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# Dementia and Dementia Care

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## Dementia in eastern Mediterranean countries: A systematic review

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**Background:** The increase in the older adults' population is a global phenomenon, including in Eastern Mediterranean (EM) countries, where dementia is conventionally hidden.

**Aim:** To explore dementia and cognitive impairment among geriatric population in EM countries and to identify the gap in the literatures.

**Method:** A systematic search was conducted in scientific databases including DelphiS, CINAHL, MEDLINE, and ProQuest along with google scholar looked for peer-reviewed articles between 2007-2017. Search keywords included older adult, old\*, elder\*, geriatric, and senior, in combination with dementia, Alzheimer's\*, cognitive impairment, cognitive decline, memory loss. Further combined with Saudi, Arabia\*, Middle East\*, or Eastern Mediterranean.

**Result:** After obtaining critical appraisal tools, a total of 31 studies were included with four themes identified. (1) culture: The older adult within EM is highly respected and introducing them to a healthcare facility consider an abandonment of family duty. The term dementia is stigmatised and believed that it caused by fate. (2) Prevalence, comorbidity, and gender: EM population has become more cognisant of Dementia prevalence, and many studies indicated that it is high. Many EM older adults are having at least one chronic illness and low life-satisfaction. (3) Recognition and tools: Language barriers and lack of verified assessment instruments are considered issues in recognising and treating dementia. Despite high illiteracy among older adults within EM community, many are using Mini-Mental State Examination for dementia screening. Healthcare workers are facing a challenge in evaluating psychometric properties. (4) Healthcare workers: lack of knowledge about geriatric and dementia, while geriatric nursing/medicine been introduced recently in some Saudi's universities.

**Conclusion/recommendations:** Inconsistency published studies on dementia in the region. High demand for creating an educational programme and providing policies to promote practical gerontological nursing/medicine. Healthcare professionals need to become aware of health intentions shared by people from different sociocultural, religious, and linguistic backgrounds to deliver culturally sensitive care.

## Biography

## Notes: