10 - ELDERLIES AFFECTED BY MAJOR GERIATRIC SYNDROMES

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INTRODUCTION

The elderly population has increased significantly in the last few years, and it is expected to continue rising. Therefore, the states and cities have been accompanying this growth, once it is estimated that in 2050 the elderly population will be 22.71% of the general population (MORAES, 2012).

It is known that aging is a natural result of a person's cycle of life that can be understood as “a natural process, of progressive reduction of the functional reserve of individuals” (BRASIL, 2007a p.8). Thus, Moraes (2012) mentions that this reserve is characterized by the whole functionality of each one, defined as the capacity that the person has to live his/her own life and take care of him/herself. Therefore, human life, as a rule, is directed according to the person's own commands, in a way that it can be studied as each individual preserve and manage him/herself.

Therefore, the loss of the function capacity of the elderly, from physical or mental diseases, may result in the need for intervention and adaptations, to make possible the maintenance of daily activities and lifestyle, which requires constant intervention of health care professionals (MORAES, 2012).

Moraes; Abreu; Santos (2010 p.55) argue that “the elderly health is determined by the harmonious operation of four functional domains: cognition, humor, mobility and communication. The loss of those functions may result in major geriatric syndromes”, namely, iatrogeny, cerebral failure, postural instability, immobility and urinary incontinence. The set of signs and symptoms can manifest in one or several pathologies, which frequently intertwine, produce by its connection the immobility, with autonomy deterioration that could lead to death. This data corroborates with (BRASIL, 2007b), that describes the physiologic and pathologic consequences of aging, and when neglected, contribute greatly to the appearance of major geriatric syndromes, i.e., Postural Instability, Urinary Incontinence, Cerebral Failure, Iatrogeny and Immobility.

Several times, these syndromes can be wrongly considered as normal changes of aging, what can increase the chronicity of the elderly health. Many mistakes may happen in the health area involving professionals, direct or indirectly. The most common in geriatric is iatrogeny, “what refers to adverse effects or complications caused by medical intervention, whether drugs, supplementary examination or rehabilitation therapy. The adverse reaction to medicine is the most common” (BRASIL, 2009a p.121).

Consequently, the medication prescription error can lead to other consequences as the need for patient's hospitalization, longer hospital stay or, inevitably, lead to death.

To Secoli (2010) poly pharmacy is a widely used term, characterized by the use of five or more medications, a multifactorial cause. The poly pharmacy to elderly also happens by self-medication, whenever pain is felt or other symptoms appear.

In short, the professionals have a share of responsibility with the family and the elderly, in alerting them to the signs and symptoms resulting from the syndromes that they are exposed, which harm the quality of life of the elderly, needing intervention as soon as possible to avoid damages to this part of the population.

In this context, the aim of the research was to identify the major geriatric syndromes in the elderly that attend the department of preventive medicine of a private health plan in Cascavel-PR, as well

as to describe the profile of them and correlate with the type of geriatric syndrome.

MATERIAL AND METHOD

To reach our goal, it was chosen the descriptive research, which for Gil (2009) seeks to describe the characteristics of certain population or phenomenon or, still, the establishment of relationships among variables.

The research was carried out in the department of preventive medicine of a private health plan in Cascavel – PR, for the fact that it counts with a geriatrician doctor responsible for the medical care to the elderly and to be able to investigate and treat the most common geriatric syndromes.

Data collection was based on the elderlies' medical records that attended the department of preventive medicine of the private health plan in Cascavel-PR. The criteria for inclusion were people aged between ≥ 60 years old, from both genders, and having been treated with preventive medicine during May to August of 2014, resulting in 26 medical records.

The instrument of data collection were 18 questions, from those one non-structured, 13 structured and 4 semi-structured. Data was collected through documental analysis, i.e. the elderlies' medical records. Data collection was done in the second fortnight of August 2014.

It was officially required to the manager of the department of Preventive Medicine an authorization for the research to be carried out.

