52 - PREVALENCE AND CHARACTERIZATION OF PAIN IN AGED PEOPLE OF A THIRD AGE GROUP IN THE CITY OF JEQUIÉ - BA.

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INTRODUCTION

The International Association for the Study of Pain [IASP 2005] describes pain as an ackward sensorial and emotional experience in terms of tecidual injury. This definition tries to contemplate greater universality in the explanation of pain merging the various aspects of pain, that are: the sensitive-descriminative dimension, related to a tecidual damage defined in terms of time and space; affective-emotional dimension, with the aversion characteristic of pain; and the cognitive-avaliative dimension, that attributes and quantifies the individual symbolic content of pain.

Pain has been cited in studies as one of the factors that intervene the most with the conditions of health of the aged ones. The estimates of prevalence are around of 25 to 50% of the aged population that lives in the community and of 45 to 80% of the residents in asylums.

With the advancement of age, pain assumes greater importance, because of its expressive prevalence and the frequent limitation it brings. Pain in the aged one is, in the majority of the times, of difficult recognition and, therefore, often not treated. Epidemiological studies have shown that, with the advance of age, a general reduction of pain occurs, with exception of the joints. In this way, this study has the objectives of identifying the prevalence of pain in aged that participate of groups of third age and to characterize pain in its aspects: qualitative, quantitative, causal, localizational and duration.

METHODOLOGY

This research has a descriptive explorer character with transverse delineation and quantitative boarding. Have participated of this study 27 aged of a group for the Third Age of the Universidade Estadual do Sudoeste da Bahia UESB, and the Project of Extension "Leisure and Occupation in Groups for the Third Age", being the criteria of exclusion the aged that had no mental conditions to answer to the interview script and that didn't want to participate, spontaneously, of the study.

The instrument of research used in this study was constituted of four parts: first referring to the identification data; second part consisting of aspects of pain; third corresponding to the preexisting illnesses; part four that consists of the McGill´s Questionnaire of Pain, that has 78 verbal describers and the drawing of a figure human, in ventral and dorsal sight for the person (aged) better identifying of the pain place. The procedures of information collection have been instituted after approval for the Ethics of Comite of the Universidade Estadual do Sudoeste da Bahia - UESB.

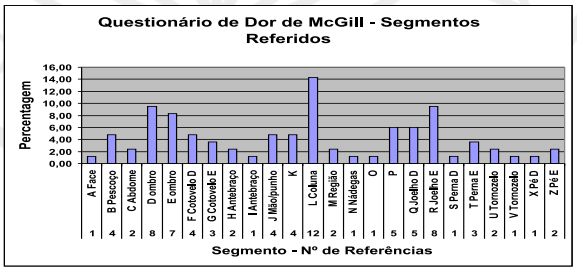
For effect of the statistical calculations of prevalence of pain, the presence of pain in the last year for prevalence was used as parameter. This parameter was adopted with view to propitiate a bigger trustworthiness of the data because there are many cognitive alterations of the aging, the aged can not remember the presence of pain in bigger interval that one year.

The data got with the use of the protocol of this study has been organized in an electronic data base (Microsoft Excel) and, later, carried through the characterization of the researchers by the descriptive statistics. The statistical and inferencial analysis had been carried through by the application of the Statistical Analysis System (SAS) software. For the analysis of the number and addition the indices of the verbal describers of the McGill were used the not-parametric Kuskal-Wallis Test. The Correlation Test of Spearman was used for the addition of the indexes of the describers of McGill. The full analysis of the data was submitted to the statistics assessorship, which defined the tests appropriate to be used.

RESULTS

Had been studied 27 aged between 51 and 78 years old, being 92% (25) women, 66% (18) of the interviewed were pensioners and 33.4% (9) still have professional activities. In relation to the knowledge level, 18.5% (5) are illiterate, 29.6% (8) are literate, 44.4% (12) have the first degree and 7,5 (2) have the second degree.

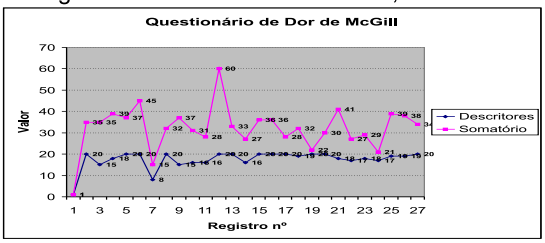
The prevalence of pain was present in 100% (27) of the aged ones, being that 77.7% (21) feel pain more than 6 months before, 7.4 (2) between 3 and 6 months, 7.4% (2) enters 1 the 3 months, 3.7% (1) until 30 days, and 3.7% (1) didn't talkl the time of presence of pain. The distribution of the localization is in Graph 1.



Graph 1 Distribution of localization of corporal segment with pain. Jequié BA, 2005.

