

Ensuring The Interaction of Medical Specialists and Geriatric Patients in Modern Conditions

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ABSTRACT

The article examines the features of ensuring the interaction of medical specialists and geriatric patients in modern conditions. According to the author, the interaction between doctors and geriatric patients is an important aspect of elderly care. This helps to ensure a better quality of life, reduce the risks of developing diseases and improve treatment outcomes. Doctors should take into account the unique needs of geriatric patients and work closely with specialists from other fields to ensure the best outcome for each patient.

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INTRODUCTION

Medical examination and health assessment of geriatric patients are important steps to maintain and improve the health and quality of life of the elderly. Doctors should take into account all the health features of geriatric patients and work closely with other specialists to ensure the best care and results. Treatment of elderly patients should be individualized, taking into account their age, physical and mental condition, features of pathology and concomitant diseases. In addition, doctors should take into account the possible side effects of medications, since older people may be more sensitive to medications and have a greater risk of developing undesirable effects.

Despite the fact that doctors and other medical professionals play an important role in improving the health of elderly patients, there are some problems that can make it difficult for them to interact. One of the main problems is age discrimination. Some medical professionals may treat elderly patients with distrust or discomfort, which can lead to inadequate assessment and treatment of diseases. As a result, elderly patients may feel unfulfilled and dissatisfied with medical care.

Another problem is the language barrier. Some elderly patients may have problems understanding medical terms and instructions, especially if they do not speak the same language as a medical specialist. In such cases, it may be necessary to use an interpreter or other means of communication.

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It is also important to take into account that elderly patients may have additional medical problems, such as hearing disorders, eyesight, memory and movement coordination disorders. These factors can make it difficult to communicate and understand medical recommendations, so medical professionals need to take this into account and adapt their approach and methods of communication.

Finally, one of the main problems is the limited time that a medical specialist can devote to each patient, including the elderly. In this regard, doctors may focus on the treatment of basic medical problems, not paying enough attention to elderly patients as individuals, which may lead to underestimation of their needs [1].

All these problems can complicate the interaction of medical specialists and elderly patients and negatively affect the quality of medical care provided.

Insufficient interaction between medical specialists and elderly patients can lead to errors in diagnosis and treatment, incorrect selection of medicines and other problems. In addition, elderly patients may experience stress and anxiety associated with visiting doctors, as well as suffer from social isolation and loneliness.

Improving the interaction between medical professionals and elderly patients can help improve the quality of life of patients, reduce the risk of complications and reduce the cost of medical care. To do this, it is necessary to develop new approaches to providing medical care to elderly patients, improve communication between medical specialists and patients, involve social workers and volunteers to support elderly people, as well as use modern technologies for remote monitoring of patients' health.

The purpose of the work is to investigate the features of ensuring the interaction of medical specialists and geriatric patients in modern conditions.

MATERIALS AND METHODS

In the process of writing the work, an analysis of publications and scientific works of medical specialists was carried out within the framework of the research topic, comparative and analytical research methods were used when summarizing the data obtained.

RESULTS

Medical examination and assessment of the health of geriatric patients have features that differ from the assessment of the health of young people. Doctors should take into account the physical, psychological and social needs of older people in order to provide them with the best care and quality of life.

Here are some of the main aspects of medical examination and assessment of the health of geriatric patients:

- functional state. Doctors should assess the physical functional

condition of the patient, including his ability to move, self-care, communicate and perform everyday tasks. This will help determine the need for help and assess the risk of developing diseases;

- cognitive state. Doctors should also assess the patient's cognitive state, including memory, attention, thinking, and orientation in time and space. This will help to identify the presence of problems with memory and cognitive abilities that may be related to the patient's health.;

- medical treatment. Doctors should evaluate the medication that the patient is taking to make sure that it meets his needs and does not cause side effects. It is also important to make sure that the patient is not taking medications that may interact with each other or cause dangerous side effects.;

- visual and hearing impairments. Doctors should check the patient's eyesight and hearing, as these disorders can lead to various health problems, including falls and social isolation.;

- diet and nutrition. Doctors should evaluate the patient's diet and nutrition to make sure that they meet his needs and do not cause health problems;

- emotional state. Doctors should assess the emotional state of the patient, including the presence of depression, anxiety and other mental problems that may affect the patient's health. They should also assess social factors, such as the level of social support, accessibility of transport and housing, to help patients remain independent and improve their quality of life [2].

