



مؤتمر ألزهايمر الدولي الرابع ٢٠٢٠

Strategic Supporting Partner



2-4 Jumada II 1441 / 27-29 January 2020
Conference Hall – KACST HQ
Riyadh, Saudi Arabia

Organized by



الجمعية السعودية
الخيرية لمرض ألزهايمر
SAUDI ALZHEIMER'S DISEASE ASSOCIATION

Ministry of Health Services to Alzheimer patient; Present and Future vision

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Director General of Home Health Care
Ministry of health



وزارة الصحة
Ministry of Health

Contents:

- Primary Health Care
 - Elderly Health Program
 - Virtual Medical Consultation
 - Mental Health
 - Medical Rehabilitation and Long Term Care
 - Home Health Care
 - Clinical Education
 - Patients Experience Program
 - Future MOH strategies
- 
- A decorative pattern of stylized leaves in various shades of teal and blue, scattered across the right side of the slide.

Primary Health Care





- PHC centers provide **Alzheimer** persons, nationwide (wherever they live); with a comprehensive package of health care services in collaboration with

Elderly Health Program:

- **Promotive**
- **Preventive**
- **Curative**
- **Rehabilitative**



Primary Health Care Centers

- **PHC Centers provides health care services to people with Alzheimer which helps to:**
 1. Facilitates early identification and treatment
 2. Reduces disability
 3. Support community involvement in care
 4. Improves access to health care among underserved populations in remote areas
 5. Implement a good example of both continuum of care and universal health coverage



Primary Health Care Centers

Primitive services

- Family Support (training and orientation of the family care givers to deal with Alzheimer person)
- Home care services; home visits

Preventive

- Vaccination (e.g. Flu)
- Screening programs

Curative

- Referral of needy case to Hospitals
- **NCDS** Services

Rehabilitative

- Elderly Health Program
- Give support to both the Alzheimer persons and to his family home care giver

Elderly Health Program





Elderly Health Program

- The program was initiated on 2010 in primary health care based on (National Strategy for Elderly Health 2010-2015)
- 2010 : Prepare package for implementing the program in PHC centers (training tools, clinical files and manuals)
- 2012 : Capacity building of PHC staff (physician & nurses) trained them to provide health services to older people
- 2014 : MOH got the permission to utilize mini-cog test in Arabic and English version to all MOH health institutes

Scope of PHC services to older people :

Mainly preventive services:

- 1- Screening for early detection of common geriatric health problems
- 2- Health promotion and health education for dementia and Alzheimer disease





Elderly Health Program

- 2014-2019: Preventive services: Early detection & screening for common geriatric health problems including memory impairment utilizing mini-cog test in 158,790 elderly
- Comprehensive Geriatric Assessment (CGA) was done for 130,506 older people attaining PHC centers
- Of them 4,752 older people reported to had 0-2 mini-cog test result

MINI-COG™

تقرير على صحة المسنين

التقرير الذي تمثلكه مستند من المسنين عن المسائل التي تواجههم في الحياة اليومية، القدرة على القيام بالمهام على قدر ما ينبغي أو حتى التوقف بالقدرة الشخصية المصطنعة والقدرة على التعامل مع الحياة اليومية. التقرير الذي تمثلكه هذا هو اختبار سريع وسهل الاستخدام، متسق مع المعايير العالمية للتحقق من القدرة على التعامل مع الحياة اليومية. الاختبار الذي تمثلكه هذا هو اختبار سريع وسهل الاستخدام، متسق مع المعايير العالمية للتحقق من القدرة على التعامل مع الحياة اليومية.

تمت من التقرير الذي تمثلكه هذا اختبار Mini-Cog™ من الاختبارات المصممة للتحقق من القدرة على التعامل مع الحياة اليومية. الاختبار الذي تمثلكه هذا هو اختبار سريع وسهل الاستخدام، متسق مع المعايير العالمية للتحقق من القدرة على التعامل مع الحياة اليومية. الاختبار الذي تمثلكه هذا هو اختبار سريع وسهل الاستخدام، متسق مع المعايير العالمية للتحقق من القدرة على التعامل مع الحياة اليومية.

العمر الموصى به: 60 عاماً فأعلى
مدد اختبار: 2-5 دقائق
الوقت الموصى به: 2-5 دقائق

1. Wilson J, Cauley J, Goss R, Tupper J, Whellan R. Screening for dementia in primary care: a review of the use, efficacy and quality of measures. *Int Psychogeriatr*. 2008;20(12):2875-2883.
2. (Brady R, Law L, Gibson L, Burns K. What is the best dementia screening instrument for general practitioners to use? *Am J Geriatr Psychiatry*. 2006;14(5):391-400).
3. Holmgren T, Prazman B, Sheuchak M, Burke JR, Coffman CJ, Williams JW Jr. Screening for cognitive impairment: comparing the performance of four instruments in primary care. *J Am Geriatr Soc*. 2012 Jun;60(6):1027-36.

جميع الحقوق محفوظة

MINI-COG™

Dear healthcare professional

Cognitive impairment (CI) is prevalent among the elderly, potentially affecting their ability to look after themselves, communicate with others, maintain a healthy lifestyle or even conduct activities that require active planning and execution such as taking medications. The nature of CI may be temporary or persistent depending on the cause. Causes of CI include acute medical problems, medication side effects, psychiatric disorders, poor sleep, brain disorders, metabolic derangement and many others. Screening for CI allows for early identification of some of these causes and assessment, treatment, and management of their impact on overall patient health and health care.

To screen for CI in primary care setting, the Mini-Cog™ is one of the highly recommended tools^{1,2}. Its ability to identify patients with cognitive impairment due to dementia is as good or better than other commonly used screening tools in primary care but in less time and with less training. Please be aware that a low Mini-Cog™ score is not indicative of a specific diagnosis. However, it does indicate the need for further assessment depending on the patient's general condition and individual variables. The following are basic characteristics of Mini-Cog™:

Age range:	60 years and above
Administration:	medical assistant or above
Administration time:	2-5 minutes
Cognitive functions tested:	short-term memory, language comprehension, visual-motor skills, abstract thinking and executive function.

1. Wilson J, Cauley J, Goss R, Tupper J, Whellan R. Screening for dementia in primary care: a review of the use, efficacy and quality of measures. *Int Psychogeriatr*. 2008 Oct;20(12):2875-2883.
2. (Brady R, Law L, Gibson L, Burns K. What is the best dementia screening instrument for general practitioners to use? *Am J Geriatr Psychiatry*. 2006;14(5):391-400).
3. Holmgren T, Prazman B, Sheuchak M, Burke JR, Coffman CJ, Williams JW Jr. Screening for cognitive impairment: comparing the performance of four instruments in primary care. *J Am Geriatr Soc*. 2012 Jun;60(6):1027-36.

