84 - ATTACKLLYS OF ORGANIC SYSTEMS IN ELDERLY PATIENT OF A HEALTH'S PLAN OF THE STATE OF PARAÍBA - BRAZIL

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INTRODUCTION

The population aging is a world phenomenon that acquires very peculiar characteristics, given the speed with that is installing if, increasing the elderly peoples visibility in the last decades (NERI, 2007).

In the aging classification commeend by the World Health Organization (WHO), the brazilian legislation considers elderly person that with larger age or same to 60 years. However, in the aging process they are involved, besides the biological and physiologic aspects, another varied such as the hereditariness, the psychological state and the conditions socio - economic and cultural. It is starting from the relationship of those you varied that the aging singular process is constituted for each individual (BRASIL, 2006).

To arrive to the age is really a population reality in the poorest countries. Although the substantial improvement of the parameters of health of the populations observed on this century it is far away from distributing in an equal way in the different countries, to age is not more privilege of few. The prolongation of the life is an aspiration, however a real can only be considered it conquers if it doesn't go just a uplife period, but a life with quality. During the process of the aging, several alterations happen in the organism, including the physiologic ones and you structure of the body, increasing the search of the elderly population to the services of health (VERAS, et al, 2008; VERAS, 2009).

The implantation of the Unique Health System (SUS) had as justification principal the need to improve the offer of public services of health, however, the acting of SUS has been object of critics, motivating the search for plans of health presented by the privy initiative. The expansion of the health's plans in Brazil was due to accentuated dissatisfaction of the middle class with the quality of the services offered by SUS. From 2002 to 2008, the number of Brazilians with private insurances increased in more than six million, corresponding among 20 - 25% (VICTORA, et al, 2011).

Before the exposed, the present study has as objective, to evaluate the prevalence of attacklly of the different organic systems involved in the process of human aging, in individuals between 60 and 100 years, of a health's plan that assists the state of Paraíba, Brazil, in the last five years.

METHODOLOGY

It is a documental study of prevalence, of sample for convenience, where a rising was accomplished, close to the database of a health's plan of the state of Paraíba, Brasil. Soon after, the data were tabulated in a spreadsheet of the program Microsoft Excel 2007, being just analyzed the documents that possessed the codes of the International Classification of the Diseases (CID), that they characterize each attacked system of the individuals with age group between 60 and 100 years, in the last five years, for, then, to determine the largest sex prevalence and the system more organic attackllys.

RESULTS AND DISCUSSION

The total sample was constituted of 1.084 individuals, that make use of a health's plan with covering in all state of Paraíba, Brasil, in the last five years. Of the total sample, they were selected the elderly persons that accomplished specific procedures, that determined the organic system involved through CID, as commeend in the inclusion criterion, finishing a total of 685 individuals, 391 (57%) of the feminine sex and 294 (43%) of the masculine sex, as display the table 1.

TABLE 1: Sex Prevalence among individuals with age group among 60 and 100 years that make use of a health's plan in the state of Paraíba, Brazil.

Variables	n	%
Sex		
Masculine	294	43,0
Feminine	391	57,0
Total	685	100

FOUNTAIN: Data of the Research

The longevity of the feminine population, called phenomenon of "feminization of the age", in Brazil is explained partly, for the largest expectation of the women's life, associated to the smallest consumption of alcohol and tobacco and attitude differences in relation to the pathologies. Besides, those women are connoisseurs of you know and practices of health lived in taking care and it identifies of form precocious signs and symptoms of several diseases, what does with that the women are the largest demand of the services of health(CARVALHO, et al 2009).

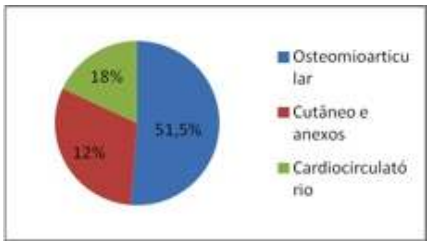
The conditions of health are quite different between the man and the woman. The WHO appears through evidences that the older women try a larger load of chronic diseases. That reality evidences that the older women seek medical attendance in larger proportion than the men (CAMARANO, PASINATO, LEMOS, 2007).

Schmidt et al, (2011) discuss on an important study on the load of disease in Brazil, that used disability - adjusted life years (DALYs - years of life lost adjusted by incapacity), showing that the chronic diseases that more they stand out in healthy Brasil, the upset neuropsiquiatrics (19%), the cardiovascular diseases (13%), breathing chronicles (8%), the cancers (6%), the diseases musculoesqueletics (6%) and diabetes (5%).

Differently in our rising, the organic system of larger involvement was the osteomioarticular with 559 (51,5%) of the attacked older patients, followed by the system cardiocirculatory that presented 197 procedures accomplished finishing a

percentile one of (18%) and finally the cutaneous and annexs system with 134 (12%).