Doctors should assess the risk of developing various diseases, including cardiovascular diseases, diabetes, dementia and other chronic diseases that are common in the elderly. Physicians need to evaluate the work of various body systems, including cardiovascular, respiratory, digestive and urinary systems, in order to determine the presence of possible problems and the risk of developing diseases [3].

It is also advisable to take measures to prevent diseases in geriatric patients, including regular medical examinations, monitor medications and maintain a healthy lifestyle.

Doctors should evaluate the quality of life of geriatric patients, including their life satisfaction, social support and the presence of pain and other symptoms, in order to determine the need for help and improve the quality of life of patients [4].

Interaction between doctors and geriatric patients can be difficult, as older people may have specific needs that require more careful attention and approach from medical staff. Here are some tips for doctors working with geriatric patients:

- medical professionals need to be patient and empathetic. Older people may experience physical and emotional problems that can make interacting with a doctor difficult, so empathy and understanding is important.;

- it is necessary to listen carefully to elderly patients. Older people may have hearing or memory problems, so it is important to speak slowly and clearly, and make sure that the

patient understands you. You need to ask questions to better understand the patient's problems;

- it is important to take into account the physical limitations of age-related patients. Elderly people may have movement restrictions, vision or hearing problems. Doctors need to adapt their communication and examination methods to the needs of the patient;

- it is necessary to take into account medications taken by elderly patients in order to avoid possible side effects. Elderly people often take several medications, which can lead to interactions between them and to side effects. It is necessary to monitor all medications that the patient takes and take them into account when prescribing a new treatment;

- it is important to organize cooperation with other specialists. Elderly people can have many problems, so it is important to cooperate with other specialists, such as nurses, physiotherapists, social workers, etc. [5].

Prescribing drug therapy for elderly patients requires a special approach and may include the following steps [6]:

1. Assessment of the patient's condition and diagnosis. This allows doctors to determine which medications are needed to treat the disease.

2. Taking into account the characteristics of the patient's body, including age, pathology, allergic reactions and other factors. The choice of medications taking into account side effects. Doctors should choose medications taking into account possible side effects and choose those that are most suitable for a particular patient.

3. Following the recommendations of drug manufacturers. Doctors should follow the recommendations of drug manufacturers regarding dosage, use and contra-indications.

4. Risk assessment of adverse effects and patient monitoring. Doctors should regularly monitor the patient's condition and assess the risk of adverse effects of medications.

5. Selection of medicines that do not interact with each other. Elderly patients can take several medications at the same time, so doctors should choose drugs that do not interact with each other.

6. Assessment of the need to change the dosage or discontinuation of medications. Doctors should regularly assess the need to change the dosage or discontinue medications, especially if the patient is experiencing side effects or if his health condition has changed.

7. Ensuring appropriate awareness of the patient and his relatives. Doctors should inform patients about drug therapy, its goals and possible side effects. Patients should understand how to take medications correctly and what actions should be taken if undesirable effects occur.

8. Formulation of recommendations for lifestyle changes. Doctors should recommend lifestyle changes to patients, including proper nutrition, physical activity and other healthy habits that can improve the health of elderly patients.

9. Coordination of treatment with other specialists. Elderly patients may have many comorbidities that require coordination of treatment with other specialists, such as cardiologists, endocrinologists or neurologists.

Prescribing treatment and drug therapy for elderly patients requires a special approach that takes into account the peculiarities of their physical and mental condition, as well as the risks of possible side effects. The optimal choice of medications and the correct dosage will help improve the quality of life of elderly patients and reduce the risk of undesirable effects [7].