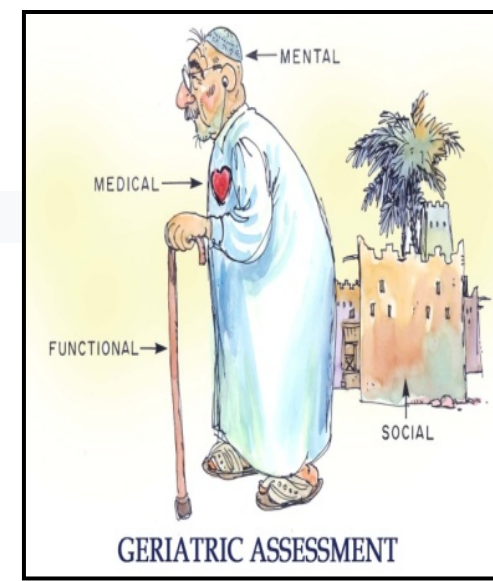
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المملكة العربية السعودية
وزارة الصحة
المديرية العامة للشؤون الصحية بمنطقة
المحافظة: _____
مركز صحي: _____

ملف الفحص الشامل للمسنين
Elderly comprehensive clinical file
الزيارة الأولى First Visit

الأسم الرباعي: _____
رقم الملف: _____
تاريخ فتح الملف: _____

Full Name : _____
File No. : _____
Date of Booking : _____





Elderly Health Program

Health promotion for healthy active ageing including health education for dementia and Alzheimer disease

- 1- Health education to older people and their care givers at the geriatric clinic in the PHC centers
- 2- Celebration of international day of Alzheimer disease in coordination with Saudi Alzheimer's disease association in the PHC, hospitals and in the community





Geriatrics Program in hospitals



2019: Expanding the MOH health services to older people to the hospitals

Scope of services to older people :

- Curative and rehabilitation health services to older people in hospitals
- adding to the preventive services in primary health care centers

KINGDOM OF SAUDI ARABIA		وزارة الصحة Ministry of Health	
Hospital: _____ Region: _____ Dept./Unit: _____		MRN: [] [] [] [] [] [] [] [] [] [] NAME: _____ NATIONALITY: _____ AGE: _____ YEARS _____ MONTHS _____ DAYS DATE OF BIRTH: ____/____/20____ H ____/____/20____ GENDER: <input type="checkbox"/> Male <input type="checkbox"/> Female	
Doctor's Comprehensive Geriatric Assessment Form			
Cognitive test Scores: Mini-Cog : ____ / 5		Others (specify): _____	
Mood test score: GDS: ____ / 15		Others (specify): _____	
		Baseline (6-12 months)	Current (Today)
<u>Mental status</u>	Cognition Behavior Mood	<input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired	<input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired
<u>Communication:</u>	Speech Hearing Vision	<input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired	<input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired <input type="checkbox"/> WNL <input type="checkbox"/> Impaired
<u>Frailty phenotype:</u>	Frailty	<input type="checkbox"/> Robust <input type="checkbox"/> Pre Frail <input type="checkbox"/> Frail	<input type="checkbox"/> Robust <input type="checkbox"/> Pre Frail <input type="checkbox"/> Frail
<u>Mobility:</u>	Walking Aid Pray	IND ASST DEP Stand Sit Bed	IND ASST DEP Stand Sit Bed
<u>Balance</u>	TUG test Balance Falls (12 last months)	None/ Low risk (<13.5 seconds) WNL Impaired No Yes Number ____	High risk (>13.5 seconds) WNL Impaired No Yes Number ____
<u>Function:</u> <u>ADLs:</u>	Feeding Bathing Dressing Grooming Toileting Transfers	IND ASST DEP IND ASST DEP IND ASST DEP IND ASST DEP IND ASST DEP	IND ASST DEP IND ASST DEP IND ASST DEP IND ASST DEP IND ASST DEP
<u>Function:</u> <u>IADLs:</u>	Phone Cooking Cleaning Home Wash cloth Shopping Medications Transportation Finance	IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A	IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A IND ASST DEP N/A
<u>Nutrition:</u>	Assistance Appetite MNA	No NGT PET TPN WNL Fair Poor WNL Malnourished at Risk	No NGT PET TPN WNL Fair Poor WNL Malnourished at Risk
<u>Elimination:</u>	Bowel Bladder Foley's catheter	Cont Constip Incont Cont Cath Incont No Permanent Temporary	Cont Constip Incont Cont Cath Incont No Permanent Temporary



Geriatrics Program in hospitals

- Prepare package for initiating the geriatric health services in hospitals
- Geriatric Unit consisting of:
 - Multidisciplinary health team lead by geriatrician
 - Training tools
 - Manuals
- Geriatric clinic started in the health regions hospitals
- Meeting the criteria for implementing the geriatrics projects



Virtual Medical Consultation





Virtual Medical Consultation

- MOH provide virtual medical consultations services throughout the year for beneficiaries, including Alzheimer's patients and their care givers
- Virtual medical consultations services include:
 - **937 telephone medical consultations**
 - **Sehha Application**
 - **Social media (Twitter)**
- Furthermore, VMC provide specialized medical counseling service for Alzheimer's patients and their care givers during World Alzheimer's Day



Mental Health





- Ministry of Health provides mental health services to Alzheimer's through:
 - 1) 19 Mental health complexes and hospitals
 - 2) Mental health departments attached to general and specialized hospitals with a clinical capacity of 100 beds
 - 3) Mental health clinics attached to public hospitals with a clinical capacity of 50 beds
- The Ministry has provided medication for Alzheimer's patients as follows:
 - 1) Memantine 10mg tablets
 - 2) Rivastigmine Trans dermal (patch)

Medical Rehabilitation and Long Term Care





- When the disease affects the functional capabilities, it is classified as a mental disability:
 1. The services and facilities provided to them accordingly such as:
 - a) Traffic facilities card
 - b) Passenger wages reduction card
 2. Electronic registration system for persons with disabilities



Medical rehabilitation and long term care

- Rehabilitation services provided to Alzheimer's patients through physical therapy, occupational therapy, speech and speech ill
- Physiotherapy remedial exercises to improve balance, strengthen muscles, and reduce falls
- Occupational therapy daily activities such as dressing, eating, using toilets and the requirements of everyday life
- Speech and speech ill improve speech in case the patient suffers from stuttering and stuttering in speech
- Involve the patient's family in the treatment plan
- Providing the patient's family with the most important rehabilitation and prevention programs inside the home
- Health education on international days related to Alzheimer's and the elderly in general

