

ABSTRACT

A STUDY ON CLINICAL PROFILE OF EUVOLEMIC HYPONATREMIA IN ELDERLY HOSPITALISED PATIENTS

**Dr.R.Prabhakaran^a Dr.Syed Bahavudeen Hussaini^b Dr.P.Saravanan^b
Dr.P.S.Vallidevi^b Dr.Minny Susan Abraham^c**

- a. Professor and unit chief , Department of General Medicine, Government Rajaji Hospital and Madurai Medical College , Madurai.**
- b. Asst Professor , Department of General Medicine, Government Rajaji Hospital and Madurai Medical College , Madurai.**
- c. Post Graduate In General Medicine ,Government Rajaji Hospital and Madurai Medical College , Madurai.**

BACKGROUND AND OBJECTIVES

Hyponatremia is common in elderly people. The underlying cause in them is often multi-factorial, a clear history may be difficult to obtain and clinical examination is unreliable. Established treatment modalities are often ineffective and carry considerable risks, especially if the diagnosis of underlying causes is incorrect.

Data regarding the incidence of hyponatremia in elderly in our country is limited. This study is done to know the common clinical features and etiology of hyponatremia in elderly hospitalized patients and study the morbidity and mortality

of such patients.

OBJECTIVES

- 1.To study clinical features of euvolemic hyponatremia in elderly hospitalized subjects.
- 2.To study etiology of euvolemic hyponatremia in elderly hospitalized subjects.
- 3.To assess the morbidity and mortality due to hyponatremia.

METHODS

A descriptive study was conducted in a tertiary care center (govt.Rajaji hospital Madurai) during the period of april 2016 to september 2016. Patients aged >60 years admitted with serum sodium < 135 meq/l were included in the study. Fifty patients were selected randomly. These patients were evaluated for the underlying cause for hyponatremia by a detailed history and physical examination and followed by appropriate lab investigations.

RESULTS

Fifty patients were included in the study. 58% were asymptomatic at time of presentation. Out of symptomatic cases 100% had lethargy, 76% had abnormalbehaviour, 14% had postural dizziness. There was wide range of etiologies, most common being SIADH (36%) followed by hypothyroidism (26%). There is significant association between serum sodium levels and symptoms and with outcome of the patients.Also study found out association between age of the patient and outcome. No complications were reported during treatment of patients

with hyponatremia.

CONCLUSION

Hyponatremia is the most common electrolyte disorder in hospitalised patients particularly in elderly. A systematic approach to the diagnosis of hyponatremia with the application of simple diagnostic algorithms, using history, clinical examination and laboratory findings to establish mechanism of hyponatremia can significantly improve the management and outcome of hyponatremia.

KEY WORDS: Hyponatremia; Elderly patients.