Special difficulties in prescribing drug therapy to elderly patients may arise if they have polypragmasia. Polypragmasia is a situation when a patient takes too many medications at the same time. This phenomenon is especially common among elderly patients who can take many medications to treat various diseases and conditions. However, such use of drugs can lead to dangerous side effects, interactions between drugs, a decrease in the effectiveness of therapy and a deterioration in the patient's quality of life [8].

Polypragmasia can occur for a number of reasons, including the appointment of several doctors, each of whom prescribes their own medications, self-medication of the patient, a change in the state of health or additional diseases that require the appointment of additional medications, and so on. Polypragmasia can lead to side effects such as dizziness, nausea, drowsiness, loss of appetite, digestive problems, impaired memory and concentration, and even more serious problems such as dangerous drug interactions, cardiovascular diseases, allergic reactions and others [9].

To prevent polypragmasia, it is necessary to communicate regularly with a doctor and inform him about all medications taken, including prescription and over-the-counter medications, supplements and herbs. The doctor can help the patient choose the most effective medications and optimize dosages, as well as conduct regular monitoring of treatment effects and side effects. In addition, it is necessary to avoid self-medication and follow the instructions for taking medications to avoid incorrect dosage or overwork with medications.

In general, the prevention of polypragmasia is an important aspect of ensuring the safety of drug therapy for elderly patients, and doctors should pay attention to this in their practice. In addition, it is important to conduct regular examination of patients, especially when using several medications at the same time, in order to monitor their condition and prevent possible side effects.

For elderly patients, it may also be useful to discuss with a doctor the possibility of reducing the number of medications taken, including in order to reduce the risk of polypragmasia. This may be especially important in the presence of several diseases, such as diabetes, arterial hypertension and Parkinson's disease, in which the use of several medications may be required.

It is also important to remember that the most effective

treatment does not always mean using more medications. In some cases, lifestyle changes, including healthy eating, exercise, and stress management, may prove to be a more effective and safe treatment method, especially for elderly patients [10].

In general, polypragmasia is a serious problem for elderly patients, which can lead to various undesirable consequences. Doctors should pay special attention to this problem in order to ensure the safety and effectiveness of drug therapy for their patients.

Providing medical support and rehabilitation of elderly patients is of great importance for the preservation and improvement of their health and quality of life. At the same time, it is important to take into account the characteristics of older people associated with age-related changes, the presence of chronic diseases and other factors.

One of the important aspects of providing medical support is conducting regular medical examinations. As part of these examinations, the doctor can conduct a comprehensive assessment of the patient's condition, identify early signs of diseases and take appropriate measures to prevent and treat them. The doctor may also recommend lifestyle changes to the patient, for example, increased physical activity, proper nutrition, giving up bad habits, etc.

Rehabilitation of elderly patients may include various measures aimed at restoring body functions and improving the quality of life. It can be physical exercises, therapeutic massages, physiotherapy, speech therapy, etc. It is important that rehabilitation measures are individually selected for each patient, taking into account his age, health status, the presence of diseases and other factors [11].

In addition, the use of technologies such as telemedicine may be useful for providing medical support and rehabilitation of elderly patients. This allows doctors to consult and examine patients at a distance, which is especially important in the conditions of restrictions associated with the pandemic.

In general, providing medical support and rehabilitation of elderly patients is an important task for modern medicine. This helps to preserve and improve the health and quality of life of the elderly, improve the effectiveness of treatment and reduce the cost of medical care.

Coordination between doctors and other specialists, such as physiotherapists, rehabilitologists, speech therapy specialists and others, is also important for the successful rehabilitation of elderly patients. They can work as a team to develop individual rehabilitation programs and provide the necessary medical support. In addition, such coordination makes it possible to optimize treatment, improve the patient's quality of life and reduce the risks of possible complications [12].

An important aspect of providing medical support and rehabilitation is also the support of patients from their family and relatives. They can be provided with the necessary information about the disease and treatment methods, as well as recommendations for caring for the patient at home. In

addition, relatives can help patients to comply with the treatment regimen, monitor medications taken, perform rehabilitation exercises, etc.