The research dispenses the Informed Consent Term to the participants, once it is a documental research.

According to the Resolution 466/2012 of CONEP/MS, the research project was submitted to the Ethics in Research Committee from Universidade Paranaense (UNIPAR) and it was approved under the number 301.010.

The analysis had quantitative approach, which for Marconi; Lakatos (2008) directs in terms of greatness or quality of the fact presented in a certain situation, according to the records of the elderlies with major geriatric syndromes and the structural data of the research, it was used simple percentage.

RESULTS AND DISCUSSIONS

There were 26 (100%) medical records researched with major geriatric syndromes in elderly patients who attended the department of preventive medicine of a private health plan in Cascavel-PR. The age group varied from 60 to 88 years old, obtaining the average of 71.26 years for both genders; however, the age average among women was 70.23 years and men 75.66.

Regarding the average age among the women researched, it is highlighted that the presented data is connected to the Brazilian data, once life expectancy at birth has reached

the average of 76.1 years for women and 69.11 for men, showing a significant difference between the genders, that is, women live about 7 to 8 years more than men do (BRAZIL, 2009b).

Nowadays, aging is being highlighted due to longer life expectancy of the population. In this direction, it is observed that the prevalence of women has also became expressive during decades. Data that can be seen in the results of this research with percentage of 21 (80.77%) elderly female and 5 (19.23%) male.

Concerning marital status, it was observed that among the women, 9 (34.62%) are married, 2 (7.69%) divorced and 10 (38.46%) widow and the 5 (19.23%) men are married. For females, the prevalence of widows can be explained, according to Camarano (2003) by the lower life expectancy among men and by social and cultural norms, not equal to Brazilian society in which prejudice still remains, mainly when the widow wishes to get married again. The same does not happen with the widower, who tends to remarry and with younger women.

Checking the level of education, it was noticed that among the women, 4 (15.38%) are illiterate, 9 (34.62%) studied for 4 years, 6 (23.08%) studied for 8 years and only 2 (7.69%) studied more than 8 years. Among the men, 3 (11.54%) studied for 4 years and 2 (7.69%) studied for 8 years. It calls attention that, there are illiterate women, so data show that men attended school more than women, therefore, the data found corresponds to the Brazilian one, which in the 2000 census, reveal an amount of 5.1 million of illiterate elderlies in Brazil, and men (67.7%) are proportionally more literate than women (62.6%) (BRAZIL, 2009a).

In relation to family income, 2 (7.69%) men and 13 (50%) women earn between 1 to 3 minimum salaries; 2 (7.69%) men and 7 (29.92%) women earn between 4 to 7 minimum salaries; 1 (3.85%) man and 1 (3.85%) woman earn more than 8 minimum salaries. With this, it can be confirmed that the researched elderlies have a higher income than the national average, as when compared to a research carried out by Costa; Nakatani and Bachion in 2006, in a city in Goiânia, which the prevalent family income was lower or equal to 1 minimum salary. Nevertheless, it is necessary to stress that this research was conducted in a private health plan department, what can justify the previous data.

The variables studied to trace the profile of the elderly with geriatric syndrome related to chemicals showed that, 4 (15.38%) women smoke, 1 (3.85%) drinks alcohol, and the other 16 women (61,54%) do not use any of these chemicals. Among men, there are no reference of the use of any of these chemicals. The results do not match with those reported by the Ministry of Health, which says that women live longer than men, because when there is a comparison between genders, they use less tobacco and alcohol than men (BRAZIL, 2009b).

In a matter of chronic diseases, among the 26 (100%) medical records analyzed, it was seen in both genders, 24 (92.30%) of the elderlies presented some kind of chronic disease, being reported by them as, hypertension, diabetes mellitus, cardiovascular diseases and chronic obstructive pulmonary disease (COPD). Considered the high prevalence of diseases among these elderlies, data from the Brazilian Institute of Geography and Statistic about population enquiries carried out in the country; shows that 80% of the elderlies have at least one chronic disease (BRAZIL, 2011).

