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Evaluation the Impact of Age on Severe Sepsis and Septic Shock Survivors Outcomes after A-year Hospital Discharge

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ABSTRACT

Background: Data on the association between age groups with Hospital outcomes and performance status in Severe Sepsis and Septic Shock survivors is limited. The objective of this study to evaluate the impact of age groups on severe sepsis/septic shock survivors outcomes after a-year hospital discharge.

Methods: This is retrospective and cohort study of adult patients (≥ 18 years) who are admitted ≥ 24 hours between April 2007 and March 2010 for the first time to the medical and surgical intensive care unit (ICU) of a tertiary hospital and discharged from the hospital alive. A total of 195 hospital survivors were eligible for analysis. Data was obtained from patient medical profile and telephone interview to evaluate performance status using Karnofsky Performance Status scale (able to work, unable to work and unable to care for self). Patients were classified into three groups based on their age (year), ≤ 44 , 45 - 64 and ≥ 65 groups respectively. Statistical program PASW version 18 was used for data analysis.

Results: The older the group, the higher percentage had poor performance status at one year of hospital discharge ($p = .022$), comorbidity diseases ($p < .05$) sick ($p = .0001$) and organ failure ($p = .014$). One year post discharge mortality rate was 34% and 51.4% at three months for older group. Performance status pre-Sepsis ($P < .0001$) was the only independent predictor of outcomes, but with the Congestive Heart Failure ($P = .014$) were found to be independent predictors of poor performance status.

Conclusions: Older group (> 65 years) are associated with higher mortality, poor outcomes and performance status. This data highlights that older group more care and follow up than younger groups.

Keywords: severe sepsis survivor, septic shock survivors, mortality and performance status