An important aspect of providing medical support and rehabilitation of elderly patients is also the organization of a safe and comfortable environment. This may include removing obstacles to the patient's movement, installing additional lighting, making the room accessible to patients with disabilities, installing special equipment to help with movement, etc.

In general, providing medical support and rehabilitation of elderly patients is a complex and multifaceted process that requires an individual approach and coordination between doctors, rehabilitation specialists, relatives and patients. However, with the right approach, it can significantly improve the health and quality of life of older people [13].

Medical counseling of elderly patients and their relatives is an important part of providing quality medical care and care for the elderly. Doctors and other medical professionals should have special knowledge and skills to effectively advise patients and their relatives on various medical issues.

In the process of medical counseling, the doctor should take into account the characteristics of an elderly patient, such as age, the presence of chronic diseases, possible movement restrictions and other factors. It is also important to take into account the patient's medical history, analyze the symptoms and identify the causes of diseases.

One of the important aspects of medical counseling is the diagnosis and assessment of the patient's condition. To do this, various methods and tests can be used, such as blood, urine and other biological fluids, blood pressure measurement, analysis of indicators of the cardiovascular system, assessment of cognitive functions, etc.

In addition, the doctor can advise patients and their relatives on treatment issues, prescribe medications and recommend necessary medical procedures. It is also important to discuss with patients and their relatives issues related to disease prevention, nutrition and exercise [14].

When providing medical advice to elderly patients and their relatives, it is important to take into account the peculiarities of communication with this group of patients. Many elderly people have poor hearing, vision problems or movement restrictions, so the doctor should use understandable and accessible forms of communication, for example, use large print, speak loudly and clearly, take into account possible movement restrictions and select the appropriate environment for consultation.

An important aspect of medical counseling for elderly patients and their relatives is a respectful attitude towards the patient and an understanding of his individual needs. The doctor should show sensitivity and empathy, understand that it is extremely important for older people to feel respected and confident in their abilities. The doctor should also take into account that older people may have a lot of experience and wisdom, so it is

important to respect their opinions and life beliefs.

In addition, an important aspect of medical counseling is understanding the role of the patient's relatives. Often, relatives of elderly people are important helpers in caring for them and supporting them during illness. The doctor should take into account the opinion and needs of relatives, as well as explain to them the necessary medical procedures and treatment [15].

So, medical counseling of elderly patients and their relatives is an important aspect of providing quality medical care and care for this group of patients. The doctor should take into account the characteristics of the elderly and use available forms of communication, show sensitivity and empathy, as well as take into account the opinion and needs of the patient's relatives.

Psychological support for elderly patients is an important aspect of medical care and care for this group of patients. Older people often face a variety of physical and psychological problems, including poor health, loss of loved ones, social isolation and depression. Psychological support can help them cope with these problems and improve their quality of life.

One of the key aspects of psychological support for elderly patients is listening to their problems and concerns. The doctor or other medical specialist should listen to the patient and understand his needs and expectations. He should show understanding and compassion, help the patient to accept his emotions and feelings, and also help him find ways to cope with difficulties.

An important part of psychological support is also the education of patients and their loved ones. A doctor can help older people understand and cope with their physical and psychological problems, as well as explain how changes in their lifestyle or treatment can improve their condition.

In addition, an important aspect of psychological support is the provision of access to social services and the community. Many older people suffer from social isolation and loneliness. A doctor can help them find social programs and services that can help them stay connected to the community and maintain their mental health.

In general, psychological support for elderly patients is an important component of their care and treatment. Doctors and other medical professionals should be ready to listen and understand the problems and needs of older people, help them find ways to cope with emotional difficulties.

Medical professionals play a key role in ensuring the safety of elderly patients. Age-related changes in the body of older people can lead to the fact that they become more vulnerable to various diseases and complications. Older people also often have more complex medical problems that may require more careful monitoring and treatment [16].

Medical professionals should pay attention to the following aspects to ensure the safety of elderly patients:

1. Proper prescription of medicines. Older people may be more susceptible to side effects of medications, and may have

restrictions on dosage or combinations of medications. Medical professionals should make sure that the drug therapy meets the medical needs of the patient and does not cause undesirable side effects.

