dr. A. k. singh



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Dr. A. K Singh



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*This book is dedicated to the memory of  
my Late Mother Mrs. Kamla Devi Singh*



*(01.08.1940 - 19.01.2024)*

*whose memory and words  
"Do it with faith and you will succeed"  
always inspires me to take every new challenge  
in my life as an opportunity to  
improve myself continuously.*

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## Foreword

Global phenomena of ageing, as expected is affecting Indian subcontinent also. This is leading to a continuous rise in the number of elderly. Last few decades have witnessed not only to a rise in number of elderly, but has also seen increasing number of co morbid conditions like diabetes, hypertension, osteoarthritis, CKD etc in elderly patients. Hence due to this clubbing of ageing and increasing number of co morbidities more and more elderly patients are now seeking medical assistance.

Both physicians & Geriatrician combined together, grossly fall short in numbers to take care of the medical problems faced by elderly. Moreover, the physicians have a handicap of not have formal exposure to Geriatrics during their post graduate days.

Like other branches of medicine, even in Geriatrics the books and learning material from west was adopted. As the time passed the clinicians looking after elderly realised that Indian elderly differ from their European and American contemporaries, necessitating the need for learning material to treat Indian elderly.

With 1999 being declared as international year of older persons; Geriatric society of India hotly debated this issue. I accepted this challenge and conceptualized, compiled, edited and produced the first text book of Geriatric medicine. The momentum picked up in the form of local, regional, national and international CMEs. Revised editions of above book were brought out in 2004, 2008 & 2015. Hand book and other booklets were brought out.

During Covid 2019, Dr PS Shankar sir suggested Online certificate course jointly with KBN University Kalaburagi . 3 versions of these courses with online exams, practical training and award of certificates were done by me. This year version 4 has been successfully done by Dr A.K. Singh who has taken one further step by bringing out a book of the same.

I congratulate Dr A.K. Singh immediate past president of Geriatric Society of India and course director of this version 4, and his entire faculty of online certificate course. I am sure this book will help geriatric care givers in day-to-day managements of ailments of elderly patients.

Long live GSI.

Long live all endeavours of GSI for elderly care

**Dr.O.P.Sharma**

New Delhi

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## **FOREWORD**

Geriatric Society of India (GSI), a registered body is a National organization functioning since five decades.

It has taken up an education project to train the medical practitioners on Geriatric Care. It is a 3-months course conducted online. It is held twice a week for a period of 3 months, each session lasting for 1 ½ hours, covering more than 50 topics which are delivered by a dedicated faculty drawn from different parts of the country and abroad. The topics cover ageing, clinical approach, and comprehensive management of various diseases affecting different systems of the body and health promotion. At the end of session there will be a test with MCQs. There should be attendance of 80 percent with a pass percentage of 50. Following that they have to undergo practical training in different hospitals in India. They will receive the certificates on successful completion of the training program. The certificates will be presented during the annual conference.

The current training program named Geriatric medicine and Gerontology, Version IV held during the latter part of 2024 under the able leadership of Dr A. K. Singh, Past-President of GSI. Dr Singh planned the program in an efficient way so that the trainees get the best of Geriatrics and carried it out in a highly professional manner. He has gone a step forwards in bringing out the presentations in a book form entitled “Essentials of Geriatrics”.

India has become ‘an ageing nation’ with 10% of its population being elderly. Improvement in the quality of life of elderly calls for a holistic approach and concerted efforts by the health and health-related sectors.

There is an urgency to address the health issues of this growing mass of elderly population as a separate segment. The aged require special medical attention. At the same time, we must remember that ‘there are no diseases of the aged, but simply diseases among the aged’. Many age-related disabilities begin to appear in this group. Mobility