

GP symposium 2023

Geriatric update

Dr Yu-Min Lin
Geriatrician

Dr Yih Harng Chong

Case

- 63 year old Chinese lady
- GP referral for ? Dementia with 2 yr hx of cognitive decline
- Lived in NZ for 25 years, reasonable English but main language Mandarin
- Married to NZ European husband (second marriage)
- Previous seen by another geriatrician – 2 year prior, reassured normal cognition and discharged
- Referred neurologist but patient declined/did not attend as they did not speak Mandarin

PMHx

- Fatty liver with multiple cysts on USS
- Stable thyroid nodule
- CP/palpitation – normal Ix with cardiology
- Depression/anxiety
- Hypertension

Medication

- Quinapril 20mg daily

Clinical assessment

- Presented well, provided good detail of personal and medical history
- Still working, running wholesale organic tea business
- Mild inaccurate information (needed prompting to recall how long she's in NZ and daughter's age/birthday)
- Could not recall antihypertensive increased recently (GP noted suboptimal control)? Compliance issue
- Depression 2020 – sudden suicidal triggered by husband been hospitalised – reported “cured after 3 days of anti-depressant” and subsequent holiday with daughter

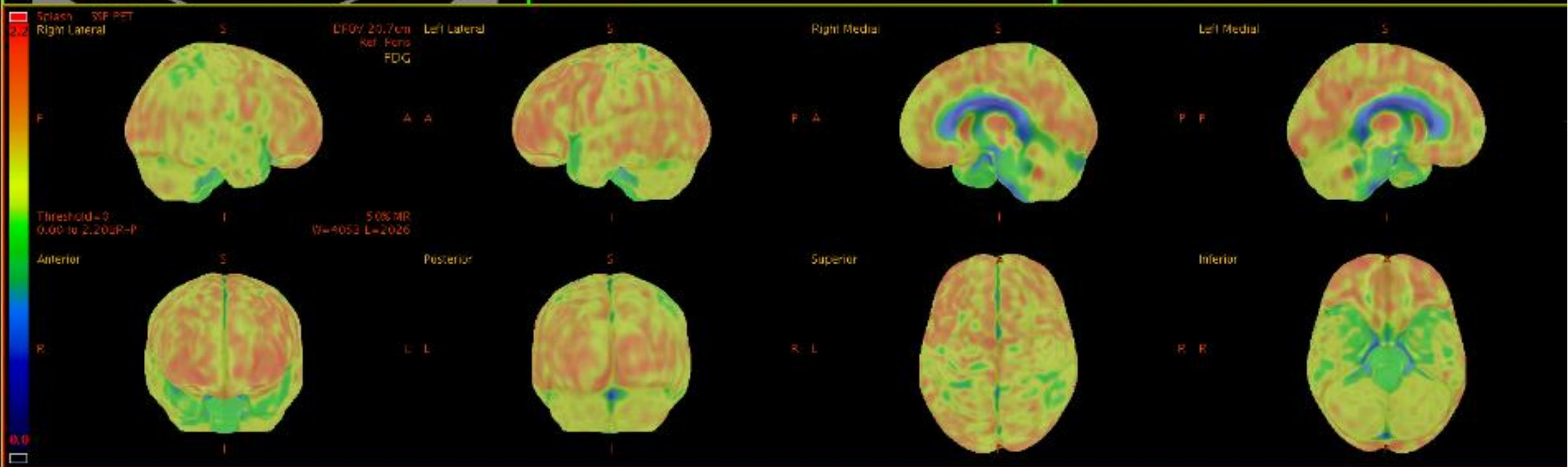
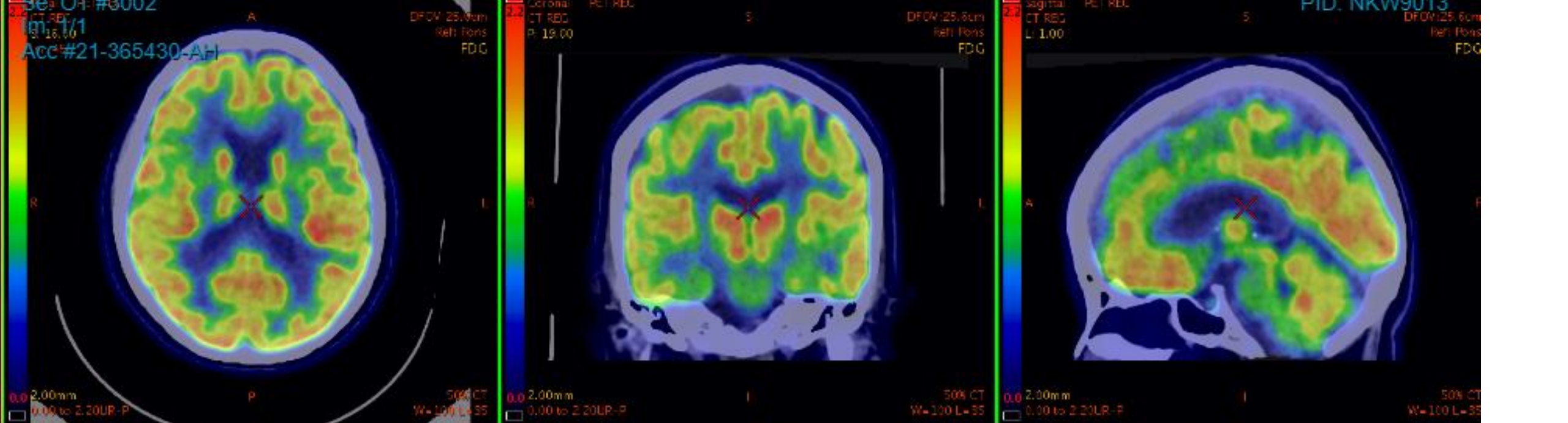
- Denies current symptoms suggestive of major depression
- Collateral history – forgetful of events, but major lability in mood, irritable, frequent expressing suicidal threats when challenged by daughter