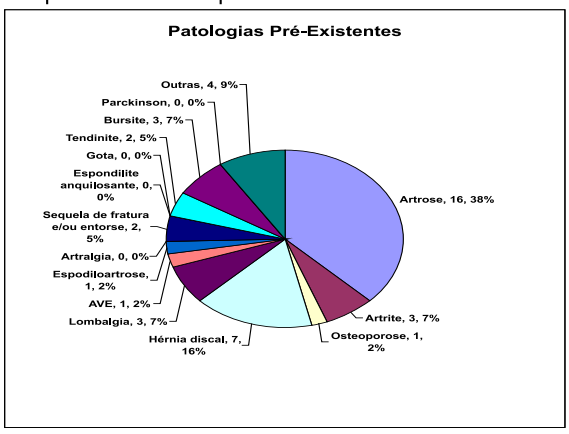
Refering to the localization of the corporal part with pain, all the segments have been cited, being that the prevailed were: lumbar spine 44.4% (12), higher shoulder right/thorax and left knee 29.6% (8) respectively, superior shoulder left/thorax 25.9% (7) and hip/ thigh left and right knee 18.5% (5) respectively.

The painful intensity related in the scale of McGill in accordance with the corporal segment stayed between 2 to 10 points, with a bigger concentration of unbearable pain 58.3% (49), and after severe pain 29.8% (25) and moderate pain 11.9% (10). The total of describers used for the aged ones varied between 1 to 20, and the addition varied between 1 to 60, as we can observe in Graph 2.



Graph 2 Distribution of description and addition. Jequié / BA, 2005.

The preexisting illnesses cited were arthrosis 16.3% (17); discal hernia 7.2% (6); others 4.9% (4); arthritis, bursitis and low back pain 3.7% (3) respectively, tendinitis and sequela of breaking or sprain 2.5% (2), espondiloatrose and encefálico vascular accident - AVE 1.2% (1). Data presented in Graph 3.



Graph 3 Distribution the preexisting illnesses. Jequié/BA, 2005.

DISCUSSION

The understanding of pain in aged becomes important mainly because the increase of the longevity of the population and the increasing of the attention in relation to specific problems of care and health in this age.

The pain has been cited in researches as one of the factors that more intervene with the conditions of health of the aged ones, the estimates of prevalence vary of 25 to 50% of the aged population that lives in the community and of 45 to 80% of the residents in asylums.

Between the aged ones, chronic pain is the main complaint ambulatorial and the symptom most frequent in the evaluations occurring in 25 to 50% of the patients.

In research that had 92 aged lived in asylum, was met pain in 71% of the interviewed ones. Low back pain was the complaint most frequent, beyond arthritis, pain appeared of previous breakings and neuropatias. The pain had the constant character in 24% of the cases and intermittent in 42% remains. It was appreciated as light (20%), unconfortable (2%) and varying between severe and unbearable in 52% of the evaluated ones.

In study in which had have evaluated 990 persons above 65 years old was observed complaint of frequent pain (daily or one to two times to the month) in 20% of the aged. The localizations most frequent (up three for sick aged) had been:pains in joints (50%), lumbar (42%) and those located in inferiors members (41%).

Some studies talk the pain complaints reach its peak in the middle-age and to follow they decrease. Others relate a correlation between the prevalence of pain persistent and the increase of the age. The results of this study show compatible with the ones of the literature.

CONCLUSION

The most part of the aged was woman, with prevalence of pain in 100% of the searched ones, being that 77.7% presented pain more than the 6 months. The localizations most frequent had been lumbar column (44.4%, right shoulder/superior thorax and knee (29.6%). The cited preexisting illnesses had been artrose (16.3%) and discal hernia (7.2%). The intensity of pain in the scale of McGill varied of 2 to 10 points, told as unbearable (58.3%), severe (29.8%) and moderate (11.9%).

The results of this research show similarity with literature and denote the importance to evaluate the pain in aged, mainly the ones that live these institutions, since, in the majority of the times, these aged ones have this problem for some months intervening with their activities, mobility and functional capacity.

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PREVALENCE AND CHARACTERIZATION OF PAIN IN AGED POPULATION OF A GROUP OF THE THIRD AGE IN THE CITY OF JEQUIÉ - BA.

ABSTRACT: The aging populacional folloied of the longevity added the chronic-degenerative not transmissible illnesses that follow the aged one, has presented one part of aged with chronic pain. This pain can intervene with the realization of the activities of the daily life being able to cause functional limitation, with consequent interference in the functional capacity of these aged ones. In this perspective, this study of descriptive exploratório character with transversal delineation it aimed at to investigate the prevalence, incidence and to characterize the pain in 27 aged that participate of groups of third age in the city of Jequié - BA. The majority of the aged ones was woman, with prevalence of pain in 100% of the searched ones, being that 77.7% had above 6 months before. The localizations most frequent had been the lumbar column (44.4%), right shoulder/superior thorax and knee (29.6%). The cited illnesses had been artrose (16.3%) and discal hernia (7.2%). The intensity of numerical pain scale varied of 2 to 10 points, being told as unbearable (58.3%), severe (29.8%) and moderate (11.9%).