Regarding the use of medication, it was seen that from all medical records, only 1 (3.85%) woman does not take medication; however, the in remaining medical records 13 (50%) use at least 1 to 4, and 12 (46.15%) use from 5 to 9, what is a high prevalence. Identical data was found in a study carried out by Ribeiro et al (2008) in Minas Gerais where the prevalence was of 90.1% of drug consumption among the elderlies. Confirming, Secoli (2010 p.137) states that “among the elderly, the adverse events associated to medication has the poly pharmacy as main protagonist […] being poly pharmacy defined by the use of 5 or more drugs”, therefore, 12 (46.15%) from the studied elderlies show itrogeny poly pharmacy.

The presence of some episodes of disorientation in time and space was reported in the medical records of 4 (15.38%) women and 1 (3.85%) man, while Santos et. al, in the study named “The elderly autonomy” (2013) involving 29 elderlies detected that 28% of the interviewees showed memory impairment.

Depression was detected in 7 (27%) women who take drugs and among men, it was not found the depressive syndrome, connecting with data from Oliveira et al. that in 2012, his study about “self-reported depression” found higher prevalence of depression among women and for each man, 6.3 women had experienced depression.

Therefore, memory impairment and depression in elderly are some of the giants of geriatric, i.e., cerebral insufficiency.

Referred to the basic daily life activities (AVD), it was found in 1 (3.85%) medical record the need for aid in AVD and the remaining 25 (96.15%) do not mention any need. While for instrumental activities in daily life (AIVD), 16 (61.54%) women are independent and 5 (19.23%) women depend on some kind of aid, and the 5 (19.23%) men are independent. Data is in disagreement with the research done by Villas Boas et al. in 2012 with 12 elderlies in Botucatu – SP, which found a high degree of dependence by the researched elderly, resulting in 67% for AVD and 85% for AIVD. When the elderly shows a compromising of his/her functionality to do AVD or AIVD, it represents suggestive signs for the development of some geriatric syndromes.

Concerning physical mobility, 3 (11.54%) women present difficulties and need some kind of assistance to walk, as a walker or somebody who is near. Men, however, do not show any type of problem related to mobility. In this way, the Demographic Census of 2000, according to information of the National Survey for Household Sampling (PNAD) 2003, women reported more functional disabilities compared to men (BRAZIL, 2014).

As hospitalization, it was seen that 2 (7.69%) of the elderlies were hospitalized in the last year, reminding that the researched population has a private health plan; research data is below expected for both genders, when compared to hospitalization data of public health system (SUS) in 2011 by Regional Health Unit of Cascavel, which showed 19.5% of elderly hospitalization (CASTRO et al. 2013).

Related to Urinary Incontinence (UI), 13 women (50%) and 1 man (3.85%) reported UI. “The prevalence of urinary incontinence (UI) is higher in women than in men […], it is estimated that among the elderly, this prevalence is approximately 10 to 15% among men and 20 to 30% among women” (BRAZIL, 2007a p. 88).

Thus, 14 (53.85%) of the elderlies presented the geriatric syndrome of urinary incontinence.

Therefore, the major geriatric syndromes that affected the elderly patients who attended the department of preventive medicine of a private health plan in Cascavel-PR were in women, 10 (38.46%) iatrogeny, cerebral failure to discover; 4 (15.38%) memory impairment and 7 (27%) depression; 3 (11.54%) immobility; 10 (38.46%) postural instability and 13 (50%) urinary incontinence. Among men, 2 (7.69%) iatrogeny, cerebral failure to discover, 1 (3.85%) memory impairment, 1 (3.85%) postural

instability and 1 (3.85%) urinary incontinence.