2. Optimization of the environment. Older people may have a higher risk of falls, especially if they have problems with coordination of movements. Medical professionals should take measures to ensure the safety of the environment, such as removing obstacles in the way of movement, installing handrails and other means of support.

3. Regular medical examinations. Elderly people should undergo regular medical examinations to detect possible diseases at the very beginning of their development. Medical professionals should make sure that patients receive regular medical supervision and appropriate treatment.

To ensure the safety of elderly patients in medical practice, a comprehensive work of medical specialists is necessary. Specific measures they can take include:

- fall risk assessment and fall prevention: medical personnel should regularly assess the risk of falls in elderly patients and take measures to prevent falls, such as installing fences on beds and windows, regularly checking shoes and using anti-slip surfaces;

- monitoring of the patient's condition: medical specialists should regularly monitor the patient's condition and pay attention to any changes that may indicate a deterioration in health;

- compliance with infection protocols: medical personnel must strictly follow infection protocols to prevent the spread of infections among elderly patients;

- correct use of medicines: medical personnel should ensure the correct use of medicines and avoid polypragmasia;

- prevention of improper nutrition: medical personnel should provide elderly patients with proper nutrition and monitor their food intake to prevent improper nutrition, which can lead to deterioration of health;

- ensuring a safe environment: medical personnel should provide a safe environment for elderly patients, including monitoring the lighting mode, temperature and cleanliness of the room;

- ensuring the availability of medical care: medical professionals should ensure the availability of medical care for elderly patients, if necessary, as well as timely access to medical care.

DISCUSSION

Ensuring the accessibility of medical care to elderly patients is an important task that requires the joint efforts of medical specialists, government organizations and the public. Medical professionals should be trained on how to interact with elderly patients and take into account their specific needs. In hospitals

and medical centers, specialized departments and centers can be created to serve elderly patients who will provide them with high-quality medical care [17].

Telemedicine can be useful for ensuring the availability of medical care to elderly patients, especially for those who live in remote or hard-to-reach areas. For elderly patients who cannot get to medical institutions on their own, a well-organized transportation system is necessary.

Relatives and guardians of elderly patients may be involved in the provision of medical care, and should receive the necessary support and training so that they can effectively take care of their loved ones.

In order for medical specialists to take into account the specific needs of elderly patients, it is necessary to develop additional education programs.

Also, medicines may become too expensive for elderly patients, so it is necessary to ensure the availability of medicines. These measures will help to ensure the availability of medical care for elderly patients.

The interaction of medical professionals and elderly patients may face several problems that may affect the quality of medical care. Some of these issues include:

- communication problems. Elderly patients may have problems with listening and visual perception, which may make it difficult to understand the information provided by medical specialists. In addition, medical terms can be difficult to understand, especially if they are not explained in an accessible language;
- fear of medical procedures. Some elderly patients may have a fear of medical procedures such as injections, blood collection or X-ray examinations. This can lead to the fact that they postpone or refuse the necessary procedures;
- accessibility issues. Elderly patients may have limited access to medical care, especially if they live in remote or rural areas. This can lead to the fact that they do not receive timely and necessary treatment;
- inappropriate drug therapy. Elderly patients may receive appointments from different doctors and not always report all medications taken. This can lead to polypragmasia and undesirable drug interactions;
- aging. Elderly patients may have a reduced immune system and an increasing risk of developing various diseases, which requires more thorough and attentive medical care [18].

These problems can be overcome through more effective interaction of medical specialists with elderly patients, including a clearer explanation of medical terms, communication in an accessible language, and the provision of convenient conditions for medical manipulations.

Communication problems between medical professionals and elderly patients can be caused by several factors:

- cognitive decline: elderly patients may experience cognitive

decline, which makes it difficult to understand the information transmitted by medical specialists;

- problems with audio-visual feedback: elderly patients may have hearing or vision problems, which makes it difficult to understand the information transmitted by medical specialists.