Home Health Care





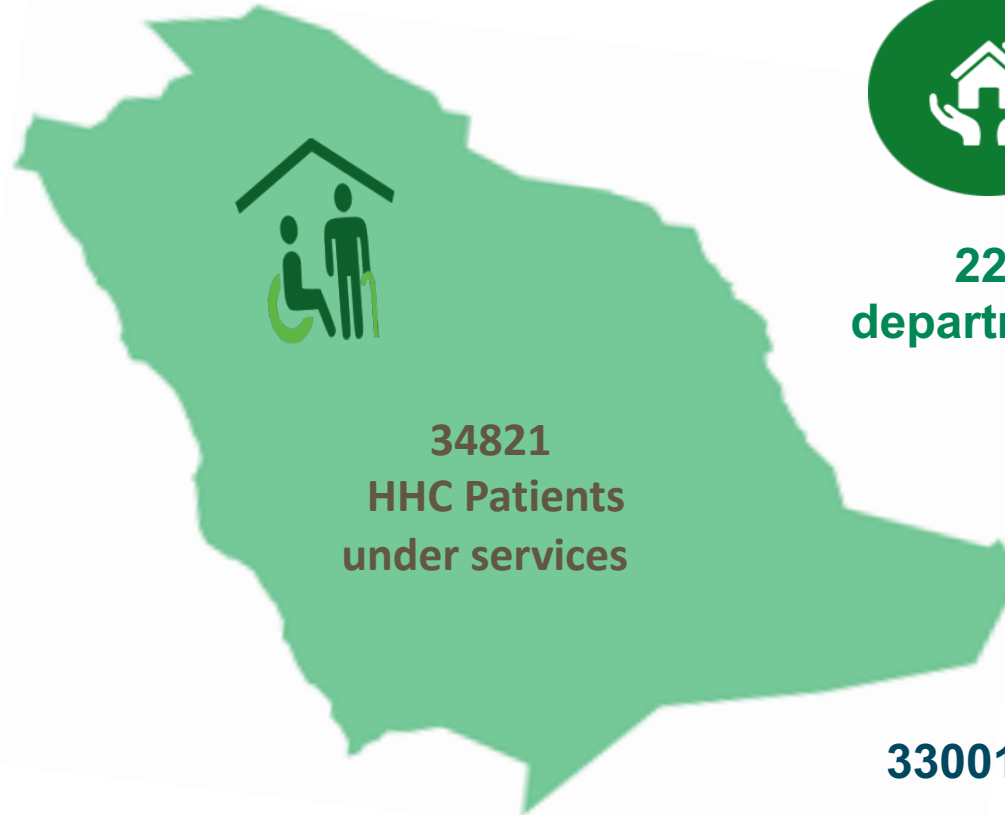
Home Health Care 2019



439 Teams



2520 Employee



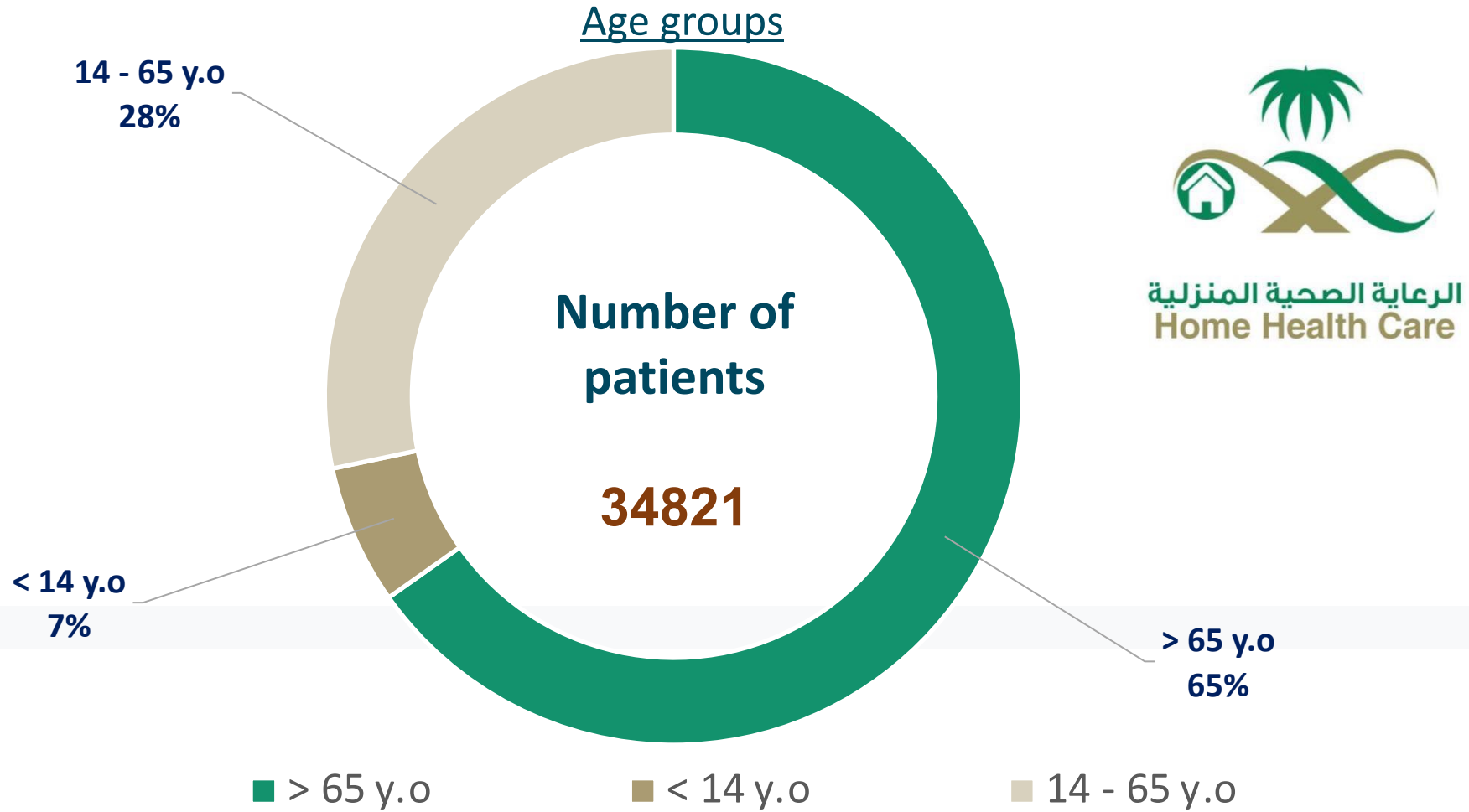
229
departments



الرعاية الصحية المنزلية
Home Health Care

645,383 Visits

33001 (%95.6) vaccinated with influenza vaccine





- Home medical visits
- Stabilization and prevention of deterioration
- Treatment of major problems such as insomnia
- Medication and consumables supplies
- Medical and non-medical supplies
- Family support, training and education
- Physiotherapy sessions and health exercises
- Follow-up and treatment of chronic diseases
- psychological and social support and treatment



- Provision of therapeutic nutritional supplements
- Determine the caloric intake according to the associated diseases
- Evaluating their homes and improving the unsafe ones
- Help them to quit smoking
- Urinary catheter care
- Nasogastric tube care
- Pressure ulcers prevention and treatments
- Patients falls control
- Facilitate hospital appointments
- Medical transportation



IMPROVEMENT OF HHC SERVICES PROVIDED TO HHC GERIATRIC PATIENTS

Objectives

- To Visit HHC geriatric patient by Saudi geriatric consultants.
- To Update the care plan
- To review medication for those patient
- On Job training for HHC professionals

Implementation

- Has been implemented in 5 regions all over the kingdom in 2018 and to be continued in 2019 .
- Locum contract for a month in designated HHC department

Outcome

- No. of geriatric patients visited by the geriatric consultants = 661
- No. of updated care plans and medication review = 807
- No. of HHC professionals has been trained under supervision of the consultants = 298



