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Evaluation of the functional capacity of elderly persons in a long-stay institution in Brazil

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Statement of the Problem: The aging process, by itself, can lead to a decline in physical fitness and functional capacity, which is aggravated by a sedentary lifestyle, making the elderly dependent on care of others. These characteristics are more accentuated when the elderly live in institutions. The purpose of this study is to search the literature for the scientific production about the evaluation of the functional capacity of the elderly in long-term institutions.

Methodology: An integrative review of literature performed in the LILACS, BDNF and MEDLINE databases, accessed by the VHL (Virtual Health Library) through Coordenação de Aperfeiçoamento de Pessoal de Nível Superior (CAPES). We included articles that were electronically available in full and in Portuguese in the period from 2011 to 2016. The search was carried out on November 2016 using the following descriptors controlled: elderly, frail elderly, geriatric evaluation, daily activities, long-term care institutions, home care.

Findings: A total of 14 articles were analyzed in the thematic area of this study between the years 2011 and 2016. During the analyzed period, the largest amount of publications was published in 2011 (5 of the publications). Regarding the database, LILACS stood out with 12 of the publications and as for the methodological outline, 13 of the articles used the quantitative approach. From the articles analyzed, two thematic categories emerged: the profile of elderly people living in long-term care institutions and evaluation of the functional capacity of the elderly in long-term care institutions.

Conclusion: Knowing, analyzing and understanding the characteristics of elderly people living in long-term institutions contributed to a deepening of the thematic and reflection on the main points to be evaluated in order to provide a systematized and individualized assistance and a better quality of life for these elderly people.

Recent Publications:

1. Broome ME (1993). Integrativeliteraturereviews in thedevelopmentof concepts.In: Rodgers BL, knafl KA. (Org.). Conceptdevelopment in nursing: foundations, techniquesandapplications. Philadelphia: W.B. Saunders, 193-215
2. Carliner S (2011). Workshop in conducting integrative literature reviews. In: IEEE. International Professional Communication. Conference. Cincinnati, OH, USA, 2011
3. Ganong LH (1987). integrativereviewsofnursingresearch. Res Nurs & Health. Columbia, 10: 1-11
4. Lacerda RA et al (2012). Evidence-based practices published in Brazil: identification and analysis studies about human health prevention. Revista da Escola de Enfermagem da USP, Ribeirão Preto, 46: 1237-47
5. Uesugui HM, Fagundes DS, Pinho DLM (2011). Profile and degree of dependency of the elderly and overload of their caregivers. Acta Paulista de Enfermagem, Rondônia, 24: 689-94.

Biography

Cristina Maria Miranda de Sousa has a Law Degree from the Federal University of Piauí (1988), PhD in Health Sciences from the Federal University of Rio Grande do Norte UFRN. Reitor of the University Center UNINOVAFAPI, Teresina-PI. Post Doctoral Student at USP / EERP, Professor of the Professional Master's Program in Family Health at UNINOVAFAPI.

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