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Submitting author: Dr Hoi Ping Shum

Post title: Associate Consultant, Pamela Youde Nethersole Eastern Hospital, NULL

Two Years Outcomes of Elderly Receiving Intensive Care in a Regional Hospital

Shum HP (1), Tang KB (1), Yan WW (1)

Department of Intensive Care, Pamela Youde Nethersole Eastern Hospital

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Introduction

As the general population ages, an increasing number of patients ≥ 80 years are being admitted to intensive care unit (ICU). Their medium term outcomes are not clear when compared with patients between 60-79 years old.

Objectives

To evaluate the clinical outcome (2-year mortality) of very elderly critically ill patients (≥ 80 years old) and compared with those between 60 and 79 years old.

Methodology

Retrospective analysis of administrative data of patients admitted between 1/1/2009 and 31/12/2013 to an ICU of a regional hospital

Result

Over 5 years, 4226 patients aged ≥ 60 years old were admitted (55.5% total ICU admission) and 32.8% with age ≥ 80 years old. Proportion of patients ≥ 80 years old increased over 5 years (16.2% in 2009, 18.9% in 2010, 16.0% in 2011, 20.3% in 2012, and 19.4% in 2013; $P=0.006$). Those ≥ 80 years old carried more significant co-morbidities and with higher disease severity. They required more ventilatory support, less likely to receive renal replacement therapy and with higher ICU/ hospital/ 180-day and 2-year mortality when compared with those aged 60-79. 71.8% could be discharged home while 47.6% can survive 2 years from ICU admission. Cox regression analysis revealed that age, APACHEIV-minus-Age score, gender, medical or neurosurgical cases, presence of significant co-morbidities (chronic renal failure, metastatic carcinoma, lymphoma, leukemia or myeloma), regular use of immunosuppressant and requirement of mechanical ventilation or renal replacement therapy during ICU stay independently predicted 2-year mortality. In conclusion, The proportion of critically ill patients with age ≥ 80 years old increased over 5 years. They had more significant comorbidities, greater disease severity, higher ICU/ hospital / 180-day and 2-year mortality when compared with those aged 60-79. After adjustment with disease severity and other significant factors, their 2-years mortality is 1.8 times higher than those aged 60-69. Less than half (47.6%) of them survived 2 years from ICU admission.