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THE ELDERLY OVER 90YR AFFECTED BY DEPERESSION POST-STROKE RESPOND WELL TO ANTIDEPRESSANT THERAPY WITH SSRI? STUDY ON A POPULATION ADMITTED IN NURSING HOME (RSA)

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Introduction: The frailty of elderly in Tenth Decade with stroke was considered a certainty for many years ruling, and the stroke in 90 year old was a paradigm of fragility in gerontology. However soon enough the existing data on the population in nursing homes.

Method: The aim of this study was to evaluate the response to therapy SSRI antidepressants (fluoxetine 20-40mg; sertraline 25-100mg,; citalopram 10-40mg) in a population of olds with depression after-stroke hospitalized in Nursing Home (RSA) at Catania (Sicily). We evaluated a total sample of 66 patients comparing the 13 patients 90yr-old with the 53 patients younger pertaining to the same RSA for stroke.

Results: Stackable with somatic comorbidity and the post-stroke depression between the two populations, we founded:

1. Both populations are responsive to antidepressant treatment with SSRIs
2. The ninety recover more and more ´rapid cognitive impairment
3. Both Populations improves the performances with rehabilitation recovering functional self-autonomy , albeit from different levels.
4. The nutrient levels overlap in both populations and increased fragility biological of over 90-year old is evident for among of Prevalence and incidence of Delirium and Presence of Pressure Sores.

Conclusion: According to this data the response to antidepressants seems to be good and totally overlapped with the population most ´young studied as a reference.

This data also confirms that it is not age itself but the comorbidity of diseases present that make it ´a frail old man and that probably.the frailty of the nineties is a biological myth.