Example : Home Health Care AL Madinah Al Menorah region

- Create a specialized medical team after selecting experienced (Doctors, social worker, nurses, physiotherapist)
- Started in the year 2016, with (40) patients
- The number of Alzheimer's patients currently exceeded (400) cases
- Setting an ongoing program for training and developing skills to follow up on therapeutic and home safety targeting Alzheimer's patients, 11 training courses for 311 beneficiaries



2019 : An initiative to improve the safety of 10% of Home Health Care patients' unsafe houses



34391 Houses evaluated in 2019 = 99% of HHC patients houses



11083 Unsafe houses = 33% of HHC patients houses



1552 house improved of the unsafe houses = 14% of the unsafe houses



- Agreements between:
 1. Home Health Care departments
 - and
 2. Saudi Alzheimer's disease

Examples;

- Home Health care Department
Riyadh Region
- Home Health care Department
Madinah Region



مخرجات اتفاقية التعاون بين الجمعية السعودية الخيرية لمرضى الزهايمر وإدارة الرعاية الصحية المنزلية بصحة الرياض

عقدت الدورات والندوات العلمية عن الزهايمر والاضطرابات المشابهة التي تمت
المتشاركة بها مع الجمعية هي كالتالي:

1- المتشاركة بتدريب كوادر طبية لحضور ندوة علمية عن الزهايمر والاضطرابات
المتشاركة له بعنوان **(الزرف - مراجعة شاملة)** وذلك في تاريخ 11/نوفمبر عام 18-19
بعدد 1 طبيب و 3 تمريض تم ترشيحهم من الأقسام لحضور الدورة.

2- إرسال قائمة بكار منسوبي صحة الرياض الداعمين للرعاية الصحية المنزلية لحضور
المشاركات التثمينية والبرامج التي تنبئها الجمعية بتاريخ 19/12/19م حسب طلب
الجمعية.

3- مشاركة الجمعية (الزهايمر) للحملة السنوية بالشهر العالمي للزهايمر بعنوان
#سواء حس ما ينطفي عن طريق نوعية المجتمع بإعراض هذا المرض وطريقة
الوصول للعقد في الرعاية في كافة مناطق المملكة والرفع من مستوى الوعي
بطرق التعامل مع المتعايشين بالمرض عن طريق المشاركة بتوزيع جميع كتب
وكتيبات ومنشورات مرض الزهايمر على معظم أقسام الرعاية الصحية المنزلية
في المستشفيات في منطقة الرياض ليعتد توزيعها ونشر محتواها على المراقبين
للمرضى وجميع الفئات للتعريف بالمرض وكيفية التعامل معه في تاريخ
19/12/19م.

4- الاستمرار والعمل على تثقيف فئة المجتمع عن مرض الزهايمر وذلك عن طريق
توزيع المنشورات والكتيبات التي تشرح المرض وكيفية التعامل معه في جميع
مناطق الإدارة وعند الزيارات الإشرافية وفي الأقسام في المستشفيات كما تم
عمل ذلك في فعاليات تمت إقامتها في الأماكن التالية:

- مركز غرناطة (19/12/19م).
- صحاري مول (3-18 سبتمبر 17/19م).
- رياض جاليري (18/12/19م).

5- المشاركة مع جمعية الزهايمر في لقاء اليوم العالمي للتطوع (التطوع انسان
والاعلان بيان) يوم الأربعاء بتاريخ 27 ربيع الأول 1440هـ الموافق 5 ديسمبر 18-19
لتسليط الضوء على الدور الريادي للمشارك بين الجمعية وإدارة الرعاية الصحية
المنزلية بصحة الرياض.

6- المتشاركة مع الجمعية السعودية الخيرية لمرضى الزهايمر لرفع مستوى الوعي
العامة بالمرض وتقديم الدعم لضوي المريض وتسليط الضوء على معاناة مريض
الزهايمر ضمن فعاليات الشهر العالمي للزهايمر في سبتمبر بعنوان **(تخصيونه
بس- ناسي)** من خلال نشر نوعية عن مرض الزهايمر وتوزيع بروشورات وكتيبات في
الأسواق والتجمعات حوالي 500 كتيب ومنشور.



Benefits of the Agreement between Home Health care Department Madinah Region and Saudi Alzheimer's disease association

- 143 Alzheimer's patients benefited from the provision of medical devices
- Training and educational courses for Alzheimer's patients care givers
- Opening geriatric clinic in HHC department
- Electronic reporting of any missing Alzheimer patient to the association
- Tracking bracelet for Alzheimer's patients as well as 20 surveillance cameras
- Gifting families of Alzheimer's patients 180 school bags and tools
- Providing 3 care givers for unable Alzheimer's patients
- Providing the families of Alzheimer's patients, with winter clothing, blankets, Ramadan food baskets, and electronic prayer carpets

Clinical Education





1- Prepare the Health content by cover the following :

- Definition of disease
- Other names
- Stages
- causes
- How it happens
- Risk factors
- Symptoms
- Complications
- Diagnosis
- Treatment
- The role of the family
- Prevention
- Common questions
- Myths and facts

2- published on Saudi Ministry of Health website:

<https://www.moh.gov.sa/HealthAwareness/EducationalContent/Health-of-Older-Persons/Pages/001.aspx>

Patients Experience Program





The Patient's Bill of Rights has been updated to include the rights of number of important groups, including the rights of elderly patients (citizens)

In addition to the general rights of all patients:

- The design of the sanitary installations shall be age-sensitive and friendly to the elderly (the entrance to the facility and the entrance to the clinics and corridors are wide enough to pass a wheelchair and the presence of handrails on the stairs, walls, toilets ... etc.)
- Providing preventive, curative and rehabilitative health services for the elderly in a way that suits their health needs



Patients experience program

- The elderly should be given priority when providing health services from their entry into the health facility until they leave it (reducing the waiting time for health services and simplifying procedures for receiving the service)
- Providing assistive devices for the elderly at home, such as a wheelchair, a triple-leg crutch, glasses and medical headsets
- Providing psychological and social counseling services for the elderly person at home through specialized teams



Patients experience program

- Provide medical care at home to all elderly people who are unable to reach health facilities to receive health services
- Training for the elderly and training an elderly home caregiver in the basics of daily health care for the elderly at home





Priority card

A priority card is a card granted by the Ministry of Health to specific groups of health facility visitors to facilitate beneficiaries' access to health services, and among these groups older persons including Alzheimer's patients and Home health care patients

Range of services provided:

- Facilitate and accelerate the procedures and services provided for these groups within some health facilities departments



Patients experience program

Priority card

- Priority in obtaining services and reducing waiting times in some departments within health facilities
- Helping people who benefit from the service to move around the facility
- Helping in communicating and finalizing procedures for beneficiaries
- Coordination to obtain treatment services easily and conveniently

وزارة الصحة
Ministry of Health

بطاقة أولوية

هي بطاقة تسهل لحاملها الحصول على الخدمات الصحية وتغني عن التعريف من حالته المرضية في كل زيارة.

