E-Poster

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Evaluation of Depression and Sleep Quality in Geriatric Patients with Spinal Cord Injury

Topic: Health Conditions (Nervous System, Musculoskeletal System, Cardiopulmonary System)

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BACKGROUND

Depression and sleep disturbance are common, challenging conditions in geriatric patients with spinal cord injury (SCI). Although both conditions are treatable, they are usually overlooked and under studied. The aim of our study is to investigate depression, sleep disturbance and related factors in geriatric patients with SCI.

METHODS

In this study, 69 geriatric patients with SCI attending to the Physical Medicine and Rehabilitation Clinic were included. Demographic and clinical data, including cause of injury and impairment status of each patient were noted. Presence of depression, presence of sleep disturbance, daytime sleepiness, presence of neuropathic pain, functional independence and comorbidities were assessed using the Geriatric Depression Scale (GDS), Pittsburgh Sleep Quality Index (PSQI), Epworth Sleepiness Scale (ESS), Douleur Neuropathic 4 Questions (DN4) questionnaire, Barthel Index, and Charlson Comorbidity Index, respectively.

RESULTS

In our study, over 90% of patients had sleep disturbance and 20.1% had moderate or definite depression. Patients with depression had higher PSQI scores and patients with sleep disturbance had higher GDS scores ($p = 0.001$, $p = 0.002$). Both patients with depression and patients with sleep disturbance had higher ESS scores ($p = 0.005$, $p < 0.001$). Patients with sleep disturbance had a significantly higher frequency of neuropathic pain ($p = 0.005$).

CONCLUSION

Depression and sleep disturbances are common in geriatric patients with SCI and are associated with each other, increased daytime sleepiness, and neuropathic pain. Thus, presence of sleep disturbances and depression should be evaluated in every geriatric patient with SCI. Rehabilitative management of these patients should include psychiatric evaluation and interventions.

Statement of Disclosures

None

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