Keywords: aged, pain, corporal segment.

PRÉVALENCE ET CARACTÉRISATION DE LA DOULEUR DANS DES PERSONNES ÂGÉES D'UN GROUPE DE FAMILIARITÉ POUR LE TROISIÈME ÂGE DANS LA VILLE DE JEQUIÉ, BAHIA.

RÉSUMÉ: Le vieillissement de la population, accompagné de la longévité et ajouté aux maladies chroniques et dégénératives non transmissibles qui accompagnent la personne âgée, a présenté une parcelle significative de personnes âgées attaquées par douleur chronique. Douleur celle-ci qui peut intervenir dans la réalisation des activités de la vie quotidienne, pouvant prendre à la limitation fonctionnelle, avec conséquente interférence dans la capacité fonctionnelle de ces personnes âgées. Dans cette perspective, cette étude de caractère explorateur descriptif avec délinéation transversale a visé à enquêter la prévalence, l'incidence et à caractériser à douleur dans 27 personnes âgées participantes de groupes de familiarité dans la ville de Jequié, Bahia. La majorité des âgés était du sexe féminin, avec prévalence de la douleur et, 100% des cherchés, étant que 77.7% présentait douleur plus la de 6 mois. Les localisations le plus fréquent ont été la colonne lombaire (44.4%), l'épaule droite/thorax supérieur et le genou (29.6%). Les pathologies préexistantes citées ont été arthrose (16.3%) et hernie de disque (7.2 %). L'intensité de douleur dans l'échelle de numérique a varié de 2 à 10 points, étant dite comme insupportable (58.3%), sévère (29.8%) et modérée (11.9%).

Mots clés: Personne âgée, Douleur, Segment corporel.

PREDOMINANCIA Y CARACTERIZACIÓN DEL DOLOR EN ANCIONES DE UN GRUPO DE CONVIVENCIA PARA LA TERCEIRA EDAD EN EL MUNICIPIO DE JEQUIÉ-BAHIA

RESUNEN: El envejecimeento de la poblacion acompañodo de la longebilidad sumado a las enfermeades cronic-degeralivas no transmisebles que acompañan a los veejos ha presentado una parcela siginificativa de anciones acometidos de dolor cronico. Estedolor puede inteferir en la realización de los actidades de la vida diaria pudendo llevar a la limitación funcional con consecuencias en la interferencia de la capacidad funcional de esta anciones. En esta perspectiva este estudio de carater exploratorio desciptivo con delinesmiento transversal visó investigar la predominancia encidencia e caracterizacion del dolor en 27 anciones participantes de grupos de convivencia en el municipio de jequié-Bahia. La mayoria de los viejos eran de sexo femeninocon predominancia del dolor en 100% de los pesquisados siendo que 77% tenian dolores hace mas de 6 meses. Los localizaciones mas frecuentes fueron la columna lombar (44.4%), hombro derecho, torax superiory rodillas 29.6%. Las patologias preexistentes citadas fueron : artrose (16.3%), hernis discal (7.2%). La intensidad del dolor en la escala numérica varií de 2 a 10 puentos, siendo relatada como insoportable (58.3%), severa (29.8%) y moderada (11.9%).

Palabras-llaves: viejor, dolor, segmento corporal.

PREVALÊNCIA E CARACTERIZAÇÃO DA DOR EM IDOSOS DE UM GRUPO DE CONVIVÊNCIA PARA A TERCEIRA IDADE NO MUNICÍPIO DE JEQUIÉ, BAHIA.

RESUMO: O envelhecimento populacional, acompanhado da longevidade e somado às doenças crônicas e degenerativas não transmissíveis que acompanham o idoso, tem apresentado uma parcela significativa de idosos acometidos por dor crônica. Dor esta que pode interferir na realização das atividades da vida diária, podendo levar à limitação funcional, com conseqüente interferência na capacidade funcional destes idosos. Nesta perspectiva, este estudo de caráter exploratório descritivo com delineamento transversal visou investigar a prevalência, incidência e caracterizar a dor em 27 idosos participantes de grupos de convivência no município de Jequié, Bahia. A maioria dos idosos era do sexo feminino, com prevalência da dor e, 100% dos pesquisados, sendo que 77,7% apresentavam dor a mais de 6 meses. As localizações mais freqüentes foram a coluna lombar (44,4%), ombro direito/tórax superior e joelho (29,6 %). As patologias pré-existentes citadas foram artrose (16,3%) e hérnia de disco (7,2 %). A intensidade de dor na escala numérica variou de 2 a 10 pontos, sendo relatada como insuportável (58,3%), severa (29,8%) e moderada (11,9%).

Palavras-chaves: Idoso, Dor, Segmento corporal.