خدماتكم ورايتكم همدنا

بطاقة أولوية
رقم الملف الطبي :

الاسم :
رقم الهوية :
الجنس :
الجنسية :
التخصص :
محافظة من :

احصل عليها من مكاتب تجربة المريض بمستشفيات وزارة الصحة

للاستفسار عن البطاقة كلم #الصحة_937

www.moh.gov.sa | 937 | SaudiMOH | MOHPortal | SaudiMOH | Saudi_Moh

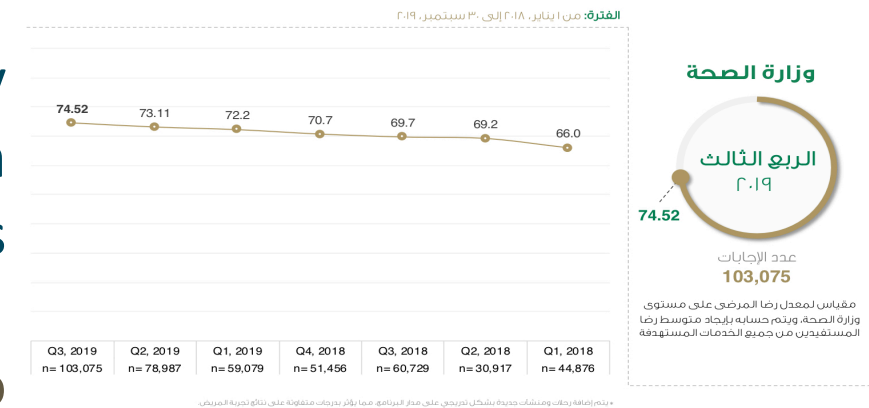


Patients experience program

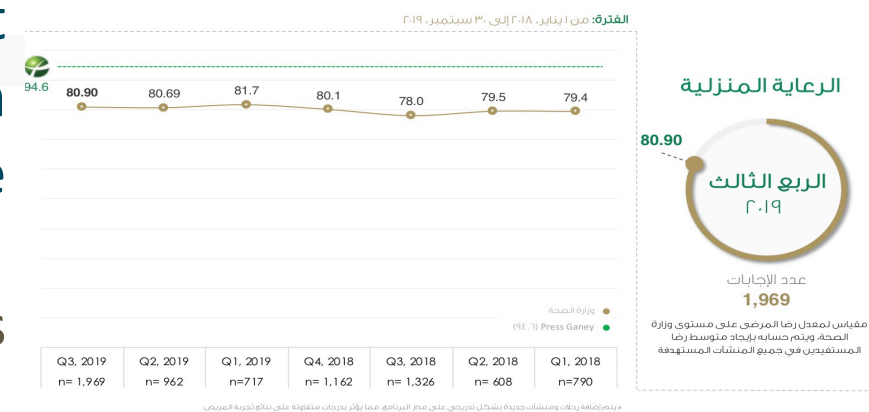
Patient Experience Measurement Program

- Aims to enable beneficiaries (patients and their families) to engage in quality improvement by measuring their satisfaction with various health services in MOH's facilities through surveys designed for each service
- The program extends the scope of operations to cover all MOH's facilities
- To ensure our commitment to the highest standards in this regard, we work with an independent third party (Press Ganey) to manage surveys and to issue the program-related reports
- Thus, there is no bias in measurement or results across MOH's facilities

المعدل العام لرضا المرضى: الربع الثالث - ٢٠١٩



المعدل العام لرضا المرضى: الرعاية المنزلية





Saudi Guidelines for Informed Consent

- The Ministry of Health (MOH), in collaboration with the Saudi Patient Safety Center, has issued the Saudi Guidelines for Informed Consent, which will contribute significantly to preserving the patient and family rights on the one hand, and the healthcare practitioner and provider on the other hand
- This come as a part of MOH endeavors to improve the experience of beneficiaries of the health services and to raise the level of their satisfaction, as well as empowering and engaging patients in the medical plan, in line with the Kingdom Vision 2030.



Saudi Guidelines for Informed Consent

- Many medical procedures require engaging patient, his guardian or representative in the health decision-making related to their health status, the matter which helps finding final solutions; thus contributing to raising patients satisfaction with the health services and improving the quality in different health fields in the Kingdom

الدليل السعودي
للإذن الطبي



الطبعة الأولى
1440هـ - 2019م

Future MOH strategies





- **National Strategy for Older People Health 2020-2030**

By General Administration of Health Programs and Chronic Diseases

- **National Strategy for Mental Health, Addictions & Developmental Disorders**

By Addiction and developmental team at the Ministry of health Vision Realization Office



National Strategy for Older People Health 2020-2030

Ministry of Health represented by the General Administration of Health Programs and Chronic Diseases prepared the National Strategy for the Health of the Elderly 2020-2030, as an extension of the National Strategy for the Health of the Elderly 2010-2020 and in line with the strategic plan of the Saudi Ministry of Health 2010-2020, and in line with the vision of the Kingdom of Saudi Arabia 2030 and in line with the WHO Global Strategy and Plan of Action on Aging and Health 2016-2020





National Strategy for Older People Health 2020-2030

Vision

A society in which the elderly enjoy physical, psychological and social health

Mission

The elderly enjoy comprehensive, preventive, curative and rehabilitative health services of high quality and integrated with the health and social care system, in cooperation and coordination with the relevant authorities and with the active participation of society, the family and the elderly themselves

Overall Strategic goal

The elderly enjoy optimum health and ability to perform in the old age stage by providing health services that meet their physical, psychological and social needs



strategic goals

- To build health care systems adapted to the circumstances of the elderly and responsive to their health needs
- To improve the quality of health care services for the elderly at the level of diagnosis, treatment and rehabilitation at the primary, secondary and tertiary health care levels
- To establish partnerships with sectors interested in the health of older persons and activate the participation of older persons in economic and social development



strategic goals

- To create living, economic and social environments to improve the quality of life and health of older persons
- To support and develop long-term care services for the elderly
- To spread the culture and concept of healthy aging and improve the quality of life with age
- To strengthen the means of monitoring and follow-up, and to improve measurement, monitoring and research in the field of health of the elderly



Mental Health is highly prevalent and covers a variety of disorders, however, it suffers from stigma

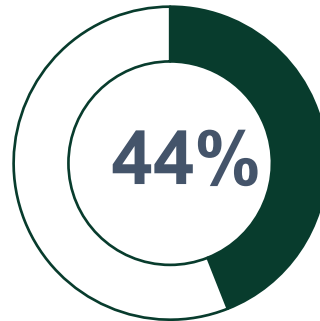
Mental Health Overview

Introduction to Mental Health

Common MH Disorders

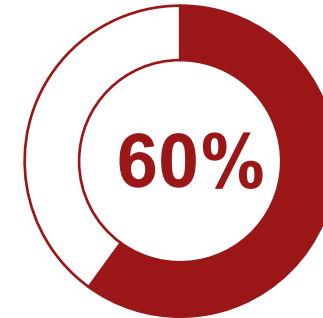
<i>Depression</i>
<i>Anxiety</i>
<i>Developmental Disorders¹</i>
<i>Addictions</i>
<i>Dementia</i>
<i>Bipolar</i>
<i>Schizophrenia & Psychoses</i>

