

**Multi morbidity among Aging
in Jakarta:
a challenge of health services
and education**

Charles Surjadi

Regina Satya Wirahardja

*Public health and preventive medicine,
Atmajaya University*

Faculty of Medicine Jakarta, Indonesia

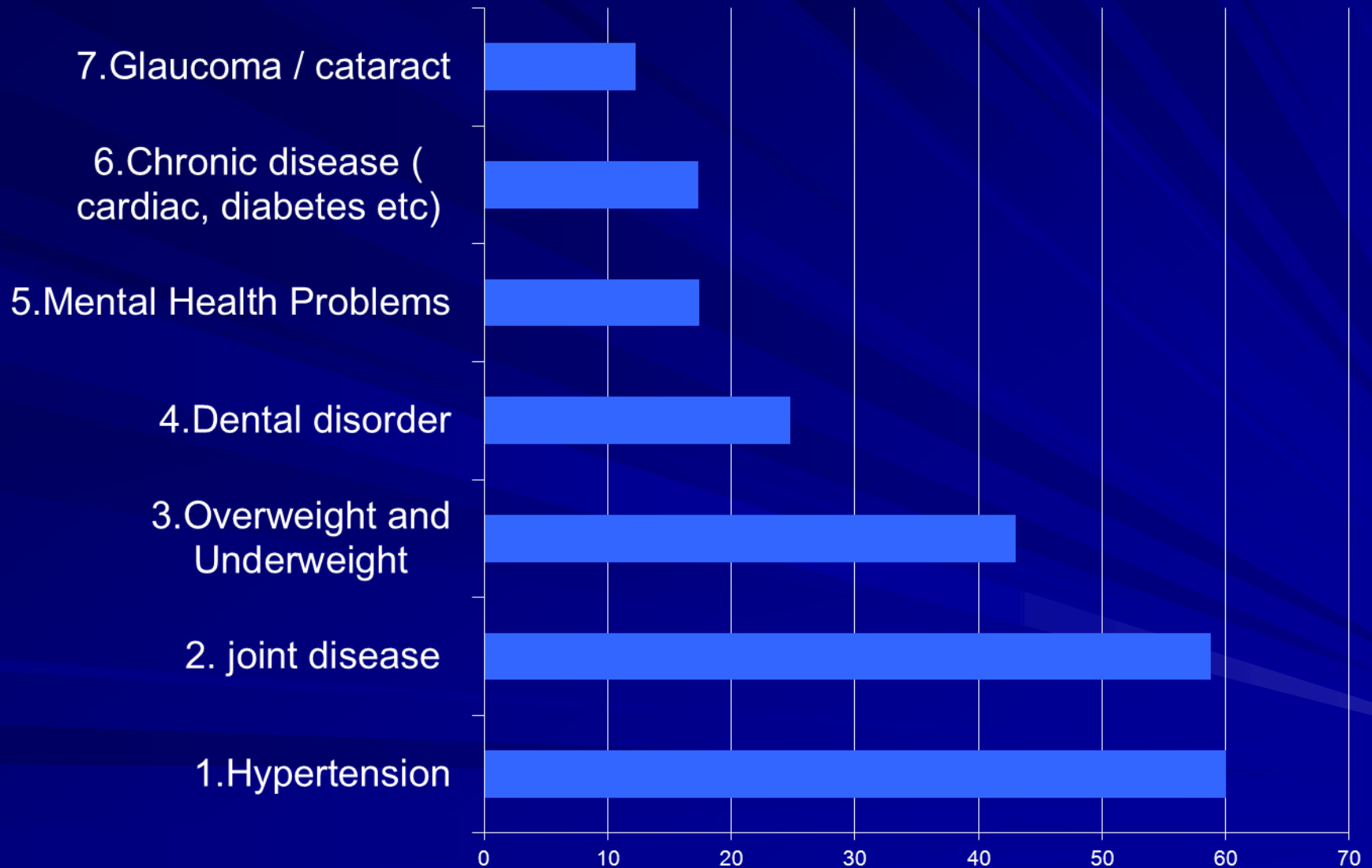
Introduction

- The increasing chronic conditions among people/ elderly persons create many patients with multiple chronic conditions (MCC)
- MCC affects quality of life, ability to work and employability, disability and mortality.
- the guidance how to manage patients with multi morbidity is limited.
- medical education approach and professional that concentrate on disease approach and specialization
- In Indonesia the 2012 standard competency for medical education is based on organ system and disease

