



## Dementia is a Serious Disorder of Memory and other Intellectual Abilities

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### Abstract:

Dementia is a term that denotes primarily memory impairment and then other intellectual abilities and personalities. This condition has consequences not only on the sick person, but also on his complete environment, as the demented person becomes more and more dependent on someone else's help. Dementia is a syndrome caused by a disease of the brain, and is usually a chronic or progressive course, but there is always multiple impairment of higher cortical functions such as memory, thinking, orientation, understanding, calculation, learning ability, language and reasoning. Dementia causes a significant decline in intellectual functioning, but also disrupts daily life activities such as dressing, washing, taking food, maintaining personal hygiene, and especially physiological activities such as urination and stool. The decline in intellectual functioning is very individual and primarily depends on the patient's socio-cultural milieu. When diagnosing dementia, one should always pay attention to the decline in the ability to think and remember, which directly leads to impaired activities of everyday life. In dementia, it is characteristic that memory is impaired during the acquisition, storage and reproduction of new information, and the contents that are known from before can also be lost, especially in the later stages. Dementia is not just a memory disorder, but there is impaired thinking, the ability to reason, and a reduction in the creation of new thoughts and ideas.

**Keywords** Dementia; symptoms; difficulties; diagnosis; care

### Introduction

This large variety of intellectual issues is not unusual place in number one care, with occurrence rates said within the variety of 30–50% [1]. Many of those very various issues may be efficiently dealt with or controlled in a manner that reduces and minimizes their effect on a character's existence. Mental issues which can be critical sufficient probably to complicate the control of bodily fitness troubles also are not unusual place. Accident and emergency (A&E) departments regularly see sufferers who've self-harmed or have suffered accidents as a result of substance abuse. A character depending on alcohol who's admitted for surgical operation might also additionally increase withdrawal signs and delirium tremens a few days after admission to sanatorium due to pressured abstinence from alcohol. Other examples are tension and melancholy, each of which might also additionally get up on a widespread clinical ward within the context of a prognosis of a existence-restricting bodily contamination. People might also gift with signs that aren't easily defined wherein tension and melancholy can be a widespread element.

Dementia is not unusual place in older humans admitted acutely to sanatorium and in maximum instances it has now no longer been formerly diagnosed. If those sufferers are admitted to an unexpected sanatorium surroundings, their behavioural troubles can get worse and they'll go through a feel of misunderstanding or mental distress. Similar signs can be related to an natural confusional country (delirium) that calls for research and remedy in its very own right. Studies have said that possibly 40% of humans on a widespread clinical ward have impaired decision-making ability, a great deal of that is probably to be secondary to a comorbid intellectual disorder. Thus, in all fitness settings and throughout all fitness disciplines, practitioners could be confronted with medical conditions wherein the co-prevalence of

intellectual ill-fitness or the presence of cognitive impairments would possibly bring about, or make a contribution to, problems in medical control which can be ethically and legally tough.

### Changes

Dementia has an significant effect on each day dwelling of humans with this sickness and for all surrounding them [2]. One of the maximum distinguished demanding situations in coping with dementia is the advent of the perfect and powerful interplay. The dementia procedure reasons direct communicate impairments because of pathological adjustments especially mind regions (e.g. anomia, aphasia, impairments in motor overall performance of speech). But the principal a part of communicate and interplay troubles is an end result of misadjustment among dementia associated impairments, to be had abilities of the character with dementia and the competency of the surroundings to cope with the communicate problems.

One of a dominant feature related to dementia are, at the side of cognitive impairments, the adjustments in conduct of humans with dementia. Behavioral adjustments are one of the first symptoms and symptoms of dementia and that they accompany humans all through the whole route of the sickness. These behavioral adjustments have loads of exclusive names: stressful, problematic, tough, neuropsychiatric signs, want-driven, reactive, behavioral and mental signs of dementia and lots of extra.

Behavioral adjustments are tough for own circle of relatives participants and expert carers. They are stressful and annoying and are answerable for heavy burden on formal and casual carers. People with dementia displaying tough conduct are at better chance for psychotropic drug use and use of restrains. There is a better chance of fitness troubles, extended care dependency and sanatorium and



nursing domestic admissions. As a consequence, the behavioral adjustments have an effect on the best of existence, autonomy and shallowness negatively. For those motives there are loads of studies efforts in regards to growing interventions that may save you or lower the prevalence of tough conduct. For the house care putting the studies sports targeted totally on schooling and counseling of caregivers on diverse topics (e. g. coping strategy, dealing with, and get entry to the services).