Prevalence



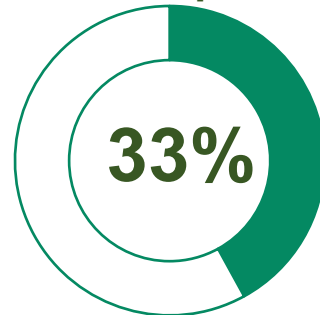
People in KSA have **suffered** from a MH issue in the past year²

Stigma



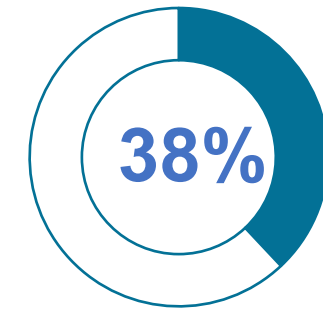
People with a mental health problem **fear** being labeled

Not Seeking Help



People struggling with MH issues **do not seek help**

Seeking Medical Help



Only of mental health patients in KSA **seek medical help**

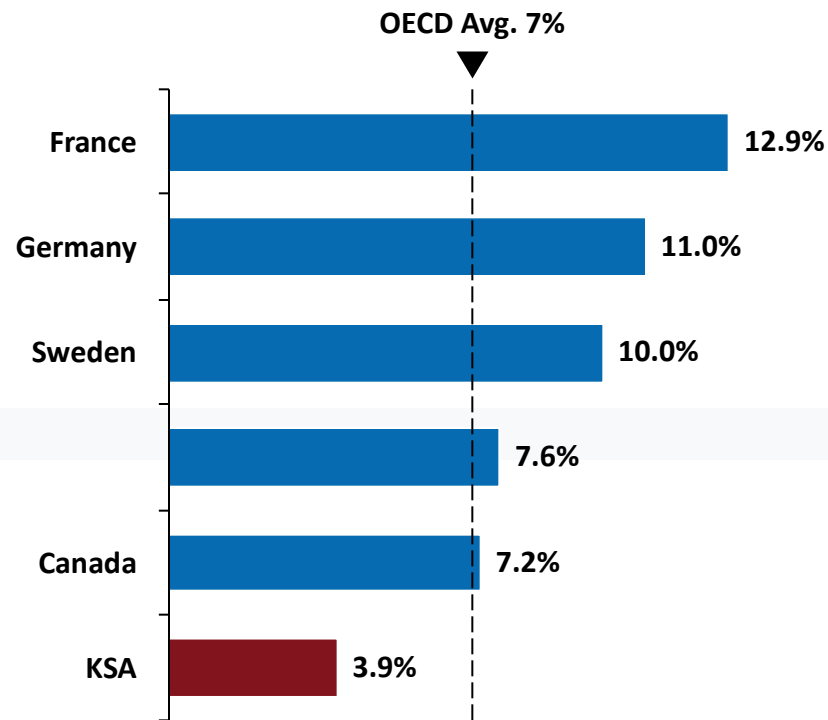


significant investment in MH worldwide, with a proven return on investment. However, KSA lags behind

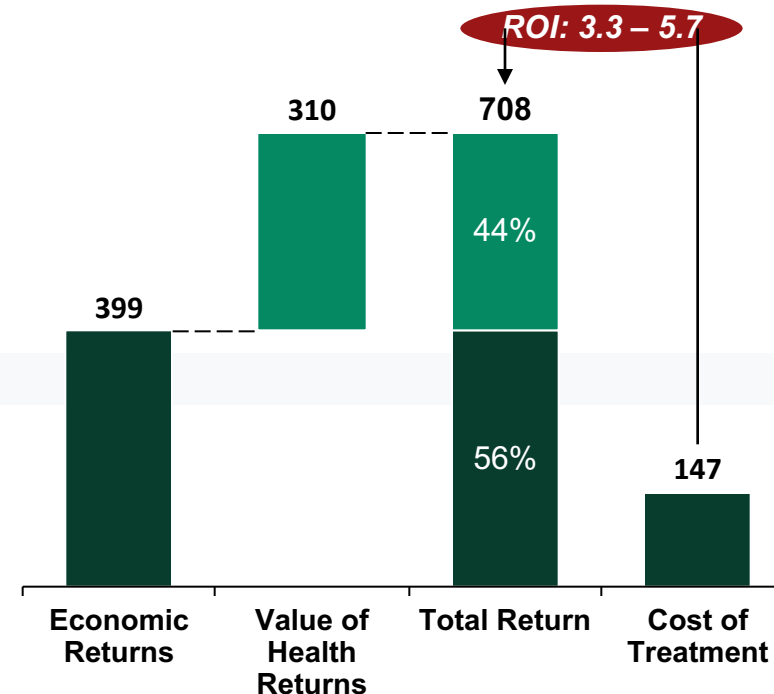
Introduction to Mental Health

Mental Health - Financing and ROI

Spend on Mental Health as % of Total Budget
(% of total healthcare budget¹)



ROI Analysis on Depression & Anxiety
(WHO, 36 Participating Countries, \$Bn, 15 years analysis)



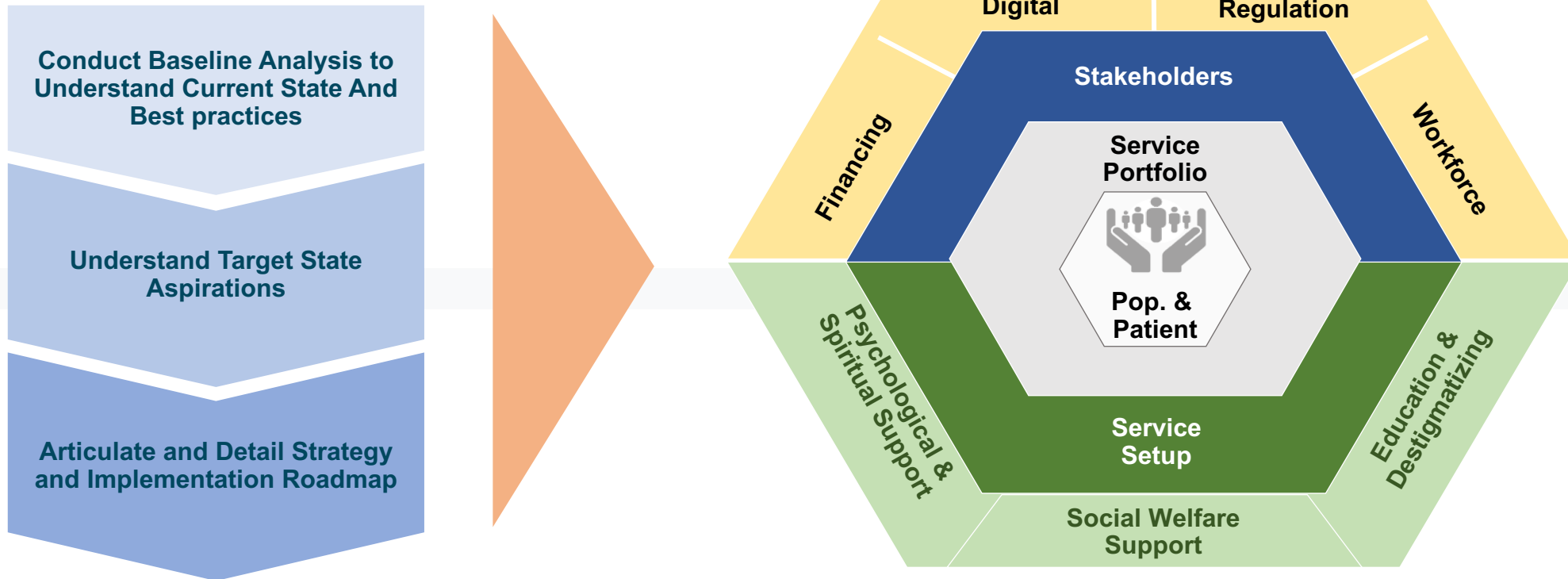
1. Only including government MH spending
Source: *Scaling-up Treatment Of Depression And Anxiety: A Global Return On Investment Analysis*, WHO, 2016, Mental Health & Addictions Strategy Team