Graph 1: Percentile of the attacked systems



FOUNTAIN: Data of the Research

Recent studies appear that enters the alterations characteristic anatomofisiologics of the aging process, the one of the muscular system are important of the functional point of view. Because, with passing of the years, there is a reduction of the size and of the number of muscular fibers, resulting in decline of the muscular force and in some alterations in the capacity of the muscles of they generate force. Another noticed loss is associated to the decrease of the flexibility that links to the loss of muscular force, presence of shorten musculotendineos and decrease of the elasticity of the skin (RIZZI, LEAL, VENDRUSCULO, 2010).

Before the exposed, is revealed that the own limitations and alterations that the older person acquires along the life, as alterations of the production of collagen, doing with that the muscles lose your elasticity that results in deterioration of the capsule to articulate, of the ligaments, tendons and sinovial liquid affect in a crucial way the activities of that population that it ages. Turning them vulnerable to constant treatments in relation to the system osteomioarticular.

The pré-disposition for lesions of different systems can be associated to the old age process, in other words, to the physiologic aging, reducing the elderly's functionality. This aging can also be associated to pathologies, being characterized as senility. Simple movements, as the march and the maintenance of the balance depend on a complex interaction among the nervous functions, osteomusculares, cardiovascular and sensorial (MUNIZ, et al 2007).

FINAL CONSIDERATIONS

The aging process reaches in a progressive way all the systems of the organism, there is no doubt that the diseases that involve the system musculoesqueletic and the cardiovascular system grow exponentially with the age. In the studied group, the prevalence of referring procedures to the system osteomioarticular designate the presence of pathologies that they can determine the limitation for the acting of basic activities and you score of the daily life. Becoming important the professionals' of the health performance in those systems focusing the levels primary, secondary and tertiary of attention the health for a to age successful.

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ABSTRACT

In the aging classification commeend by the World Health Organization (WHO), the brazilian legislation considers elderly person that with larger age or same to 60 years. However, in the aging process they are involved, besides the biological and physiologic aspects, another varied such as the hereditariness, the psychological state and the conditions socio - economic

and cultural. It is starting from the relationship of those you varied that the aging singular process is constituted for each individual. To evaluate the prevalence of attacklly of the different organic systems involved in the process of human aging, in individuals between 60 and 100 years, of a health's plan that assists the state of Paraiba, Brazil, in the last five years. It is a documental study of prevalence, of sample for convenience, where a rising was accomplished, close to the database of a health's plan of the state of Paraíba, Brasil. With sample of 685 elderlys. The organic system of larger involvement was the osteomioarticular with 559 (51,5%) of the attacked older patients, followed by the system cardiocirculatory that presented 197 procedures accomplished finishing a percentile one of (18%) and finally the cutaneous and annexs system with 134 (12%). The aging process reaches in a progressive way all the systems of the organism, there is no doubt that the diseases that involve the system musculoesqueletic and the cardiovascular system grow exponentially with the age. In the studied group, the prevalence of referring procedures to the system osteomioarticular designate the presence of pathologies that they can determine the limitation for the acting of basic activities and you score of the daily life. Becoming important the professionals' of the health performance in those systems focusing the levels primary, secondary and tertiary of attention the health for a to age successful.

KEY WORDS: Health, Aging, Health Plan.

RÉSUMÉ

La classification du vieillissement préconisée par l´Organisation Mondiale de la Santé (OMS) et adoptée par la législation brésilienne considère une personne âgée un sujet avec l´âge au dessus ou égale à 60 ans.Néanmoins, dans les processus du vieillissement sont impliqués des aspects biologiques, physiologiques et autres variables comme l´hérédité, l´état psychologique, les conditions socio-économiques et culturelles.Les rélations entre ces variables font du vieillissement un processus singulier a chaque individu. Évaluer la prévalence de la compromission des différents systèmes organiques impliqués dans le processus du vieillissement humain, sur des individus avec l´âge entre 60 et 100 ans, ayant une complémentaire santé dans l´état de la Paraíba, Brésil, pendant les dernières cinq anées. Étude documentaire sur la prévalence, échantillonage par commodité. Les données ont été prises d´une base de données d´une complémentaire santé dans l´état de la Paraíba, Brésil. Avec des données de 685 personnes âgées. Le système organique le plus compromis a été le système ostéoarticulaire avec 559 (51,5%) des patients âgés, suivi par le système cardio-circulatoire qui a presenté 197 des procédures réalisées totalisant 18 % du pourcentage et finalement le système tégumentaire et ses annexes cutanées avec 134 (12%). Le processus du vieillissement attaint progressivement tous systèmes organiques, il n´y a pas de doutes que les maladies englobant les systèmes musculo-squelettique et cardiovasculaire grandissent de manière exponentielle avec l´âge. Dans le groupe étudié, la prévalence de processus référents au système ostéoarticulaire montrent la présence de pathologies qui pouvent limiter la performance d'activités basiques et instrumentales du quotidien. Ainsi, l´action des professionnels de la santé focalisant les niveaux primaire, secondaire et terciaire de l´atention est important pour un vieillissement bien succédé.