To overcome these problems, medical professionals need to use simple and understandable language, explain procedures and treatment several times, use illustrations and diagrams, devote enough time to communicate with patients and take into account their cultural characteristics. In addition, it is important to ensure the safety of patients and reduce their fear and anxiety during treatment.

Modern technologies and scientific research in the field of medicine and gerontology make it possible to improve the interaction between medical specialists and elderly patients. Some perspectives in this area include:

1. Development of technologies that allow remote monitoring of the health of elderly patients, facilitating their access to medical care.
2. Strengthening educational programs for medical professionals aimed at improving their knowledge and skills in the field of geriatrics and communication with elderly patients.
3. Development of approaches to an individual approach in the treatment and rehabilitation of elderly patients, taking into account their individual needs and preferences.
4. Application of technologies and techniques to improve the quality of life of elderly patients and prolong their active lifestyle.
5. Development of an interdisciplinary approach to the treatment of elderly patients, including specialists from different fields of medicine, such as geriatrics, neurology, cardiology, etc.
6. Creation of a system of accounting and monitoring of complications arising in elderly patients during treatment and rehabilitation, which will improve the quality of medical care and prevent undesirable consequences.
7. Strengthening the role of social workers and volunteers in providing support and care for elderly patients, especially when they are at home.
8. Development and implementation of innovative methods of diagnosis and treatment of diseases characteristic of elderly patients, such as dementia, Alzheimer's disease, Parkinson's disease, etc.

The realization of these prospects can significantly improve the quality of medical care for elderly patients and provide them with a more comfortable and safe life [19].

Remote technologies for monitoring the health of elderly patients are becoming increasingly popular and effective at the present time. These technologies allow the elderly to receive medical care and monitor their health from home, which is

especially important in the context of the COVID-19 pandemic and restrictions on movement.

One of such technologies is telemedicine, which allows doctors to consult with patients via video or audio communication, as well as to receive data on the health of patients in real time. There are also various devices that can monitor the patient's health indicators, such as devices for measuring blood pressure, blood glucose, pulse, etc.

Remote technologies for monitoring the health of elderly patients can significantly improve the quality of medical care and reduce the burden on medical institutions. They can be especially useful for patients living in remote areas or with limited mobility, as well as for those who need constant health monitoring.

However, it should be borne in mind that not all elderly patients may be ready to use such technologies, and many of them may have difficulties using them. Therefore, doctors and other medical professionals need to train elderly patients and their relatives to use these technologies, as well as provide them with the necessary technical support.

Strengthening the role of social workers and volunteers in providing support and care for elderly patients is of great importance in cooperation with physicians. This makes it possible to create a comprehensive system of care for the elderly, where medical specialists, social workers and volunteers work together to provide a full range of services and support for elderly patients.

Social workers can play a key role in supporting elderly patients by helping them deal with various aspects of their health and well-being, such as social and economic support, access to various services, communication with other people, etc. They can also help elderly patients cope with difficulties associated with accepting medical recommendations and prescriptions, as well as provide social support during and after treatment [20].

Volunteers can also play an important role in caring for the elderly, for example, helping with household tasks, accompanying patients to doctors or simply spending time with them as a companion.

The joint work of doctors, social workers and volunteers makes it possible to create a holistic system of care for elderly patients, which contributes to their health and well-being, as well as increases the effectiveness of medical care.

The creation of a system for recording and monitoring complications that occur in elderly patients during treatment is an important step in improving the quality of medical care for elderly patients. Such a system can help medical professionals more accurately assess the effectiveness of treatment and identify possible complications in a timely manner. The system of accounting and monitoring of complications should be based on an integrated approach and include not only a medical examination, but also a psychological, social and functional assessment of an elderly patient. In addition, it is important to consider risk factors such as the presence of chronic diseases, age-related changes, the

state of the immune system, as well as factors related to treatment, such as prescribed medications and the nature of procedures.

The monitoring system should be reliable and effective, and the data should be accessible to all medical professionals involved in the treatment of the patient. It is also important to take into account the wishes and opinions of the patient and his relatives when developing a system for monitoring and accounting for complications. Such a system will allow timely detection of possible complications and take measures to prevent them. This can significantly reduce treatment costs and improve the quality of life of elderly patients. In addition, such a system can help reduce the number of unnecessary hospitalizations and improve treatment planning.