To improve Mental Health provision, a comprehensive strategy was developed

Project Approach & Key Inputs

Project Approach

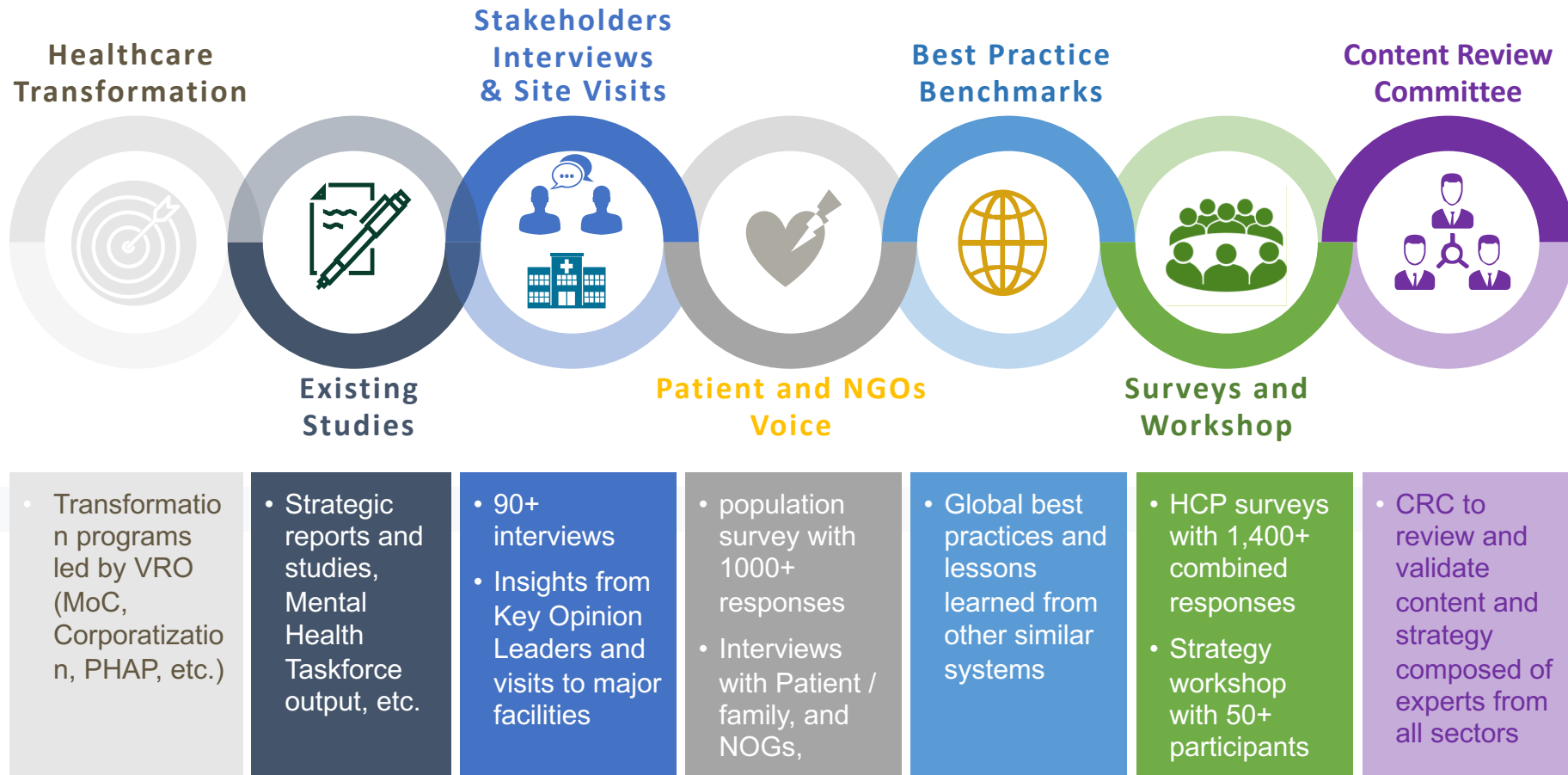




Key to the approach was the engagement of key stakeholders in the society and the healthcare community

