



Keywords : Geriatric medicine; Aging population; Interdisciplinary collaboration; Comprehensive geriatric assessment; Personalized care planning; Geriatric pharmacotherapy; Multidisciplinary care models



care across settings. These innovative approaches aim to improve health outcomes, enhance quality of life, and promote healthy aging for older adults. In conclusion, geriatric medicine faces significant challenges in meeting the complex healthcare needs of older adults. However, by embracing interdisciplinary collaboration and innovation, geriatric medicine can overcome these challenges and continue to evolve to meet the evolving needs of aging populations worldwide [4].

This study employed a mixed-methods approach to investigate challenges and innovations in geriatric medicine. Quantitative and qualitative methods were used to gather data from healthcare professionals, older adults, and caregivers involved in geriatric care. Participants were recruited from various healthcare settings, including hospitals, clinics, long-term care facilities, and community organizations serving older adults. Healthcare professionals specializing in geriatrics, older adults receiving geriatric care, and family caregivers were invited to participate in the study. A survey instrument was developed to assess healthcare professionals' perceptions of challenges in geriatric medicine, their utilization of interdisciplinary collaboration, and their perspectives on innovative approaches in geriatric care. Convenience sampling was used to recruit healthcare professionals working in geriatric care settings. Survey data were collected anonymously online or through paper-based surveys. Descriptive statistics were used to analyze survey responses, including frequencies, percentages, means, and standard deviations. Inferential statistics, such as chi-square tests or t-tests, were used to examine associations between variables [5].

Semi-structured interview guides were developed to explore older adults' and caregivers' experiences with geriatric care, their perspectives on challenges and innovations in geriatric medicine, and their suggestions for improvement. Purposive sampling was used to recruit older adults receiving geriatric care and their family caregivers. Interviews were conducted face-to-face or via telecommunication platforms and audio-recorded with participants' consent. Qualitative data were analyzed using thematic analysis, involving the identification of patterns, themes, and narratives within the data. Codes were generated iteratively, and themes were developed through a process of constant comparison and interpretation. Quantitative and qualitative data were triangulated to provide a comprehensive understanding of challenges and innovations in geriatric medicine. Convergent, divergent, and complementary findings were explored to enrich the interpretation and implications of the study results. Ethical approval was obtained from the Institutional Review Board (IRB) prior to data collection. Informed consent was obtained from all participants, and measures were taken to ensure confidentiality, privacy, and voluntary participation throughout the study. By employing this mixed-methods approach, this study aimed to provide insights into the challenges faced by geriatric medicine and the innovative approaches used to overcome these challenges, ultimately informing strategies to improve geriatric

adults. e findings have important implications for geriatric care practice, education, and policy. Healthcare systems need to prioritize interdisciplinary collaboration, invest in geriatric training programs, expand access to geriatric care services, and implement policies that support reimbursement for geriatric care and address workforce shortages. Future research should focus on evaluating the effectiveness of innovative approaches in geriatric care and their impact on health outcomes, quality of life, and healthcare utilization among older adults. Longitudinal studies are needed to assess the long-term benefits of these interventions and identify best practices for delivering high-quality geriatric care. In conclusion, while challenges exist in geriatric medicine, innovative approaches offer promising solutions to improve care delivery and promote healthy aging for older adults. By addressing the multifaceted needs of older adults through interdisciplinary collaboration and personalized care, healthcare systems can better meet the healthcare needs of aging populations and enhance their quality of life in later years.

References

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