The development of an interdisciplinary approach to the treatment of elderly patients is one of the most promising areas in medical practice. This approach assumes that specialists from different fields of medicine (for example, internists, cardiologists, neurologists, oncologists, psychologists, etc.) work together to ensure the most effective and safe treatment of elderly patients [21].

The interdisciplinary approach allows taking into account various aspects of the health of elderly patients, such as physical, mental and social condition. For example, oncologists, rehabilitologists, psychologists, social workers, etc. may be involved in the treatment of elderly patients with oncological diseases. Each specialist contributes to the overall treatment of the patient, which makes it possible to achieve higher treatment results.

One of the advantages of an interdisciplinary approach is to reduce the risk of complications in the treatment of elderly patients. In addition, this approach allows you to fully assess the patient's condition and take into account all his features and needs. This is especially important in the treatment of patients with multiple diseases, which is often found in the elderly.

Thus, the development of an interdisciplinary approach to the treatment of elderly patients is an important step towards improving the quality of medical care for this category of patients. However, for the successful implementation of this approach, it is necessary to ensure effective communication between specialists in different fields of medicine, as well as coordination of their actions.

An interdisciplinary approach in the treatment of elderly patients is an important factor in providing quality medical care. Within its framework, specialists from different fields of medicine work together to provide patients with comprehensive and targeted care.

For example, for a diabetic patient who also suffers from cardiovascular diseases, an interdisciplinary approach may include an endocrinologist, a cardiologist, a nutritionist and a physiotherapist. Each specialist contributes to the treatment and provides the necessary recommendations to help the patient achieve the best results.

An interdisciplinary approach can also include rehabilitation specialists, psychologists, social workers and volunteers who help patients recover from illness or injury, provide social and psychological support and help them cope with everyday tasks. This approach also helps to improve the overall quality of life of elderly patients and reduce the risks of complications and hospitalizations. However, the introduction of an interdisciplinary approach requires coordination of efforts between different specialists and departments, as well as a common understanding of the goals and methods of treatment.

Strengthening the interaction between elderly patients and medical specialists is an important task of modern medicine, due to the growing number of elderly people in society. Elderly patients need special attention and care, as they often have several diseases and require complex treatment, which may be associated with the risk of complications.

CONCLUSION

The interaction between doctors and geriatric patients includes several areas that can help ensure better quality of care and patient satisfaction. Doctors should conduct a thorough examination of elderly patients to identify any health problems. This may include an assessment of the functional state, a medical history, as well as a physical examination. Medical specialists should prescribe effective treatment, taking into account the characteristics of geriatric patients. Some elderly people may have multiple chronic diseases and take many medications, which may complicate the appointment of treatment. Doctors should take into account possible side effects of medications and interactions between them.

Doctors should work closely with other specialists such as physiotherapists, rehabilitation specialists and social workers to provide patients with support and rehabilitation. This may include the development of an individual care plan and assistance in the implementation of home care;

Physicians should advise patients and their families about a healthy lifestyle and provide information about disease prevention, proper nutrition, exercise and other aspects of health. This will help patients improve their health and prevent the development of various diseases.

Also, doctors should understand that geriatric patients may experience emotional difficulties, such as depression, loneliness and anxiety about their health. Medical professionals should be prepared to provide emotional support, make sure patients feel comfortable, and provide access to other professionals, such as psychologists and social work counselors, if necessary. Doctors should also ensure the safety of patients and help them prevent falls and other accidents. This may include assessing the risk of falling, providing assistance with movement, using adaptive technologies and teaching patients proper self-care. It is also necessary to ensure the availability of medical services for geriatric patients, especially those who have movement restrictions or other medical problems. This may include the establishment of

additional safety measures and patient-friendly conditions.

CONFLICT OF INTEREST

The authors declare no conflict of interest.

AUTHOR CONTRIBUTIONS

All authors contributed in reviewing the final version of this paper

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