

# MILD COGNITIVE IMPAIRMENT AMONG ELDERLY PATIENTS IN PRIMARY CARE AND ITS FACTORS

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## INTRODUCTION

- ◆ The elderly is associated with morbidities and reduced quality of life due to memory disturbance and irreversible dementia.
- ◆ Nevertheless, there is a **preclinical stage** known as **mild cognitive impairment (MCI)** in which if detected early can be controlled and prevented from progress into dementia. MCI is often **under-diagnosed due to its non-specific complaints**.
- ◆ Without early recognition and management, almost 15% of MCI patients will develop irreversible dementia per year which causes higher morbidity and mortality. Therefore, its **predisposing factors among community geriatrics need to be identified**.
- ◆ This is inline with United Nations Sustainable Developmental Goals 3.

## METHODOLOGY

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Cross sectional study among 236 elderly patients attending health clinics in Kuantan

Inclusion: Adults age 60 years and above without clinical dementia or mentally impaired

Sample size measured was 190 using OpeEpi version 3. Systematic random sampling proportionate per clinic

MCI defined as abnormal ECAQ, normal function & based on clinical assessment.  
 Analysis for association using Chi square test, bivariate and multiple logistic regression (SPSS)

Instrument Malay version Barthel Index, Elderly Cognitive Assessment Questionnaire, Geriatric Depression Scale