Cognitive baseline

- MoCA 27/30 – 2020 when depressed
- 3 months later – MoCA 21/30 – but off treatment
- Current RUDAS 24/30 (main points lost in memory)
- Normal clock drawing, language components of ACE-III.
- Knew year, month but not date

- MRI brain – regional volume loss superior frontal lobes and right medial temporal lobe. No evidence of encephalitis
- Bloods normal

- Working diagnosis depression ? Underlying AD
- Trial sertraline for 6 weeks
- FDG-PET scan



- Early AD
- Commenced on donepezil
- EPOA setup
- Stopped working
- Maintained driving locally – since advised to stop at follow up after ~18 months

Issues

- Disengaged with GP
- Lack of culturally appropriate support services
- Recent disappointment with NASC supports (patient remains independent with personal cares), day care not suitable.
- General lack of engagement with dementia Auckland
- Daughter – significant stressed. Gave up university, working several jobs. Motivated with participation with clinical trials.
- Husband passed away and disputes with step children. Suicidal requiring mental health input.
- Challenges with WINZ benefit
- Underage for Age concern Asian service

	2006 (count)	2013 (count)	2018 (count)
Chinese	147,570	171,411	247,770
Asian	354,552	471,708	707,598

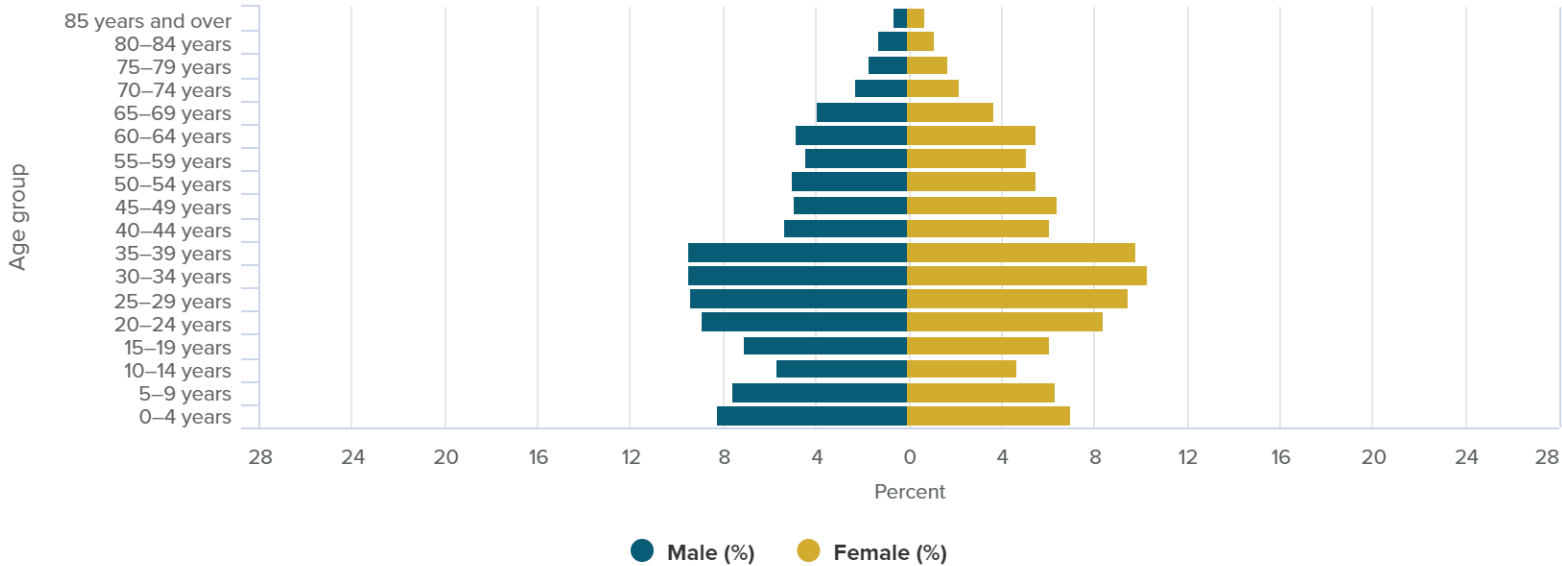
See metadata tab for information about variables and data quality.

Stats NZ

Population, by age and sex

GRAPH	TABLE	METADATA
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Population, by age and sex, for the Chinese ethnic group, 2018 Census



See metadata tab for information about variables and data quality.