### Neuropathology

Especially withinside the rising technology of presymptomatic prognosis of dementing ailments, the difficulty of ways first-rate to do not forget more than one reasons calls for attention anew [3]. An crucial venture is the belief that the specificity of motive, signs, and neuropathology is a great deal fuzzier than have been appreciated, particularly in very vintage humans. Dementia mainly takes place now no longer simply in older adults but, as is turning into clean from an rising frame of evidence, it arises in large part in humans who've many fitness deficits. Despite many sufferers having wonderful symptomatic profiles with regards to the sort of dementia that they have got, as age increases, overlap of signs is not unusualplace. This overlap additionally extends to the underlying neuropathology, some thing that particularly has been discovered via way of means of prospective, network-primarily based totally research. The truth that post-mortem collection in network-living older adults display that many have blended pathologies (up to 3 quarters in a few collection) has implications, particularly for our know-how of mechanisms. Interpretations range as to how frequently dementia arises due to complicated constellations of underlying neuropathology as opposed to the easy truth of cumulative damage. Whether neuropathology below those situations will hold its iconic "gold standard" popularity or whether or not it'll be regarded first-rate as an component of assemblable validation (every other element to be considered) is debatable. Other outcomes get up. From a medical standpoint, DSM-V changes were argued to be maximum consistent with this new truth and are held to offer clinicians with a not unusualplace language that may thereby be used to explain overlapping signs and set those withinside the context of wonderful profiles. Against this background, it stays to be visible how a great deal feel it makes to view sufferers with single-gene mutations in earlyonset dementia as offering "evidence of concept" for diseasemodifying remedy that could keep away from past due existence dementia in humans with a panoply of reasons. Very early tries at combining biomarkers (e.g., inside cerebrospinal fluid [CSF] or throughout modalities) confirmed that dementia assessments aren't exempt from trade-offs in sensitivity and specificity.

An extra venture to the translation of the various reasons that supply upward push to dementia in older humans is overlapping pathology, which can be extra the guideline of thumb in older adults in which Alzheimer pathology can overlap with vascular or Lewy our bodies and different age-associated adjustments. Furthermore, every of those pathologic markers may be found in sufferers who're reputedly cognitively intact. Further tough the existing know-how is that older humans can decline cognitively with out apparent mind adjustments apart from atrophy, at the least as detectable via way of means of modern techniques.

### Symptoms

Neuropsychiatric signs might also additionally precede a dementia prognosis and are extra not unusualplace in humans with slight cognitive impairment than in cognitively intact older humans [3]. Neuropsychiatric signs can growth the chance of development from a slight cognitive impairment country to dementia. Depression has been recognized as a chance element for dementia, and a melancholy syndrome of dementia has been recognized. Even so, disentangling the 2 may be complicated. Reactive melancholy can arise as a result of a dementia prognosis. Given that melancholy is not unusualplace in older adults, prevalence of dementia with melancholy would possibly arise via way of means of chance. However, not unusualplace reasons (i.e., cerebrovascular sickness, dementia with Lewy our bodies, and Alzheimer sickness) can cause each melancholy and dementia, and numerous research have proven that melancholy precedes dementia.

Neuropsychiatric signs are not unusualplace in all the dementias. Psychosis, especially visible hallucinations, is a middle criterion for dementia with Lewy our bodies and usually takes place in Parkinson sickness, in which signs of psychosis can precede dementia or arise

withinside the putting of dementia. Delusions, substantially paranoia, are usually visible in adults who've Alzheimer sickness, and impaired perception and judgment, in addition to different behavioral troubles, are imperative signs of frontotemporal dementia and are usually visible in adults who've vascular dementia.

### Difficulties

The reliance at the belief of consent as the only justification for clinical interventions creates problems in instances in which a affected person, who's concept to be in want of remedy, is not able to supply (or withhold) significant consent [1]. For example, sufferers admitted to sanatorium unconscious, with superior dementia, the ones who've suffered a cerebral vascular accident, or sufferers with profound highbrow disabilities will now no longer be capable of apprehend, hold, or use records approximately a proposed remedy. The have an effect on of beyond and gift situations, tension, and ache on a character's capacity to apprehend, cause, and speak a desire can be a great deal extra diffused and now no longer effortlessly decided in a cursory exam withinside the emergency department. A affected person, for the above motives or for motives unknown, might also additionally act in approaches that hinder the healing procedure, which might also additionally or might not be a real mirrored image of what they want for.

