

XIII Course Latin American Academy of Medicine of Old Age (ALMA)

March 2014

San José, Costa Rica

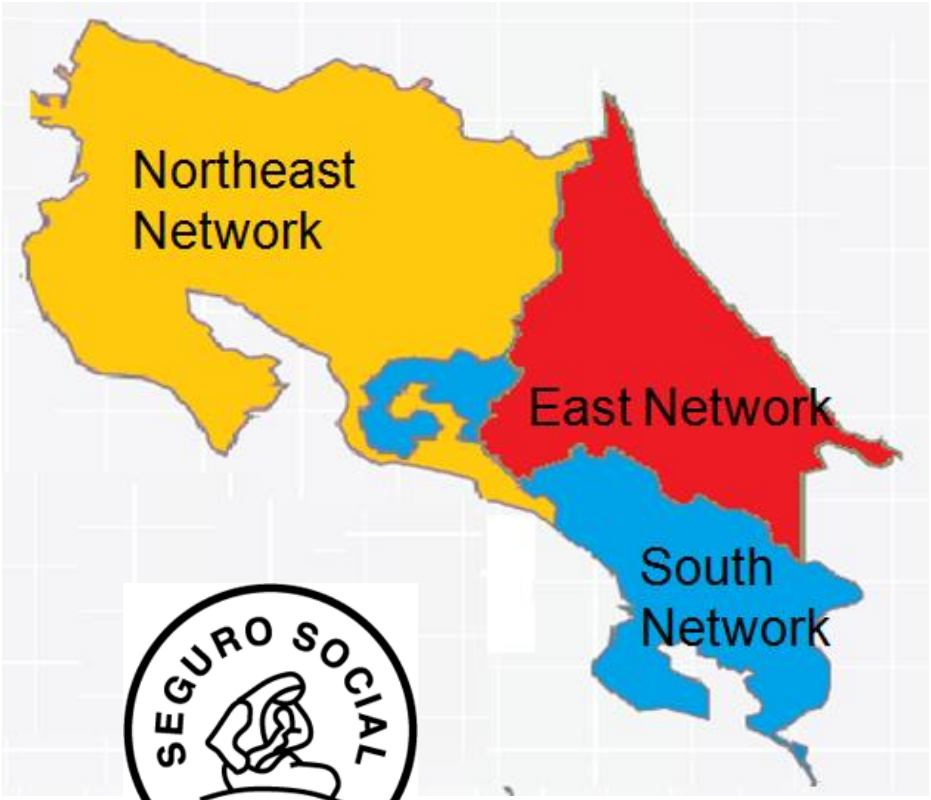
Costa Rica
General Facts



- **Capital:** San Jose
- **Population:** 4.889.826
- **Gross Domestic Product:** $48,510,000,000 (USD)
- **Income per capita:** $9.386 /£6.258
- **Total Area:**
  19,730 (sq miles)
  51,100 (sq kilometers)

Dr. Fernando Morales-Martínez,
FRCP (Edin), AGSF (USA), EAMA (EU), ALMA (LA), Catedrático (UCR)

Costa Rican National Health Service



Types of health institutions

3 - General National Hospital

6 - Specialized hospitals (**Professorial Departament of Geriatric Medicine within the National Hospital of Geriatrics and Gerontology**)

7 - Regional hospitals

13 - Peripheral hospitals

103 - Health areas

1014 – Basic health teams (EBAIS)