CONCLUSION

It is concluded, with this research, that the major geriatric syndromes is a relevant topic nowadays, and the carry out of this study has shown itself important and timely for health professionals. This is a positive moment in the care of elderlies' health, and according to recommendation of the Ministry of Health to health managers in relation to care, the priorities must cause an impact over the health situation of this part of the population.

According to the theme addressed, it was noticed that the syndromes happen for several reasons, and the error can happen for negligence from either parts, professionals or family, in accepting a syndrome as a normal part of aging. Observing the changes in the elderly habits, can be showing that behaviors connected to one or more syndromes are beginning and they can be harming their quality of life.

Therefore, it is relevant to adopt actions from programs that health managers and interdisciplinary teams offer, in order to suit the necessary care.

It is important that the professionals know the routine, life habits and diseases in which the elderly is being evaluated, as well as signs and symptoms of Geriatric Syndromes, to provide the necessary care for this part of the population.

Keywords: Elderly; Major Geriatric Syndromes; Nursing.

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ELDERLIES AFFECTED BY MAJOR GERIATRIC SYNDROMES

ABSTRACT: The aim of this research was to identify the prevalence of major geriatric syndromes in elderly patients who attended the department of preventive medicine of private health plan from Cascavel – PR, as well as to describe their profile and correlate with the type of geriatric syndrome. A descriptive research was chosen, in which data was collected from the elderly medical records. Data collection instrument was based on 18 questions. The elderly records who attended the medicine department from May to August 2014 were studied. There were 26 surveyed records from elderly of both genders, aged between 60 and 88 years. The prevalence was 21 females (80.77%) and 5 males (19.23%). Related to the Major Geriatric Syndromes, Cerebral failure was found, in which both, depression and memory complaints were highlighted in women; there was iatrogeny in 12 (46,15%) of the elderly studied; immobility in 3 (11,54%) women; Postural instability in 11 (42,3%) elderly and Urinary Incontinence in 14 (53,85%) of elderly of both genders. It is highlighted the seriousness of the actions and programs that health managers and the interdisciplinary team must adopt in their working process, aiming to adjust the necessary care; once it is important for them to know the routine, life habits and the diseases in which the elderly is being evaluated, as well as signs and symptoms of Geriatric Syndromes, to provide the necessary care for this part of the population.

Keywords: Elderly; Major Geriatric Syndromes; Nursing.

ÂGÉES AFFECTÉ PAR LES GRANDS SYNDROMES GÉRIATRIQUES

RÉSUMÉ: Cette étude vise à déterminer la prévalence des grands syndromes gériatriques chez les patients âgés qui ont été assistés par le service de médecine préventive de l'assurence santé privée dans la ville de Cascavel au Paraná, et à décrire leur profil en corrélation avec le type de syndrome gériatrique. L'étude descriptive a été choisie et les données ont été recueillies à partir des dossiers médicaux des personnes âgées. L'instrument de collecte de données est composée de 18 questions, et les dossiers des personnes âgées qui ont été accompagnées par le département de médecine de Mai à Août 2014, ont été vérifiés. Les dossiers recherchés ont totalisé 26 (100%) des personnes âgées des deux sexes, âgés de 60 à 88 ans. La prévalence a été de 21 femmes (80,77%) et 5 hommes (19,23%). Par rapport aux Grands Syndromes Gériatriques , nous avons

trouvé l'Insuffisance Cérébrale qui comprenait à la fois la dépression et troubles de la mémoire plus évidente chez les femmes, Iatrogénie chez 12 (46,15%) des personnes âgées, Immobilité chez 3 (11,54%) femmes, Instabilité Posturale chez 11 (42,3%) des personnes âgées et l'Incontinence Urinaire chez 14 (53,85%) des personnes âgées des deux sexes . Il est mise en évidence la sériosité des actions et des programmes que les gestionnaires de la santé et des équipes interdisciplinaires doivent adopter dans leur processus de travail afin d'ajuster les soins nécessaires et il est important que les professionnels connaissent la routine, style de vie et les maladies des personnes âgées en cours d'évaluation, ainsi que les signes et les symptômes de Syndromes Gériatriques, à fournir des soins complets à cette population.