Under those situations, figuring out whether or not a affected person has the ability to make the vital choices could be seriously crucial. Health personnel have an responsibility to make it clean that failing to deal with could have critical outcomes and can be fatal. The moral and criminal query that arises is whether or not it's miles ever suitable to deal with sufferers withinside the absence of a legitimate consent and, if so, below what situations this can happen. To fail to intrude withinside the case of a affected person who's reputedly refusing remedy this is sincerely vital for their survival, fitness, or health will be grounds for intense grievance or maybe a next declare of negligence. On the opposite hand, a paternalistic imposition of existence-saving remedy upon a affected person who's capable of apprehend the outcomes of his or her refusal might quantity to an illegal assault. In the very last analysis, the medical vital is to deal with the character in a way this is lawful, spotting that enforcing remedy might also additionally nicely contain judicial sanctioning to preserve the character in sanatorium in opposition to his or her will, along with the usage of sedation and/or bodily interventions to adopt investigations or supply remedy.

### Diagnosis

Alzheimer's sickness (AD) is the maximum not unusualplace motive of dementia and is the number one consciousness of this section [4]. Dementia is a neurocognitive disorder. Dementia is defi ned as a medical syndrome with worldwide cognitive decline from a preceding degree of baseline feature that interferes with sports of each day dwelling (ADLs). In the differential prognosis, it's miles crucial to envision whether or not an man or woman has cognitive impairment or an contamination with comparable or overlapping symptoms and symptoms and signs consisting of delirium, melancholy schizophrenia, bipolar disorder, or different neurological disorder. If there's cognitive impairment, then developmental delay, borderline highbrow functioning, slight cognitive impairment, and different associated diagnoses need to be dominated out. To meet the standards for minor or principal neurocognitive issues consistent with the DSM-5, cognitive decline need to be in at the least one of the following cognitive domain names along with "complicated interest, govt feature, mastering and reminiscence, language, perceptual motor or social cognition". Once dementia is dominated in, the sort of dementia can then be decided.

Clinicians need to do not forget everyday growing old strategies and elements that can make a contribution to the general medical image while assessing a affected person who gives with symptoms and symptoms or signs of dementia. AD has a slow onset, and the route of contamination and development is usually slow. The period of AD stages from three to twenty years and averages 10 years as comorbidities complicate the route of contamination. Symptoms range from character to character, and cognitive deficits motive widespread impairment in social and occupational functioning, impaired capacity to take care of oneself, and changed behavioral patterns. Signs and signs development from reminiscence loss to impaired govt functioning, language deficits, coordination, and belief with general or partial lack of the capacity to understand acquainted humans or objects. Impairment



in reminiscence and mastering (amnesic) is the standard presentation for AD and neuropsychiatric signs nearly usually arise.

### Care

Dementia is one of the main reasons of incapacity and dependency for older adults worldwide [5]. Approximately one half of of these in want of caregiving have dementia. In the subsequent decade, US will want 1.3 million extra paid caregivers. The coming near want, blended with the caregiver scarcity that already exists, will gift care demanding situations that might region a good large burden at the shoulders of casual caregivers.

Informal caregivers are own circle of relatives or relatives, more often than not female, who offer unpaid care and guide. Informal caregivers face financial, emotional, and bodily strain. They are much more likely to revel in bodily fitness troubles, melancholy, and tension. Some are pressured to go away the workforce. Sixty-eight percent of relatives caregivers withinside the US said that they needed to make paintings resorts along with retiring, running part-time, or taking time off.

Informal caregivers offer the majority of dementia care. Thirty-four percentage of the casual caregivers withinside the US are sixty four or older. Dementia care exceeds the needs of many different continual situations. Those with dementia require extra help with sports of each day dwelling and might show off emotional behaviors which can be unexpected and hard to manage. Most casual caregivers aren't prepared, nor do they have got the schooling for the duties had to offer the vital care.

With the development of the dementia, the character dwelling with the circumstance calls for growing tiers of help to finish normal physical duties [6]. Some humans concurrently lose their attention of the want to rise up and preserve clean. Although staying in mattress and refraining from washing is feasible for a few days, doing so for longer might also additionally come to damage one's fitness and nicely-being. Therefore, carrying out the duties of having citizens up and washed falls to care employees. This now and again outcomes in conditions wherein citizens refuse to rise up, do now no longer need a bath or need to put on their favored blouse even as their care employee reveals it too grimy to put on. Studies on care paintings have talked about that care employees frequently name citizens who do now no longer need similar to themselves in sports of each day dwelling (ADL) care encounters 'hard' or exhibiting 'tough behaviour'. But they regularly forestall quick at unpacking how this stumble upon performs out while it gives itself.