Source: Institutional Memory, CCSS 2012



HNGG
Hospital Nacional de Geriatría y Gerontología

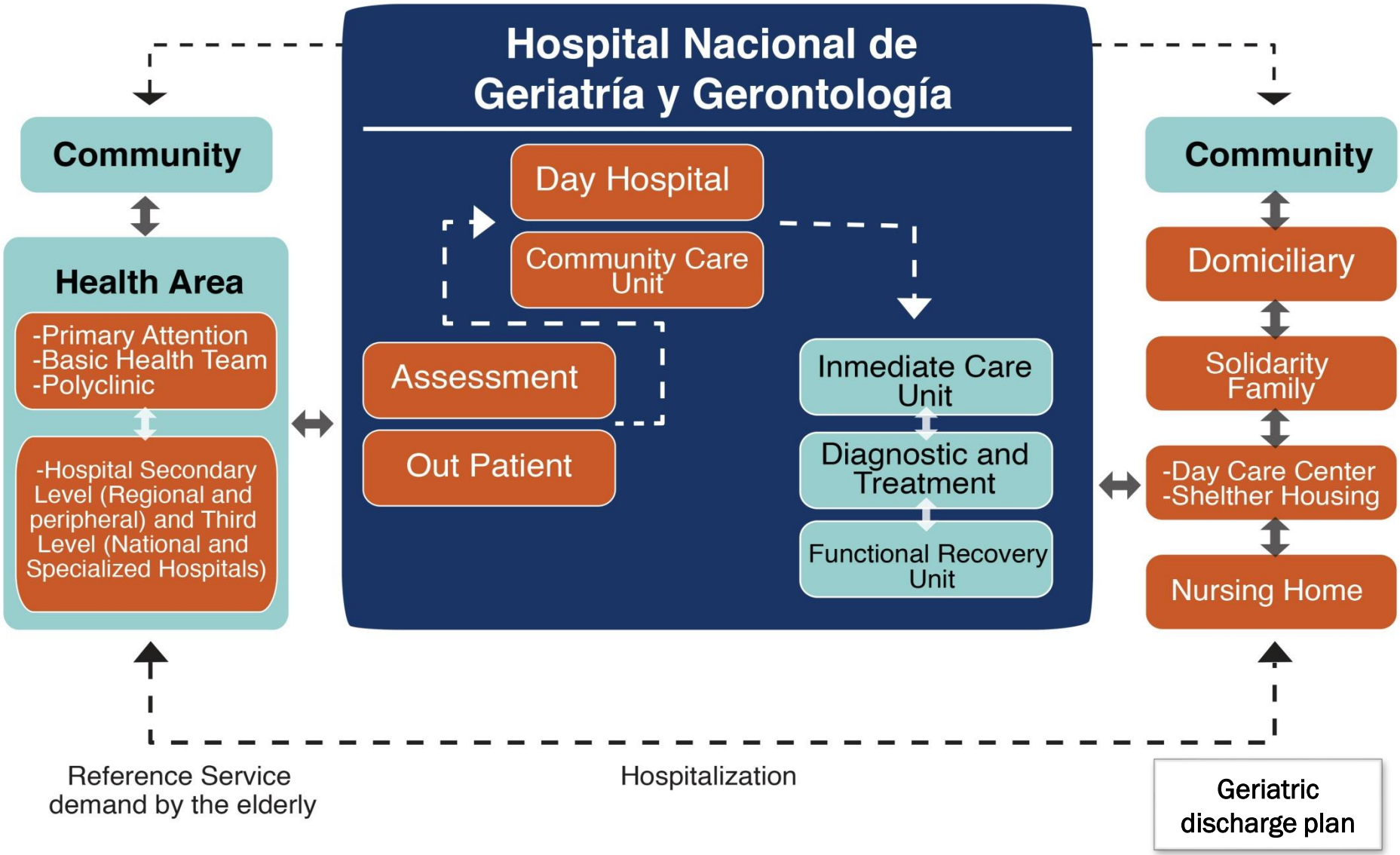
Collaborating center WHO-PAHO

Part of the Health Services Network of the Costa Rican Social Security is classified as Third Level Specialized Hospital with national coverage, as it empowers the Law No. 7935.



Progressive Care Network for the elderly in Costa Rica

Designed by: Dr. Fernando Morales Martínez



DISTRIBUTION OF GERIATRICIANS IN COSTA RICA



Network of Geriatrics Services Nationwide

Establecimientos de salud que cuentan con especialistas en Geriatría

1. Hospital Nacional de Geriatría
2. Hospital Pérez Zeledón
3. Hospital Cartago
4. Hospital Dr. Calderón Guardia
5. Hospital de Ciudad Neilly
6. Hospital de Heredia
7. Hospital de Puntarenas
8. Hospital de Nicoya
9. Hospital de Liberia
10. Hospital de Alajuela
11. Hospital de Grecia
12. Hospital de San Carlos
13. Hospital de San Ramòn
14. Hospital de Turrialba
15. Hospital San Juan de Dios
16. Hospital Psiquiátrico
17. Hospital de Limón
18. Hospital México
19. Hospital de Guápiles
20. CENARE
21. Clínica Nacional del Dolor
22. Clínica Dr. Carlos Durán
23. Clínica de Coronado
24. Clínica Clorito Picado
25. Clínica de Desamparados
26. Hospital de la Mujer

