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Introduction

T2DM prevalence increased in the elderly, leading to cognitive impairment, depression and disability impacting quality of life. A study evaluated the mental health of geriatric T2DM patients receiving primary care in Merida. This would guide timely preventive and therapeutic interventions to enhance these patients' and families' quality of life.

Methodology and Results

This cross-sectional correlational study examined cognitive impairment and depression in 100 older adults (≥ 60 years) with type 2 diabetes mellitus attending diabetes clubs, and 100 non-diabetic older adults attending a geriatric clinic in Mérida, Venezuela, using the Mini-Mental State Examination and Geriatric Depression Scale.

It analyzed the relationship between diabetes, cognitive impairment, and depression in this geriatric population, utilizing descriptive statistics, chi-square tests, correlations, regression analyses, and comparisons between groups, highlighting the importance of examining the impact of diabetes on cognitive function and depression in older adults and the relevance of addressing the needs of this vulnerable population.

The results showed that older adults with type 2 diabetes mellitus (T2DM) had a higher risk of cognitive impairment and depression compared to older adults without T2DM. Specifically, 25% of older adults with T2DM had cognitive impairment, compared to only 5% of those without T2DM. Additionally, 20% of the T2DM group had depression, versus 10% in the non-diabetic group

Conclusions

The study concluded that among older adults surveyed in Mérida, Venezuela, there was a female predominance aged 60-69 years, mostly married, with primary education and unemployed. While alcohol use increased cognitive impairment risk, diabetes was not associated with cognitive deficits or depression in this population. Lower education levels predicted higher rates of cognitive impairment. Depression positively influenced cognitive dysfunction, underscoring the importance of timely interventions in this population