NUHS@HOME
National University Health System

Care of Patients with Functional Decline



Conditions

Healthcare Redesigned

What is Functional Decline?

Functional decline is the state of changes in one's ability to carry out the basic daily activities of living.

What are the factors that contribute to functional decline?

- Decline in ability to perform daily chores due to recent illness, multiple medications, change in mental state due to recent illness, dementia or depression
- Dehydration or poor feeding due to illness or dementia
- Knee pain or osteoarthritis
- Multiple hospitalisations
- Multiple medical conditions
- Not eating well or malnourishment
- Physical inactivity, restriction of activities, or immobility due to illness, pain, discomfort, and surgery
- Vision and hearing impairment

What are the consequences of functional decline?

- Depression
- Further deterioration in mental state and walking
- High risk of falls and fracture
- Recurrent hospital admissions
- Risk of having pressure sores, pneumonia, constipation and urinary tract infection from immobility or prolonged bed rest

What are some preventive measures?

- Avoid lying in bed for a prolonged period of time
- Ensure adequate nutrition and hydration
- Regularly walk as tolerated
- Self-care is encouraged, to remain active
- Take painkillers regularly (if required)
- Continue with the exercises taught by the therapists with the use of walking aids (if any)
    - Walking stick
    - Quad stick
    - Walking frame
    - Others: _____

What other services would be helpful?

- Community hospitals
- Day Rehabilitation Centres

For more information and/or referral to the appropriate services, please contact a Care Manager or Medical Social Worker.



Notes:

Need more information?
Message us via your dedicated WhatsApp group or email asknuhsathome@nuhs.edu.sg.

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