Elaborado por:
Dr. Fernando Morales Martínez

Progressive Care Network for Comprehensive Care of Older Persons in Costa Rica

65 years old and over

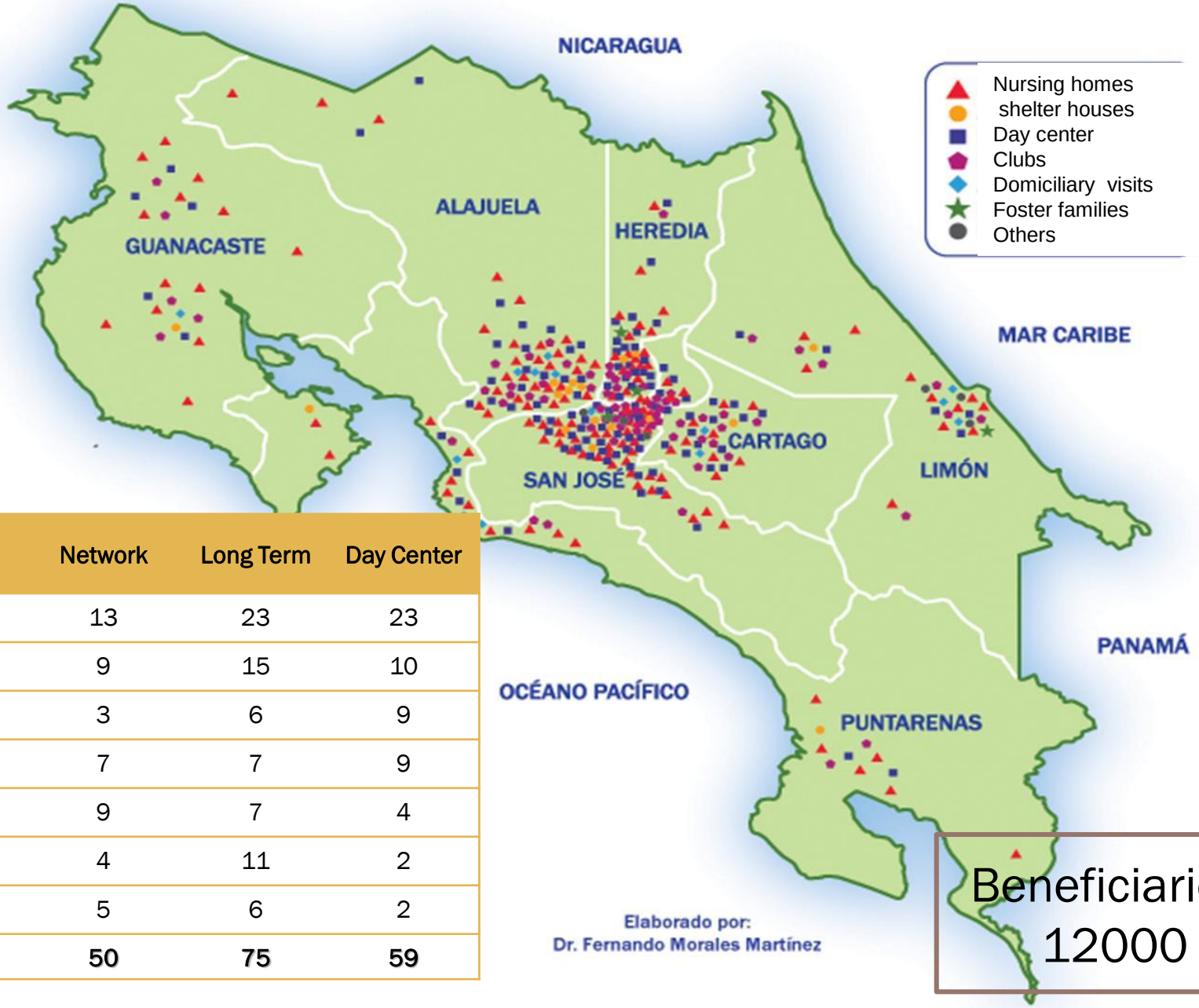
Severe co-morbility

Dependency

Poverty

Dr. Fernando Morales-Martínez,
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DISTRIBUTION OF COMMUNITY NETWORK IN COSTA RICA



Province	Network	Long Term	Day Center
San José	13	23	23
Alajuela	9	15	10
Cartago	3	6	9
Heredia	7	7	9
Guanacaste	9	7	4
Puntarenas	4	11	2
Limón	5	6	2
Total	**50**	**75**	**59**

Beneficiaries: 12000

Medical Case: Mr. Adam López

- 76 years old male patient.
- He presented a medical condition (recent stroke, hypertension, and hyperlipidemia) and two public medical centers evicted him.
- He received the intervention of the HNGG, with a treatment and comprehensive rehabilitation (one month duration).
- He returns to his home and now rides a bycicle.

Mr. Adam López





Social Case: Los Chiles Upala

- Family group composed of 3 persons: couple; husband 73 years old and wife of 82 years old in charge of a son of 37 years old with mental retardation, in condition of poverty and social risk.



Before





After





First Elderly Marathon





Centenarians meeting (01-23-15)



Thank you for your attention!

fernandomm10@gmail.com

fernandomm@costarricense.cr

Dr. Fernando Morales-Martínez,
FRCP (Edin), AGSF (USA), EAMA (EU), ALMA (LA), Catedrático (UCR)