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Strategies in preventive care for older people

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Citation

Drewes, Y. M. (2013, December 12). *Strategies in preventive care for older people*. Retrieved from <https://hdl.handle.net/1887/22867>

Version: Corrected Publisher's Version

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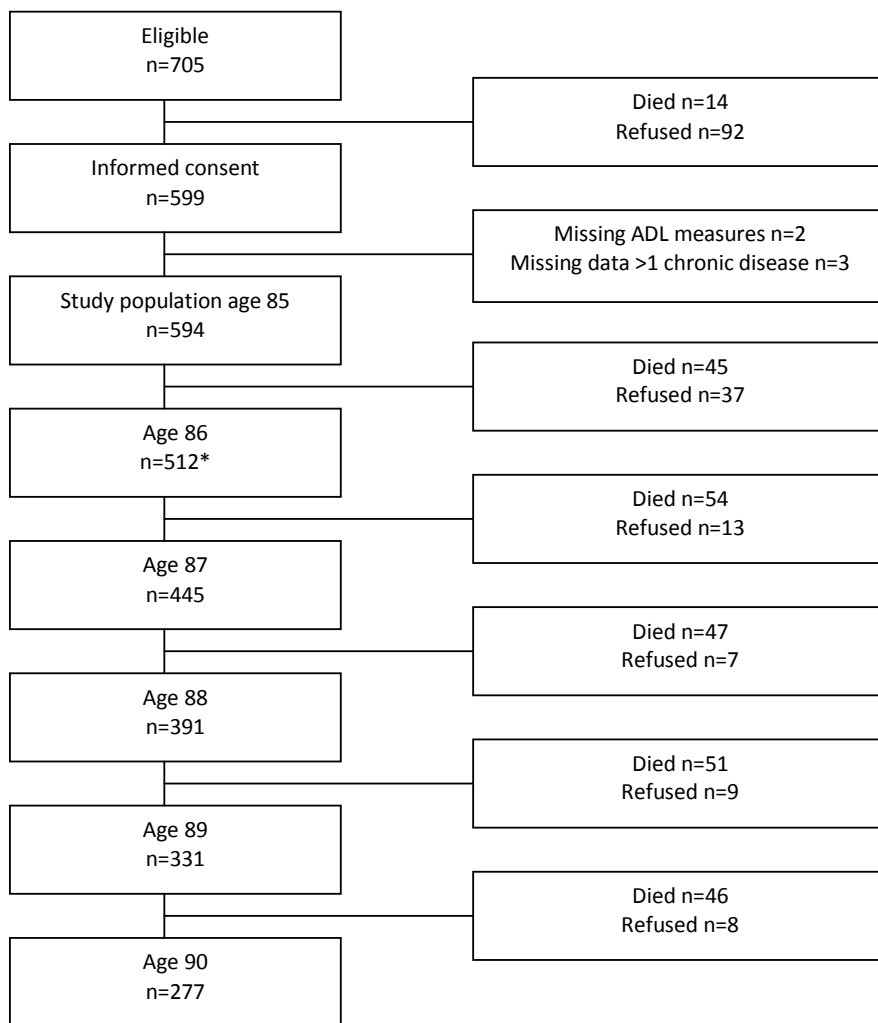
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Title: Strategies in preventive care for older people

Issue Date: 2013-12-12

Appendices



Appendix 1. Number of participants in the Leiden 85-plus Study at age 85 years (baseline) and annual follow-up measurements

*missing ADL measures at age 86 years: n=3

Appendix 2. Presence of chronic disease and ADL disability in participants aged 85 years (n=594).

	Diagnosis				p-value
	Yes		No		
	n	ADL disability	n	ADL disability	
Individual chronic diseases					
Arthritis	193	11 (9-15)	399	10 (9-15)	0.024
Depressive symptoms	125	10 (9-16)	458	9 (10-14)	0.013
History of cancer	104	9 (9-13)	487	10 (9-15)	0.100
Diabetes mellitus	86	11 (9-17)	504	10 (9-14)	0.001
Heart failure	75	10 (9-17)	517	10 (9-14)	0.092
COPD	70	10 (9-14)	524	10 (9-15)	0.683
Myocardial infarction	63	10 (9-15)	529	10 (9-15)	0.779
Stroke	61	15 (10-29)	531	10 (9-13)	<0.001
Parkinson disease	15	19 (10-33)	579	10 (9-14)	<0.001
Multimorbidity	234	11 (9-16)	360	9 (9-13)	<0.001

Data presented as medians and corresponding interquartile ranges, p-values estimated with the Mann-Whitney U test; ADL = activities of daily living, COPD = chronic obstructive pulmonary disease

Appendix 3. Additional annual change in ADL disability depending on chronic diseases in participants from age 85 years onwards.

	Estimated points ADL disability (SE)	p-value
Individual chronic diseases		
Arthritis	-0.17 (1.1)	0.103
Depressive symptoms	0.42 (0.13)	0.001
History of cancer	-0.14 (0.15)	0.330
Diabetes mellitus	0.08 (0.16)	0.611
Heart failure	0.69 (0.18)	<0.001
COPD	0.12 (0.18)	0.489
Myocardial infarction	0.42 (0.19)	0.028
Stroke	0.95 (0.19)	<0.001
Parkinson disease	-0.37 (0.38)	0.333
Multimorbidity	0.42 (0.11)	<0.001

Estimated by linear mixed models; ADL = activities of daily living, COPD = chronic obstructive pulmonary disease

Appendix 4. Annual changes in ADL disability points depending on multimorbidity in participants from age 85 years onwards, stratified for cognitive function.

	Basic annual change		Additional annual change for pts with multimorbidity	
	Estimated points ADL disability	p-value	Estimated points ADL disability	p-value
MMSE < 19	2.4	<0.001	-0.21	0.623
MMSE 19-23	1.9	<0.001	-0.18	0.597
MMSE 24-27	1.2	<0.001	0.26	0.101
MMSE 28-30	0.68	<0.001	0.67	<0.001

Estimated by linear mixed models

ADL = activities of daily living, MMSE = Mini-Mental State Examination