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ASSESSMENT OF COGNITIVE IMPAIREMENT AMONG ELDERLY RESIDING IN SELECTED COMMUNITY SETTING AT ERNAKULAM DISTRICT, KERALA

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ABSTRACT

The present study is conducted to assess the cognitive impairment among elderly residing in selected community setting at Ernakulam district, Kerala. The objective is to assess the cognitive impairment among elderly and to identify the determinants of cognitive impairment. Descriptive study was conducted among elderly between the age group of 65-75. Cognitive function was assessed by applying standardized Mini-Mental Status Examination (MMSE). It is observed that among the 50 subjects 2 of them were having severe cognitive impairment and 7 subjects were having mild cognitive impairment and 41 were not having cognitive impairment. It is found that there is a significant association of cognitive impairment with physical illness (p=0.0004). No significant association were found with cognitive impairment and socio personal variables.

Key words: Elderly, Cognitive impairment, Mini-Mental Status Examination.

INTRODUCTION

The geriatric population is defined as population aged 60 years and above. People aged 60 years and over are expected to constitute 10.2% of the total world population. This study was intended to identify the cognitive impairment of the elderly subjects residing in a selected community setting. So, the aim is to evaluate the cognitive impairment among elderly subjects [1].

METHODS AND MATERIALS
Objectives
1. Assessment cognitive impairment among elderly
2. To identify the determinants of cognitive impairment among elderly

Study design and setting -descriptive study was conducted among elderly between the age group of 60-75 who were residing in the Kadayiruppu panchayath, Ernakulam district.

Inclusion criteria
- Elderly people who are at the age group 60-75
- Elderly people residing in kadayirippu panchayathu

Exclusion criteria
- Elderly above the age group 75 years
- Elderly below the age group below 60

Assessment of cognitive function

Cognitive function was assessed by applying standardized Mini-Mental State Examination (MMSE) [2].

Analysis and interpretation
1. Assessment of cognitive impairment among elderly

It is observed that among the subjects 2 of them were having severe cognitive impairment and 7 subjects were having mild cognitive impairment and 41 were not having any cognitive impairment.

It is found that there is a significant association of cognitive impairment with physical illness (p=0.000).

Table 1: Frequency and percentage distribution of cognitive impairment

n=50

Variable	Frequency	Percentage (%)
Cognitive impairment		
No cognitive impairment	41	82
Mild	7	14
Severe	2	4

*Significant at p <0.05.

Table 4: Association of cognitive impairment with selected socio personal variables

n=50

Variable	Category			Chi-square/fisher exact	P value
Age	No cognitive impairment	Mild cognitive impairment	Severe cognitive impairment		
60-65				Fisher exact test	0.32
66-70	0	2	21		
71-75	1	3	14		
Gender	1	2	6		
Male					
Female	1	5	23	Fisher exact test	0.84
	1	2	18		
Education					
Primary education	1	3	9		
High school	1	3	19	Fisher exact test	
Higher secondary/PDC	0	0	13		0.09
	0	1	0		
Occupation					
Employed	1	1	15		
Unemployed	1	6	25	Fisher exact test	0.5
Retired	0	0	1		
Marital status					
Married	2	5			
Widow/widower	0	2	31	Fisher exact test	
			10		1
Religion					
Hindu	2	3		Fisher exact test	
Christian	0	3	15		
	0	1	19		0.7
Income			7	Fisher exact test	
< 10,000					
10,000-20,000					
>20,000					
Family history					
Yes					
No					
Physical illness					
Yes	1	0			
No	1	7	29		
Substance use			12	Fisher exact test	***0.0004**
Yes					
No	1	4			

Area of residence	1	3	10	Fisher exact test	
Rural			31		0.19
Semi urban					
Urban					

*Significant at p <0.05.

DISCUSSION

The present study concluded that there is a significant association of cognitive impairment with physical illness (p=0.0004). Information regarding sociodemographic and behavioral characteristics was done using semi-structured questionnaire, and cognitive function was screened using mini-mental status examination tool. The most common NCD was hypertension (71.2%), followed by diabetes (56.2%) and bronchial asthma (15%). Proportion of cognitive impairment was 10.8% (95% confidence interval: 7.4–15.0) The study found that one in ten NCD patients has mild cognitive impairment[3-5].

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