Geriatric Failure to Thrive: A Multidimensional Problem

Geriatric failure to thrive (GFTT) is a complex and multifaceted condition that can affect older adults. It is characterized by a decline in physical, mental, and social functioning that can lead to a loss of independence and an increased risk of death. GFTT is often caused by a combination of factors, including:



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- Medical conditions, such as chronic diseases, infections, and cancer
- Nutritional deficiencies
- Cognitive impairment, such as dementia
- Mental health problems, such as depression and anxiety
- Social isolation
- Financial problems

The symptoms of GFTT can vary depending on the underlying cause, but may include:

- Weight loss
- Loss of appetite
- Fatigue
- Weakness
- Confusion
- Depression
- Social withdrawal

GFTT can be difficult to diagnose because it is often caused by a combination of factors. A thorough medical evaluation is necessary to rule out any underlying medical conditions that may be contributing to the problem. Once a diagnosis of GFTT has been made, a treatment plan can be developed to address the underlying causes and symptoms. Treatment may include:

- Medical treatment for any underlying medical conditions
- Nutritional counseling and support
- Cognitive stimulation and therapy
- Mental health counseling and support
- Social services and support

GFTT is a serious condition that can lead to a decline in quality of life and an increased risk of death. Early diagnosis and treatment are essential to improve outcomes. If you are concerned that an older adult you know may be experiencing GFTT, talk to their doctor or healthcare provider.

References

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