Mots-clés: Personnes âgées; Les Grands Syndromes Gériatriques; Nursage.

ANCIANOS ACOMETIDOS POR LAS GRANDES SINDROMES GERIÁTRICAS

RESUMEN: Este estudio tuvo como objetivo identificar la prevalencia de las principales síndromes geriátricas en los pacientes ancianos que frecuentaron el departamento de medicina preventiva del plan de salud privado en la ciudad de Cascavel / PR, así como describir el perfil de la misma y se correlacionan con el tipo de síndrome geriátrica. Se ha elegido la investigación descriptiva, los datos se obtuvieron de los registros médicos de los ancianos. El instrumento de recolección de datos consistió en 18 preguntas, fueron investigados los registros de los ancianos que llevó a cabo el monitoreo de mayo a agosto de 2014 en el departamento de medicina. De los registros médicos investigados totalizan 26 (100%) de los ancianos de ambos los sexos, con edades de 60 a 88 años. La prevalencia fue de 21 mujeres (80,77%) y 5 (19.23%) fueron varones, con relación a las Gran Síndromes Geriátricas fue encontrado insuficiencia cerebral que incluía tanto la depresión y el deterioro de la memoria más evidente en las mujeres, en Iatrogenia en 12 (46,15%) de las personas mayores, la inmovilidad en 3 (11,54%) mujeres, inestabilidad postural en 11 (42,3%) ancianos y la incontinencia urinaria en 14 (53,85%) de los ancianos de ambos sexos. Se pone de relieve la gravedad de las acciones y programas que los administradores de salud y equipos interdisciplinarios deben adoptar en su proceso de trabajo con el fin de ajustar el cuidado necesario y es importante que los profesionales conocen la rutina, estilo de vida y las enfermedades ancianos que están siendo evaluados, así como los signos y síntomas de los síndromes geriátricos, para la atención integral a esta población.

Palabras Clave: Ancianos; síndromes geriátricos; grandes Enfermería.

IDOSOS ACOMETIDOS PELAS GRANDES SÍNDROMES GERIÁTRICAS

RESUMO: Objetivou identificar a prevalência das grandes síndromes geriátricas nos pacientes idosos que frequentaram o departamento de medicina preventiva de plano de saúde privado do município de Cascavel/PR, bem como descrever o perfil dos mesmos e correlacionar com o tipo de síndrome geriátrica. Optou-se pela pesquisa descritivas, os dados foram coletados nos prontuários dos idosos. O instrumento para a coleta de dados foi constituído de 18 questões, foram pesquisados os prontuários dos idosos que realizaram acompanhamento de maio a agosto de 2014 no departamento de medicina. Dos prontuários pesquisados totalizaram 26 (100%) dos idosos de ambos os sexos, com idade entre 60 e 88 anos. A prevalência foi do sexo feminino 21 (80,77%) e 5 (19,23%) do sexo masculino, em relação as Grandes Síndromes Geriátricas foi encontrado Insuficiência Cerebral que englobou tanto depressão quanto comprometimento da memória mais evidenciada nas mulheres, Iatrogenia em 12 (46,15%) dos idosos estudados, Imobilidade em 3 (11,54%) mulheres, Instabilidade Postural em 11 (42,3%) idosos e Incontinência Urinária em 14 (53,85%) dos idosos de ambos os sexos. Destaca-se a seriedade das ações e programas que os gestores de saúde e as equipes interdisciplinares devem adotar no seu processo de trabalho, a fim de adequar os cuidados necessários, sendo importante que os profissionais conheçam a rotina, hábitos de vida e as doenças do idoso que está sendo avaliado, bem como os sinais e sintomas das Síndromes Geriátricas, para prestar um cuidado integral a esta parcela da população.

Palavras-chave: Idosos; Grandes síndromes geriátricas; Enfermagem.