Sociodemographic and clinical background of patients were collected

## RESULTS

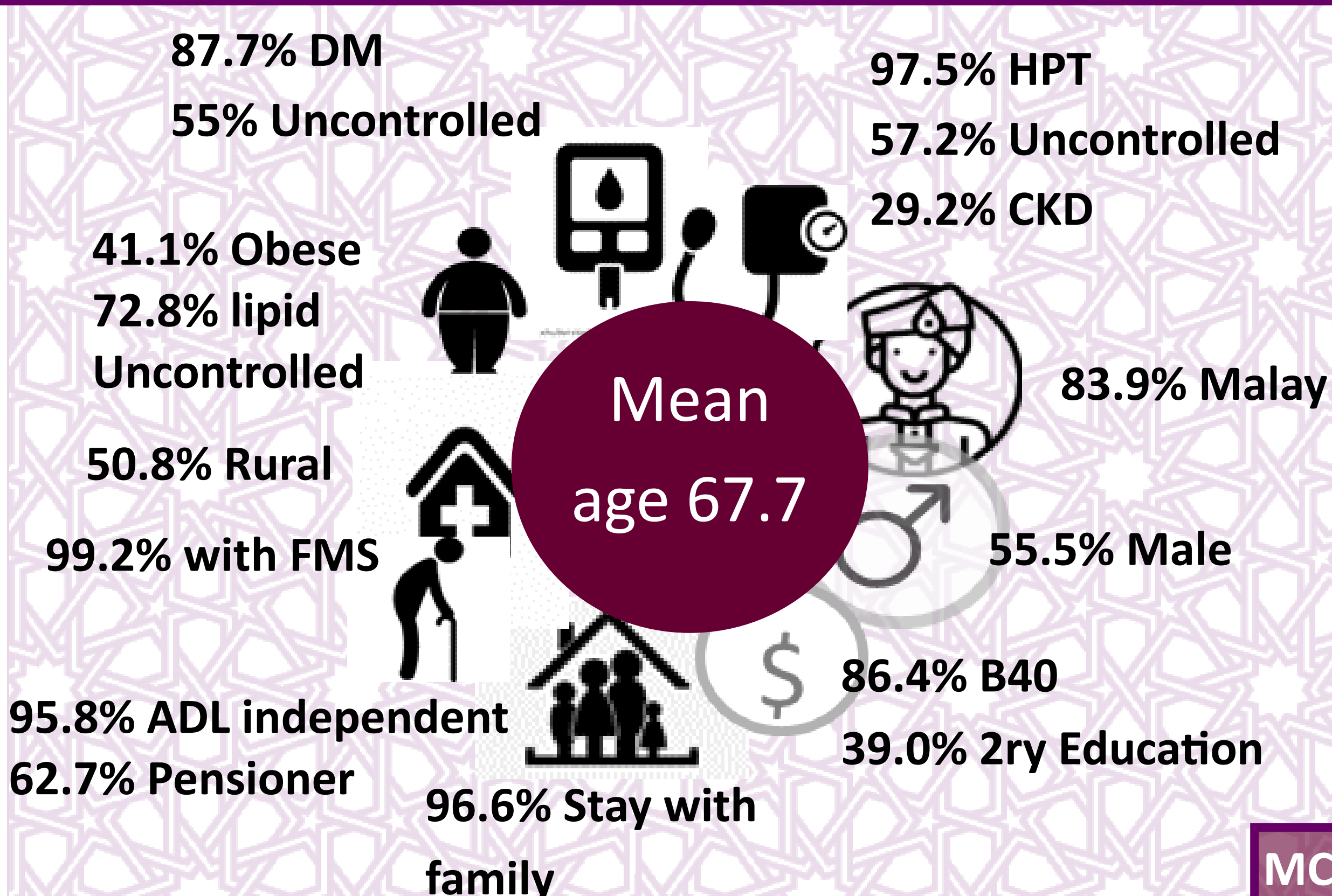


Figure 1: Sociodemographic of respondents

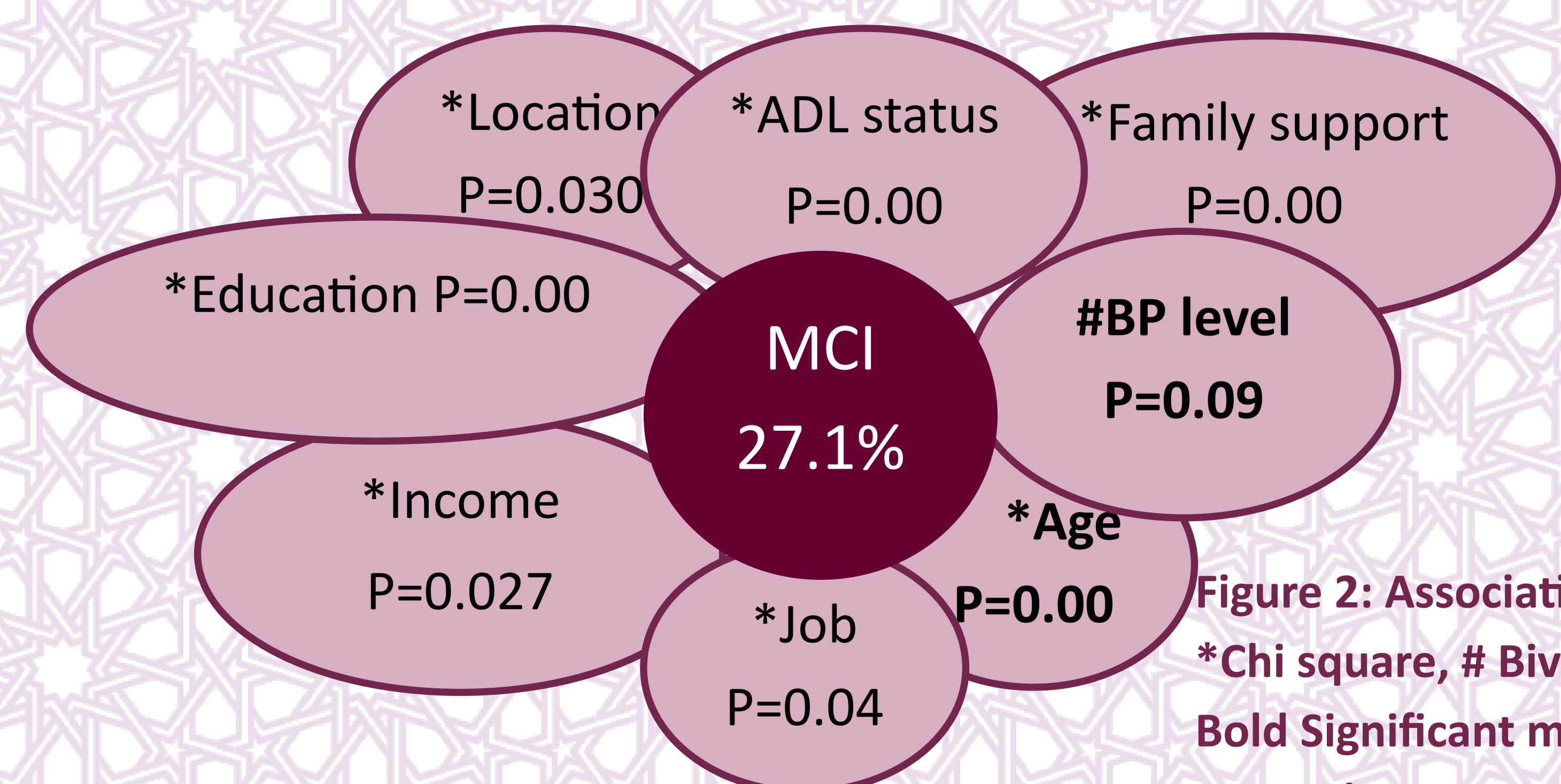


Figure 2: Association of MCI  
 \*Chi square, # Bivariate logistic  
 Bold Significant multiple logistic regression

$$\text{MCI} = 12.614 + 0.143 \text{ age} + 0.030 \text{ SBP} - 0.052 \text{ DBP}$$

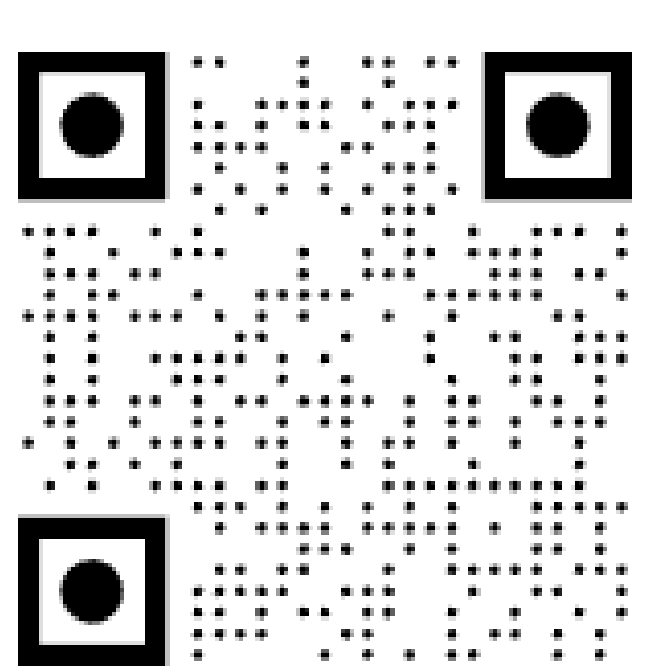
Multiple logistic regression equation predicting MCI

## CONCLUSIONS

- ◆ The prevalence of MCI in this study is higher compared to worldwide and other previous studies, probably because of its unique location at east coast Malaysia.
- ◆ Associated factors surrounding at low socioeconomic status, rural area, lack of daily functionality and poor family support. Main predictors are increasing age, high SBP level and low DBP level. Therefore, **adequate BP control without overtreatment could prevent** the progression to irreversible dementia.

## REFERENCES

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- 3) Peters R, Booth A, Rockwood K, et al. Combining modifiable risk factors and risk of dementia: a systematic review and metaanalysis. BMJ open.2019;9(1):e022846.



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