

85 歲男性嚴重特殊傳染性肺炎感染後急性 功能衰退

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摘要

自 2019 年 12 月開始，COVID-19 大流行席捲全世界，除了造成嚴重的健康危害，也影響了許多政策及隔離限制措施。且高齡衰弱的議題在 COVID-19 疫情時代下更顯重要。本文介紹一位 85 歲男性因感染 COVID-19 後急性功能衰退入院，透過以「老年五大力（呷老愛五力）」作為分類之周全性老年評估，瞭解個案因功能衰退而造成返家照護困難等問題，包括食慾不振、噎咳、多重用藥、尿失禁及頻尿、便秘及失智症等狀況。透過上述評估而辨識，並藉由五大力照護，使個案出院前，活動功能已恢復許多，也於住院期間與個案及家屬共同討論後，達成返家共識，並順利返家。本文也藉此個案，探討 COVID-19 對於長者的影響，透過文獻整理了解 COVID-19 疫情時代下回復長者功能的指引及注意事項，並彰顯遠距醫療的未來性及高齡照護於此時代的重要性。

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關鍵詞：嚴重特殊傳染性肺炎、衰弱、老年五大力（呷老愛五力）、遠距醫療

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Comprehensive Geriatric Assessment of an 85-Year-Old Male with Acute Functional Decline after COVID-19 Infection

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Abstract

Since December 2019, the COVID-19 pandemic had swept the world, not only causing serious health hazards but also highlighting the pressing importance of the aging and frailty issues as the elderly population was particularly vulnerable. We introduce an 85-year-old male who was admitted to hospital due to acute functional decline after COVID-19 infection. With comprehensive geriatric assessment, we identified an array of health problems in the patient, including: difficulty returning home, loss of appetite, choking, polypharmacy, urinary incontinence, frequent urination, constipation and dementia due to functional decline. A care plan based on improving the “five powers of the elderly” was then developed to help the patient, who had gradually restore his functions during admission. After discussion with the patient and his family, the patient was discharged from the hospital and returned home smoothly. With this case report, we strive to explore the impacts of COVID-19 on the elderly, to understand the guidelines and precautions for facilitating functional recovery in the elderly through literature review, and to highlight the future of telemedicine and the importance of elderly care in times of pandemic.

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Key words: COVID-19, frailty, comprehensive geriatric assessment, telemedicine

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