

노인의 포괄적 평가

Comprehensive Geriatric Assessment

271 85

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Abstract

Comprehensive geriatric assessment(CGA) is a multidimensional diagnostic process to determine the needs for care, to establish a plan for management, and to improve outcomes in frail elderly individuals. It frequently employs interdisciplinary team - approach and quantitative assessment tools, emphasizing the functional status and quality of life. The process of geriatric assessment is a systematic evaluation of physical health and functional status, continence, nutritional status, cognitive and psychological status, and socio - environmental factors. Most geriatric assessment studies result in a decrease in dependency and mortality, shorter hospital stays and fewer admissions to nursing homes, and cost - effective care. The program for inpatient units and the home CGA teams had more benefits than others. To settle down Geriatrics in Korea, we should pay more attention to the field of geriatric assessment research and development of the tools for the Korean elderly population.

Keywords : Geriatric assessment; Function;

Quality of life

: ; 가; ;

71 (comprehensive geriatric assessment, CGA)

(1).

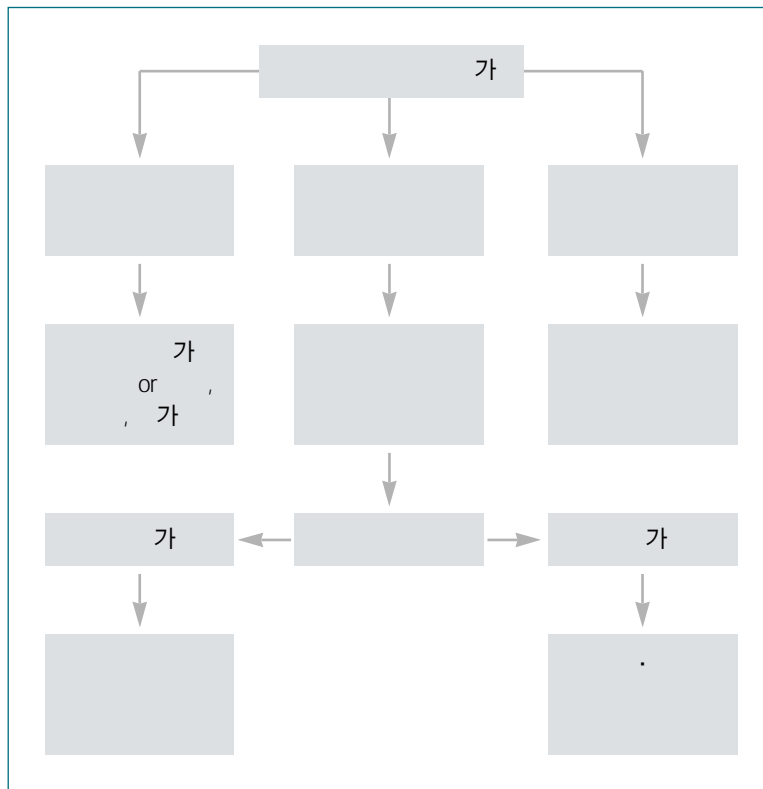
(2).

(2).

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4가 (Geriatric Research, Education, and Clinical Centers, GRECCs) (1, 2). 1975 1995 CGA 가 (activity of daily living, ADL), (instrumental activity of daily living, IADL), (randomized controlled trials, RCTs) CGA가 가 (1). 1995 가 . CGA (1). 1930 Minimun Data Set and Resident Assessment Inventory(MDS - RAI) 가 ren 가 가 (1). 가 , 가 , Warren 가 가 가 . 1948 (British National Health Service) 가 , 가 가 1970 가



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75

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(1~8).

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가

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가

(2~7).

1)

가

가

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가

가

(1)

(Basic Activity of Daily Living, ADL)

가

가

	가	(2)	
	Katz, Lawton	Brody,	, , .
Barthel	,	.	Zung self - rating depression scale, Beck de-
ADL	12	24	pression inventory, Hamilton rating scale for de-
			pression
(2)			Yesavage geriatric depression
(Instrumental Activity of Daily Living, IADL)		scale(GDS) 30	15 .
,	,	가	
		3)	
ADL, IADL			. Nutrition
.			screening initiative checklist, Mini - nutritional
(3)			assessment (2).
,	가		
.	Tinetti performance ori-	4)	
ented mobility assessment, get up and go test		,	,
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(4)	가		(, ,),
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.), , , ,
			,
2)	가	가	가
가		(9).	
.			가
(1)			
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. Mini - mental state examination	,	가	
(MMSE)	,		,
Kahn mental status questionnaire	가	가	가
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가 , 가 , (12). 가 가 (2, 7). 가 가 , 가 . - 가 , 가 , 가 (follow - up) (1, 2). 가 . 가 가 . 1 4 가 , 1973 가 , T. F. Williams 가 38% , 23% 가 , 39% (10). 가 가 1980 , 가 (1, 11), 1993 (6), (8), 가 (7), (4), - 가 (3), 28 (meta - analysis) 가 , 가 , 가 , 가 , 10 32 가 , (1).

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