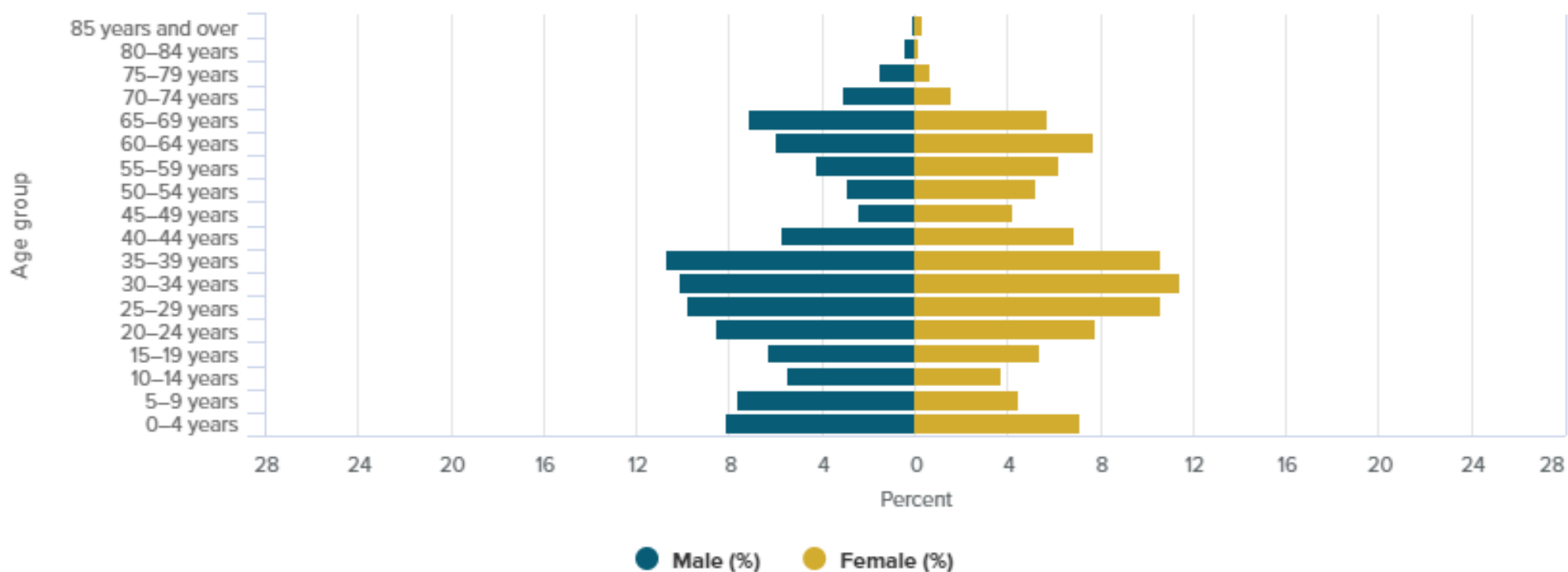
Population, by age and sex

GRAPH

TABLE

METADATA

Population, by age and sex, for the Taiwanese ethnic group, 2018 Census



See metadata tab for information about variables and data quality.

Factors impacting elderly Chinese

- Parent Visa – suspended since 2016, cap reduced
- COVID – further restriction to immigration
- Return to country of origin ? Numbers
- Children residing in other countries
- Difference between 1st generation, NZ born, more recent arrivals
 - language/cultural perceptions/country of origin
- Residential subsidy requirements to access facility
- China's 1 child policy and limited support network

Snap shot memory service referral - CMH

- 2017 – 32 Chinese
- 2018 – 42
- 2019 – 40
- 2020 – 53
- 2021 Jul - 50

GLMS – New Chinese patient %

- 2019 – 30%
- 2020 – 43%
- 2021 – 50%
- 2022 – 52%

Chinese Services Project - 華人 服務專案- 護腦同行 (Caring for people with dementia together)



Aims

- 1 Information and resources sharing through a fully maintained website that has the correct translation and languages.
- 2 Engaging with the Chinese media (e.g. TV, radio) to promote dementia awareness.
- 3 Engaging Chinese GPs and raising their dementia awareness



Information

Learn all about dementia for yourself
and carers.

Please click on underlined titles or words to access their respective informational webpages.

Dr. Yu-Min Lin's TV series on dementia



Yu-Min with his contacts in TV33 produced a 13-episode TV series on dementia in New Zealand covering topics such as what is dementia, symptoms and how to get help. The shows can be viewed on their YouTube channel and searching '失智症'

<https://www.youtube.com/c/CHANNEL33NewZealand/videos>

We would like to thank David (producer), Vivian (host), Kate Chen (pharmacist), Eva Ho (lawyer), Uncle Wu (a Chinese living with dementia) and his wife Aunty Wu, Lina Chan (mental health nurse, Counties Manukau Health) and New Life Charitable Trust (sponsor).



- Chinese information pamphlets
- Healthy Brain hubs – Chinese Christian Church
- Research projects
- Project manager
- Fundraising (Miracle Tree Trust and Room-Simmonds Charitable Trust)
- Chinese speaking key worker supporting those with dementia, run educational programs ? CST program, accredited visitor (Age concern)

Research

- Dr Alfred Kwan (alfkwan@gmail.com)
- Dr Gary Cheung (g.Cheung@auckland.ac.nz)
- In depth survey of GP views on Chinese population with dementia, knowledge of services, views on gaps and improvements