To need some thing is an expression of subjectivity, and being reputable in one's goals is as a great deal a part of dwelling an amazing existence in a dementia care domestic as it's miles elsewhere. But how are we able to reflect onconsideration on what citizens need in instances which lead their care employees to claim that what a resident needs isn't always precise for her? Indeed, if care have been simply approximately 'getting the process completed' then the manner it's miles completed might now no longer be relevant.

### Palliative Care

Careful evaluation and understanding of the affected person's desires are important necessities in making plans take care of the older affected person [7]. However, older sufferers with a existence-threatening contamination might also must deal with different age-associated continual situations consisting of arthritis, hypertension, diabetes, dementia and cardiovascular troubles, all of which might also additionally have taken their toll at the older character's widespread fitness, previous to the onset in their gift contamination. Add to this their feasible problems with listening to and visible impairments, widespread frailty and decreased capacity to carry out the each day sports of dwelling (cooking, cleaning, self-care, etc.) and it's miles sincerely obvious that the older affected person might also additionally require sizable guide for the duration of their very last contamination. The position of the network palliative care medical nurse, at the side of the number one fitness care team, is to provide guide to those older sufferers and supply them a possibility to explicit their emotions, speak their signs and investigate in which assist of a sensible nature is required.

Older sufferers will also be worried approximately the outcomes in their contamination at the aged partner who can be worrying for them. This creates a completely unique scenario in which the partner, in addition to the affected person, can be in want of realistic care and

guide. The network palliative care medical nurse expert can offer records to the aged couple concerning care alternatives and provide reassurance that their desires could be taken into attention. As noted formerly, many old are pretty remoted as prolonged households not stay in near proximity, and converting demographics display that as humans get older in today's society, extra of them stay on their very own. This can bring about isolation and loneliness for many old sufferers. The network palliative care medical nurse expert can provide time and know-how to aged sufferers, making sure that their wishes are addressed and their favored region of loss of life is made recognised to the opposite participants of the fitness care team. Death stays simply as anxious to the older character as it's miles to the more youthful affected person, and despite the fact that extra guide can be vital, the aged can obtain their want to die at domestic if desired.

Should sufferers of their very last tiers of AD be admitted to the sanatorium and/or given antibiotics while there's an acute contamination or contamination [8]? These are crucial problems that docs need to speak with households as a part of "desires of care." If it's miles determined that the "desires of care" need to consciousness completely on comfort, then withinside the putting of maximum acute ailments the character need to be made snug at domestic or withinside the nursing domestic with out admission to the sanatorium. This is due to the fact hospitalization for older sufferers, mainly people with cognitive impairment, may be hazardous. These risks consist of delirium, strain sores, purposeful decline, new incontinence, and nosocomial infections.

Another trouble for people with superior dementia and a public fitness situation is the usage of antibiotics for acute contamination. Data recommend that survival is greater for sufferers with end-degree dementia receiving antibiotics for a febrile episode is restrained. Additionally, bad outcomes for people receiving antibiotics can consist of: the ache of intravenous line placement, contamination and blood clots at intravenous line sites, clostridium difficile contamination (c. difficile inflicting diarrhea or colitis, allergic reactions, extended use of invasive assessments, and extended use of mechanical restraints to save you the affected person from putting off the intravenous line.

The very last palliative care element, and in all likelihood the maximum crucial, for sufferers with dementia is the good enough control of ache. The occurrence of ache in numerous nursing domestic populations, wherein the enormous majority of sufferers are cognitively impaired, has been said to be as excessive as 45% to 80%. Advanced dementia sufferers acquired one-third the quantity of opioid analgesia in comparison to cognitively intact subjects-40% of whom said intense ache postoperatively. This cautioned strongly that almost all of dementia sufferers have been in intense ache postoperatively. Of note, most effective 24% of sufferers with end-degree dementia and hip fracture acquired a status order for analgesics. This is a critical trouble for healthcare planners, administrators, and vendors alike.

Barriers to good enough ache manipulate in sufferers with dementia are multifold and consist of: restrained capacity to speak, presence of more than one ache troubles, extended sensitivity to drug aspect outcomes, and absence of medical doctor schooling in regard to ache control. The outcomes of insufficient ache manipulate consist of: sleep disturbances, behavioral troubles, reduced socialization, melancholy, impaired ambulation, and extended fitness care use and costs.