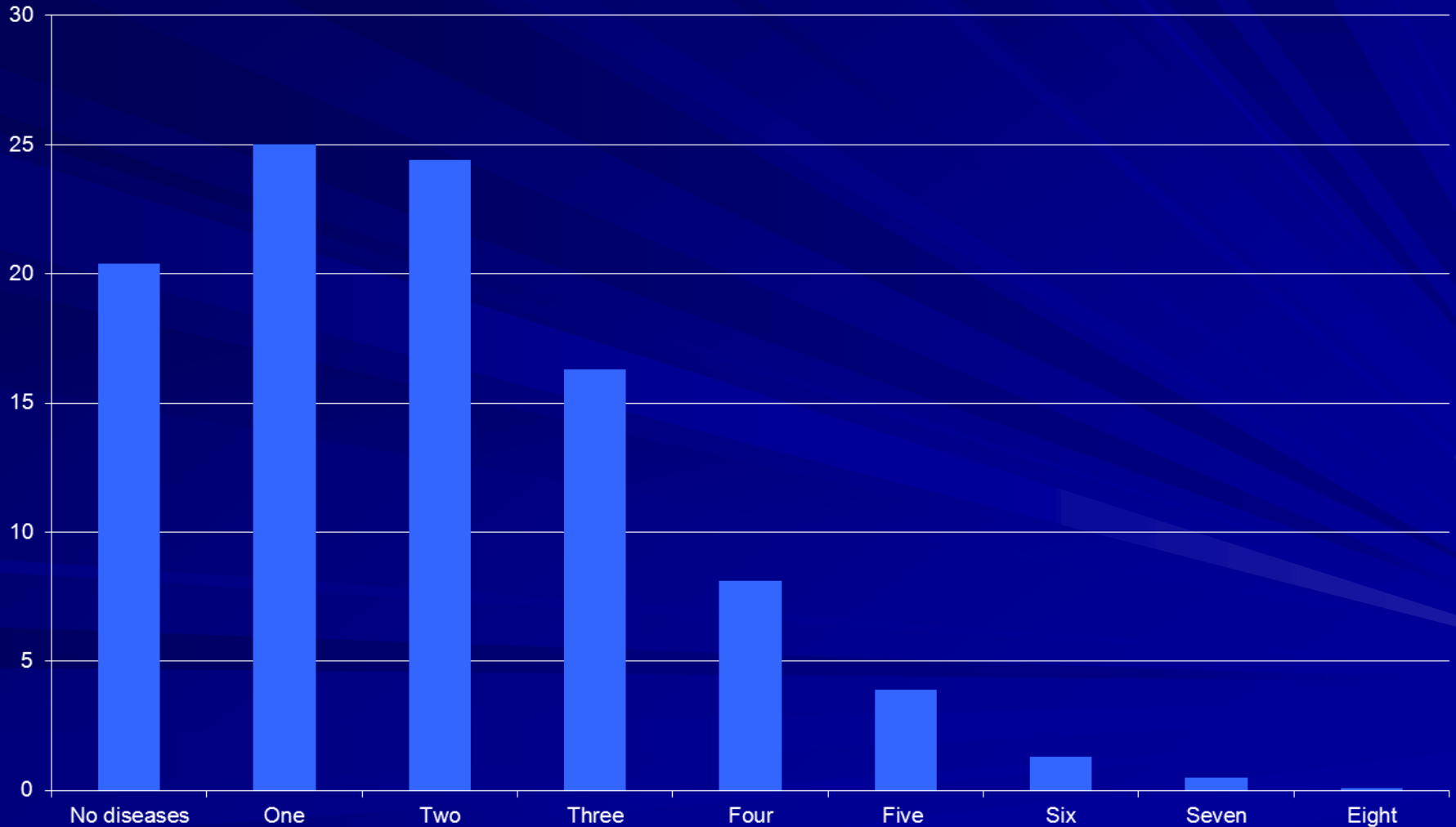
Objective, Method

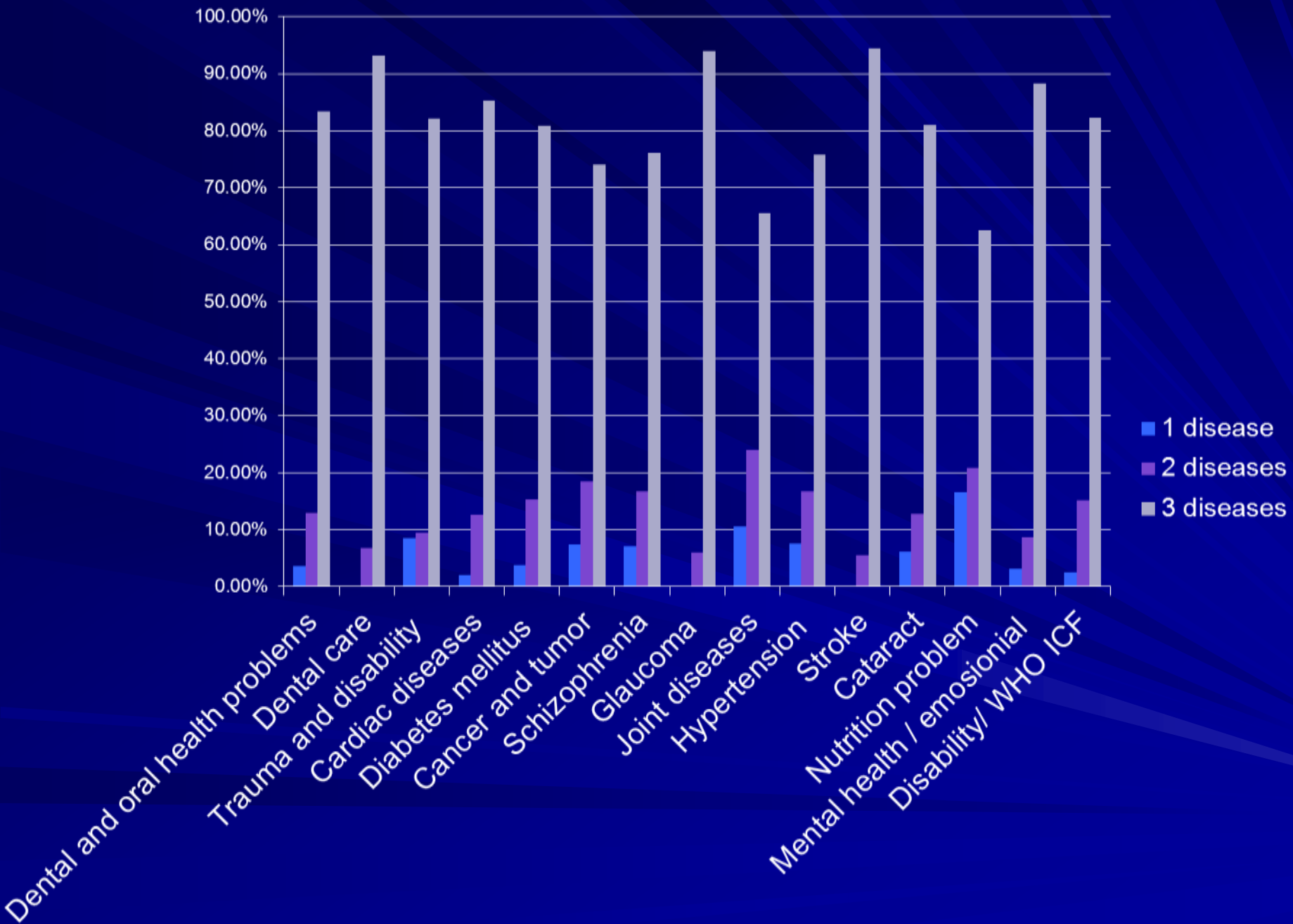
- to understand the multi morbidity pattern among aging in Jakarta and its related factors in order to find prevention program and challenge to overcome this phenomenon
- using Basic Health research 2007 data of Jakarta ; proportional to size of bloc census we got 1671 older persons.
- The respondents were asked on their age, character, sex, number of household members, socio-economic status, while disability status using questionnaire of disability, WHO ICF, 2003 (15) on diseases suffered, and measurement of height and body weight, BMI and blood pressure. Univariate analysis and bivariate analysis using chi square test with $P < 0.5$ was performed to know factors significantly related to multi morbidity among aging

Table 1 Distribution of Respondents according to their morbidity status at Jakarta 2007 (n= 1671) Percent



Distribution resp according to number of diseases





Discussion and conclusion

7 main diseases problems of elderly persons in Jakarta.
hypertension, and joint diseases (more than 50%)
nutrition problems and dental problems (24%-43%) and
mental health problems, chronic diseases and eye problems (12% - 17%).

75.8% hypertension, 75% joint diseases, 62.5% nutrition problems and
93% of persons with dental care problems have three and more diseases.

Personal characteristics that significantly related to three and more diseases
combination are

persons more than 75 years, elderly women, not married and divorce elderly persons
(living without spouse), smoking especially persons who are stop smoking , have no
teeth, have disability problems.

the prevalence of multiple chronic conditions (MCC) among individuals increases with age and is substantial among older adults.

However, the absolute number of people with multi morbidity was higher in those younger than 65 years.

It is acceptable because we have more younger people

Limitation of the study

- Many study on multi morbidity is concentrated of chronic problems while due to the characteristics of our data as cross section study we are include acute diseases in this study