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Introduction

As populations around the world continue to age, the field of geriatric medicine has become increasingly vital in addressing the unique healthcare needs of older adults. Geriatric medicine focuses on understanding and managing the complexities of aging, encompassing a broad spectrum of medical, social, functional, and psychological aspects. This introduction provides an overview of the importance of geriatric medicine, the challenges it faces, and the advancements that have been made in recent years [1].

The aging population presents significant challenges to healthcare systems globally. Older adults often experience a higher prevalence of chronic diseases, multimorbidity, functional limitations, cognitive decline, and social isolation, necessitating specialized and comprehensive care approaches. Geriatric medicine has emerged as a distinct discipline to meet these challenges, offering tailored interventions and strategies to optimize the health and well-being of older individuals. One of the hallmarks of geriatric medicine is its interdisciplinary nature, drawing on expertise from various healthcare professionals, including geriatricians, nurses, social workers, pharmacists, physiotherapists, and

Results and Discussion

The field of geriatric medicine has made significant strides in addressing the complex healthcare needs of older adults, as evidenced by recent advancements in research, clinical practice, and policy initiatives. This section discusses key findings and implications, highlighting both successes and ongoing challenges in geriatric care. Recent years have seen the development and refinement of comprehensive geriatric assessment (CGA) tools, which enable healthcare providers to systematically evaluate the medical, functional, cognitive, and psychosocial domains of older adults' health [6]. CGA has been instrumental in identifying geriatric syndromes, assessing frailty, and guiding personalized care planning for older individuals with complex health needs. A personalized approach to care has gained prominence in geriatric medicine, recognizing the heterogeneity of aging experiences and the importance of tailoring interventions to individual preferences, goals, and circumstances. Person-centered care planning involves collaborating with older adults and their families to develop care plans that prioritize quality of life, functional independence, and autonomy [7].

Advancements in geriatric pharmacotherapy have led to a better understanding of medication management in older adults, including principles of deprescribing, polypharmacy reduction, and medication reconciliation. Pharmacists and geriatricians collaborate to