### Nursing

The definition of the behavioral adjustments in dementia from the angle of nursing technology has to bear in mind the unique nursing consciousness at the worrying scenario [2]. The nurses' goal is the belief the unique care task, deliberating the private scenario and wishes. Success is performed while the nursing intention (enough food, frame care, significant occupation) is performed collectively with the character in want of care in mutual satisfaction. Against this background, adjustments in conduct are understood as complicated conditions and the middle cause for the behavioral presentation lies withinside the interpersonal context. The know-how of these conditions calls for attention of various perspectives, especially the angle of these in want of care and people immediately worried withinside the scenario (expert carer or relatives). The triggers for behavioral adjustments may be the private elements of the character with dementia itself (fitness popularity, character and lifestyle) and elements from the bodily and social surroundings. The requirement for coping with the conduct of the character with dementia is the know-how of its feature. This procedure of know-how of the conduct want to





be systematically ensuing in a not unusualplace know-how of the scenario, not unusualplace intention putting and not unusualplace dealing with of the scenario.

Dementia reasons each cognitive and language deficits [9]. The older character tormented by dementia has no manipulate over those adjustments, so the obligation for powerful communicate rests with the nurse. Depending at the severity of the dementia, the man or woman might also additionally display exclusive tiers of feature. The skills and obstacles of every man or woman tormented by dementia need to be evaluated, in order that the handiest interactions may be planned. Some traits of dementia consist of a restrained interest span, lack of ability to consciousness on multiple concept at a time, confusion of truth and fantasy, and the lack of ability to observe complicated instruction. According to the Alzheimer's Association, "For folks with dementia, conduct is regularly a shape of communicate." Problems with communicate can bring about agitation, restlessness, abusive language, or combativeness. Repetitive vocalizations, urgency, and extrade in tone or tempo of speech can suggest an unmet want, even if the sounds are meaningless. Try to decide the which means of the conduct, now no longer forget about it as meaningless.

### Treatment

Patients located to have reversible reasons of dementia need to obtain activate and suitable remedy [10]. For example, people with melancholy need to be began out on antidepressants and re-evaluated for cognitive improvement. However, due to the fact dementia is most usually irreversible, the point of interest is to hold best of existence and maximize feature. Patients and their caregivers need to be knowledgeable approximately developing a safe, acquainted, and nurturing surroundings for the affected person; dealing with behavioral troubles; and treating comorbid situations that can exacerbate cognitive decline.

If disruptive conduct persists after optimizing feature and the usage of behavioral strategies, the strange antipsychotics consisting of quetiapine (Seroquel) are the favored marketers to assist manipulate conduct that gives a chance to the sufferers or others. Phenothiazines (e.g., haloperidol, risperidone) and anticonvulsants are every now and then had to manipulate disruptive conduct. Since cognitive impairment can be exacerbated via way of means of the usage of psychoactive medicinal drugs consisting of tranquilizers, napping pills, anxiolytics, and pills with anticholinergic activity, they need to be used carefully with cautious dosage titration and periodic reassessment of each their indication and dosage. Side outcomes additionally consist of an extended prevalence of falls, extended sedation, and—withinside the case of the phenothiazines—tardive dyskinesia. The dosage and endured use of psychoactive medicinal drugs need to be monitored.

### Conclusion

People usually call dementia senility; it is a gradual deterioration of intellectual abilities all the way to impairment of social and work functioning. The most prominent symptoms are memory difficulties, especially recent events. Other symptoms are poor judgment - the person has difficulty understanding personal situations, planning or making decisions, people lose their own standards and control over

urges, the ability to think abstractly declines, emotional disturbances are common, including too little affect and occasional emotional outbursts. The course of dementia can be progressive, static, or it can occasionally recede, depending on the causes. Over time, many sufferers become apathetic and withdrawn, and in the terminal phase the person loses the integrity and liveliness of the personality, and does not notice the environment. The most common cause of dementia are cerebrovascular diseases that interfere with blood flow to the brain. Dementia is a disorder that mostly occurs in older people, and since these are people who are not working (and often not intellectually) active, the initial symptoms may go unnoticed. The sufferer rarely notices or denies his increasing limitations. On the other hand, the environment replaces them with benign senile forgetfulness, and there is a common and misconception that intellectual decline and increasing dependence on the environment are normal consequences of aging. Such persons come to the doctor (or bring them) only when behavioral disturbances, aggression, a tendency to wander, and nocturnal restlessness occur.

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