

## **FC46: Prevalence of depressive symptoms and diminished QoL in older patients with ESKD receiving HD in a tertiary level private hospital in Monterrey, Mexico.**

**Authors:** Aníbal Gutiérrez-Torres (1), Karina Rodríguez-Quintanilla (1), Rogelio Maya-Quinta (2), Alejandro Valdes-Cepeda (2), Alejandro Valdes-Canales (2)

1. Geriatrics Service, Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM), Nuevo León, México.
2. Nephrology Service, Instituto Tecnológico y de Estudios Superiores de Monterrey (ITESM), Nuevo León, México.

**Introduction:** The ageing population with chronic kidney disease (CKD) has been increasing in developing countries and many of them are receiving Hemodialysis (HD) [1]. The prevalence of depression and other geriatric syndromes as well as the quality of life (QoL) in this population remains unknown since patients undergoing HD seldom receive a Comprehensive Geriatric Assessment (CGA) [2].

**Objectives:** To investigate the prevalence of depression and other geriatric syndromes as well as QoL in older patients with ESKD receiving HD.

**Methods:** In patients 50 years and older, receiving HD in a private tertiary hospital in northern Mexico, we applied a CGA consisting of functionality (Barthel and Lawton & Brody), comorbidity (Charlson Index), cognition (MoCA), depression (GDS), frailty (CFS), nutrition (MNA- SF), sarcopenia (EWSOP2), falls, and quality of life (OPQOL-Brief). Of 52 patients in the HD unit, 35 were eligible for the study. 9 patients did not give consent to participate in the study, resulting in a population of 26 patients.

**Results:** The mean age of the population was 68.85 years and 61% were women. Using a cut-off point of 5 points in the 15-item GDS to define the presence of depressive symptoms, 42.3% of the studied population presented depressive symptoms. We further stratified the severity of this symptoms into mild, moderate and severe (Table 1). Most patients presented mild depressive symptoms (72.81%).

Additionally, by OPQOL-Brief, the majority of patients (34%) reported having a very bad quality of life (Table 2). Of note, we also found that the median number of geriatric syndromes presented by each patient was 6, which is higher than what has been reported internationally in similar populations [2]. Of these, the most common geriatric syndromes were: dependence in Instrumented Activities of Daily Living (IADL) (92.3%), followed by cognitive impairment (84.6%) and inadequate nutritional status (80.8%).

**Conclusions:** Our findings revealed that 4 out of 10 older patients with ESKD receiving HD presented depressive symptoms, however most of them presented only mild depressive symptoms. Additionally, the majority of patients reported having a very bad quality of life.

## **FC47: Association between indoor ventilation frequency and depressive symptoms among older Chinese adults**

**Authors:** Xinxin Luo, Yuanlong Wang, Yingli Zhang, Yongjun Wang

**Objectives:** Indoor air pollution exposure is harmful to people's physical and mental health, especially in the elderly population, and represents a major issue for human health. Natural ventilation can improve indoor air quality and remove indoor contamination, thus reducing the adverse effects of indoor air pollution exposure on physical and mental health. Depressive symptoms are the most common mental health issue among elderly individuals. However, evidence linking the frequency of indoor natural ventilation to depressive symptoms in the elderly population is limited.