MOTS CLÉS: Santé, Personnes âgées, Santé plan.Resumé

RESUMEN

En el commeend de clasificación de envejecimiento por la Organización de Salud Mundial (OMS), la legislación del brazilian considera a la mayor persona que con la edad más grande o mismo a 60 años. Sin embargo, en el proceso de envejecimiento ellos están envueltos, además del biológico y aspectos del physiologic, otro varió como el hereditariness, el estado psicológico y el socio de las condiciones - la economía y cultural. Está empezando de la relación de aquéllos que usted varió que el envejecimiento el proceso singular se constituye para cada individual. Evaluar el predominio de attacklly de los sistemas orgánicos diferentes involucrado en el proceso de envejecimiento humano, en los individuos entre 60 y 100 años, del plan de una salud que ayuda el estado de Paraíba, Brasil, en los últimos cinco años. Es un estudio documentario de predominio, de muestra para conveniencia dónde una subida era cumplida, cerca del banco de datos del plan de una salud del estado de Paraíba, Brasil. Con la muestra de 685 elderlys. El sistema orgánico de envolvimiento más grande era el osteomioarticular con 559 (51,5%) de los pacientes más viejos atacados, siguió por el cardiocirculatory del sistema que presentó 197 procedimientos logró el acabamiento un percentil uno de (18%) y finalmente el cutáneo y sistema del annexs con 134 (12%). Los alcances de proceso de envejecimiento de una manera progresiva todos los sistemas del organismo, hay no duda que las enfermedades que involucran el musculoesqueletic del sistema y el sistema cardiovascular crezcan exponencialmente con la edad. En el grupo estudiado, el predominio de referirse los procedimientos al osteomioarticular del sistema designa la presencia de patologías que ellos pueden determinar la limitación para la acción de actividades básicas y usted anota de la vida diaria. Poniéndose importante los profesionales de la actuación de salud en esos sistemas que enfocan el primero de los niveles, secundario y terciario de atención la salud para un para envejecer exitoso.

PALABRAS CLAVE: Salud, Anciano, Plan de Salud

ACOMETIMENTOS DE SISTEMAS ORGÂNICOS EM PACIENTES IDOSOS DE UM PLANO DE SAÚDE DO ESTADO DA PARAÍBA - BRASIL

RESUMO

Na classificação de envelhecimento preconizado pela Organização Mundial da Saúde (OMS), a legislação brasileira considera pessoa idosa aquela com idade maior ou igual a 60 anos. No entanto, no processo de envelhecimento estão envolvidas, além dos aspectos biológicos e fisiológicos, outras variáveis tais como a hereditariedade, o estado psicológico e as condições socioeconômicas e culturais. É a partir da relação dessas variáveis que o envelhecimento se constitui processo singular para cada indivíduo. Avaliar a prevalência de acometimento dos diferentes sistemas orgânicos envolvidos no processo de envelhecimento humano, em indivíduos entre 60 e 100 anos, de um plano de saúde que atende o estado da Paraíba, Brasil nos últimos cinco anos. Trata-se de um estudo documental de prevalência, de amostra por conveniência, onde foi realizado um levantamento, junto ao banco de dados de um plano de saúde do estado da Paraíba, Brasil. Com amostra de 685 idosos. O sistema orgânico de maior envolvimento foi o osteomioarticular com 559 (51,5%) dos pacientes idosos acometidos, seguido do sistema cardiocirculatório que apresentou 197 procedimentos realizados perfazendo um percentual de (18%) e finalmente o sistema cutâneo e anexos com 134 (12%). O processo de envelhecimento atinge de forma progressiva todos os sistemas do organismo, não há dúvida que as doenças que envolvem o sistema músculoesquelético e o sistema cardiovascular crescem exponencialmente com a idade. No grupo estudado, a prevalência de procedimentos referentes ao sistema osteomioarticular designam a presença de patologias que podem determinar a limitação para o desempenho de atividades básicas e instrumentais da vida diária. Tornando-se importante a atuação de profissionais da saúde nesses sistemas enfocando os níveis primário, secundário e terciário de atenção a saúde para um envelhecer bem-sucedido.

PALAVRAS CHAVES: Saúde; Idoso; Plano de Saúde.