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## Determinants of hyperlipidemia in Taiwanese elders: Analysis of the annual geriatric physical examinations over three years in Taiwan

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**Background:** With the extension of human life expectancy, the corresponding rise in the elderly population is becoming a major health issue globally. Epidemiological and clinical studies have clearly established in physical examination for the elderly. This study aimed to assess trends and predictors of hyperlipidemia in elderly who received annual geriatric health examinations.

**Method:** The data of the annual geriatric health examinations in over three years was used. To investigate longitudinal effects on hyperlipidemia, data of 1,583 elderly who participated in the health examinations for all three years were used for analysis. Logistic regression models with generalized estimating equations were used to analyze repeated measures data.

**Results:** The lifestyle health behaviors improved yearly in this study sample. Female gender, cholesterol levels in the first year, alcohol consumption, age  $\leq 75$  years, use of lipid-lowering medications in the first, low fruit and vegetable consumption and no use of lipid-lowering medications or cardiovascular medications in the second and third year were significant predictive factors of hypercholesterolemia. Triglyceride levels in the first year, use of anti-hyperglycemic medications and education  $\leq 9$  years were significant predictive factors of hypertriglyceridemia.

**Conclusion:** Reducing alcohol consumption, encouraging fruit and vegetable consumption and treating hyperlipidemia by lipid-lowering medications in time represents future prevention strategies. Future studies are needed to explore the barriers that impede older adults from appropriately treating or managing their hyperlipidemia.

### Biography

Chang Nien-Tzu is an Assistant Professor in the College of Medicine, School of Nursing, at the National Taiwan University, Taipei, Taiwan. She is recognized for her research programs in National Taiwan University Hospital and well published in data mining analysis, with government program funding. She is a correspondence and an Educator with research track records and sponsored undergraduate students funded by the National Taiwan University.