Project Approach & Key Inputs

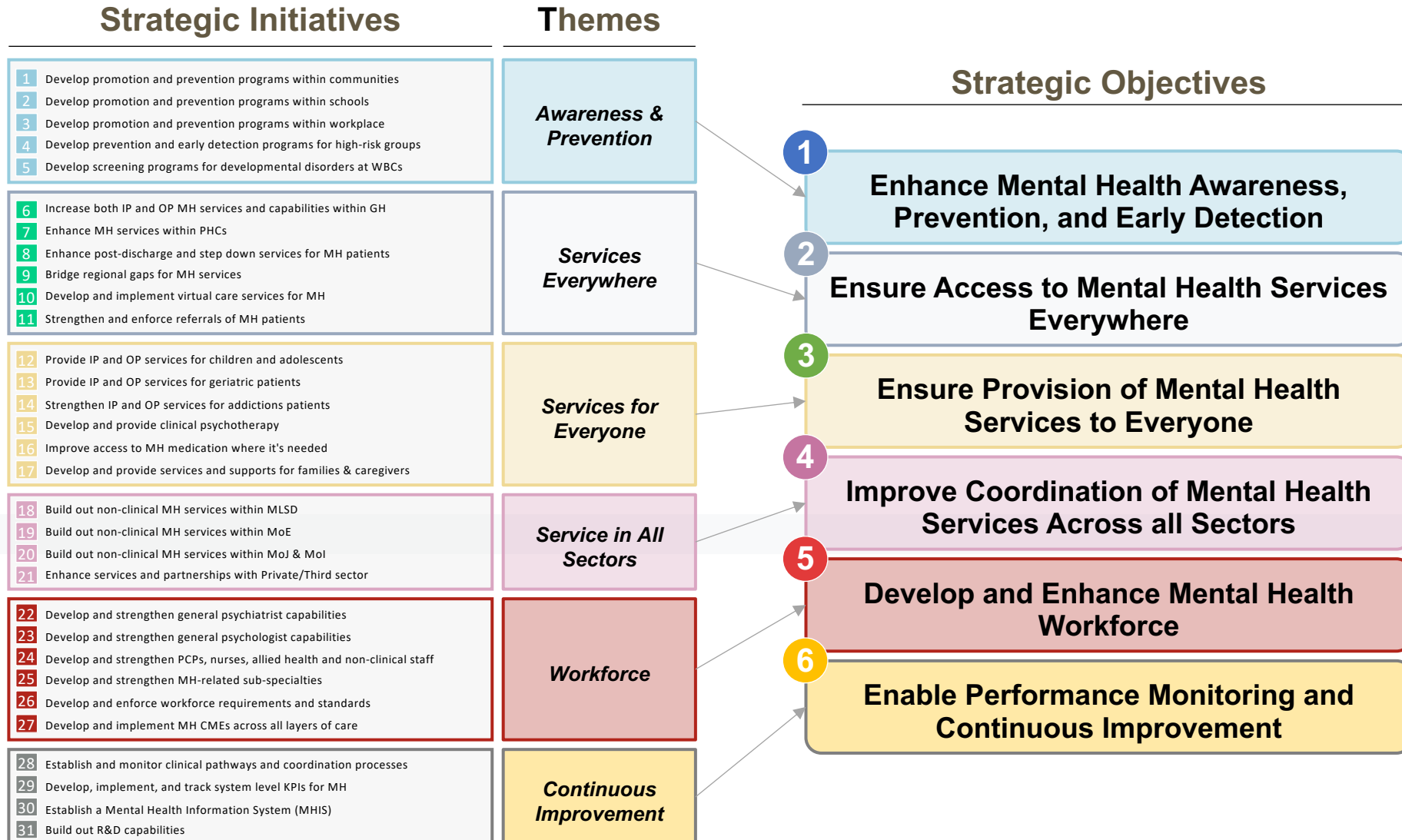
Project Approach





National Strategy for Mental Health, Addictions & Developmental Disorders

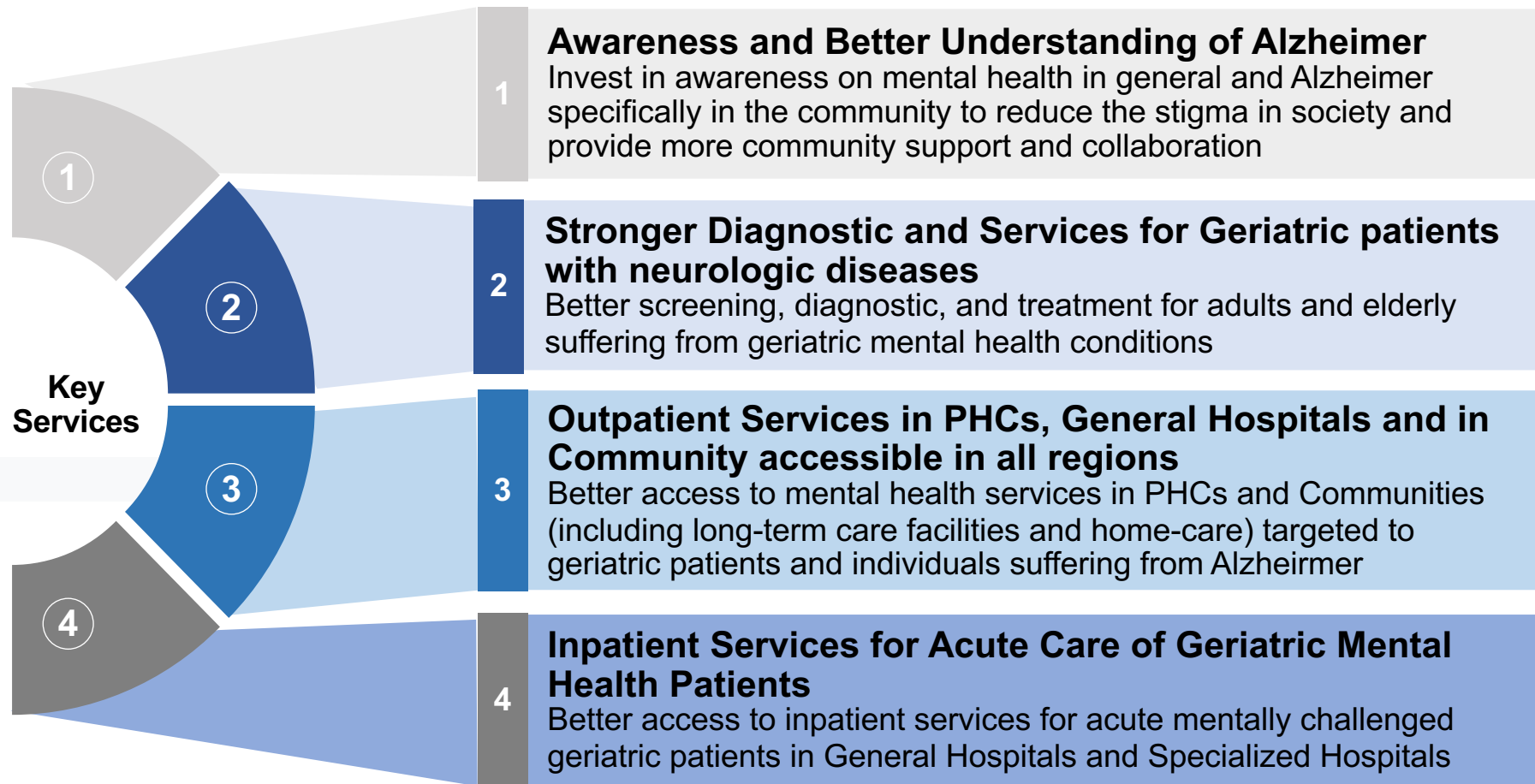
6 key strategic objectives have been identified and an extensive list of initiatives and projects has been identified



Source: Mental Health, Addictions & Developmental Disorders Strategy Team



Amongst other conditions, the Mental Health strategy emphasize the importance of key services to Geriatric patients, especially Alzheimer individuals



Mental Health and People With Alzheimer - Services



In summary, the new strategy will improve overall population mental health, with special consideration for geriatric and Alzheimer patients

Mental Health Triple Aim



Improve Population Mental Health and Well Being

- **Provide missing services** to the Alzheimer patients (e.g., Inpatients, etc.)
- **Cater to the increasing number** of geriatric patients
- **Treat twice as many patients**



Improve Experience of Patients and Their Families

- **Improve understanding of Alzheimer** in the society
- Provide **services closer to patients** (e.g. in community)
- **Improve access to services** across the Kingdom and for all population



Optimize the Cost of Care

- Move **treatment to lower cost settings** (i.e. from tertiary to secondary and community)
- **Increase reach to patients** with similar cost base

THANK YOU

