66 - INCIDENCE OF ELDERLY HYPERTENSIVE WITH FUNCTIONAL CAPACITY ALTERED THROUGH KATZ'S FORMULA

ANA PAULA ARAÚJO VIANA ALENCAR
OCILMA BARROS DE QUENTAL
GEANE SILVA OLIVEIRA
LARICE COSTA LOURENÇO
ANKILMA DO NASCIMENTO ANDRADE FEITOSA
Faculdade Santa Maria, Cajazeiras, Paraíba, Brasil
ankilmar@hotmail.com

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INTRODUCTION

The increase in longevity is changing society in a much deeper way than the simple growth of the elderly section of the population. The population is aging rapidly without enjoying the conditions that could provide a successful aging, for the aging to be a positive experience, to come together with ongoing opportunities for health, social participation, security and good functional capacity. (FREITAS; QUEIROZ; SOUSA, 2010).

With the growing number of elderly, factors to prolong life expectancy and tools that facilitate early diagnosis for a quality of life (QF) are required. Chronic conditions significantly compromise the QF of elderly, causing them to become incapacitated of performing their Activities of Daily Living (ADLs), among these conditions Systemic Arterial Hypertension (SAH). High blood pressure can start early, according to Lopes, Lopes and Martinelli (2014), 3% of children and teenagers face this problem. However, she tends to "settle" between 30 and 50 years and has more risk of developing depending on the age. According to Ministry of Health (MH), the rate of patients aged between 18 and 24 years is 8% versus 50% for the age group of 55 years. The diagnosis is higher in women (25.5%) than in men (20.7%) (Sabino 2013).

This population needs, care, and therefore, the study aims to investigate the incidence of hypertensive elderly patients with altered functional capacity.

METHOD

It is about a survey field, of a descriptive kind with a quantitative approach. The study took place in the Pio X Basic Health Unit, District of Umari-CE. This city is located in the southern region of the state of Ceará and has a population of 7562 inhabitants, where 879 are elderly. At Pio X BHU there are 119 registered elderly, where 99 are hypertensive.

It was adopted as criteria for inclusion of the elderly, which according to the World Health Organization (WHO) are people with 60 years or older, of either sex with any level of education, with ability to interact with the researcher, having guidance on the lucid and appropriate responses to the instrument for data collection and voluntarily agreed to participate by signing the Free Informed Consent Form (ICF). They were residents in the district and registered in Pio X BHU with diagnoses of Systemic Arterial Hypertension. The population consisted of 46 elderly and the sample was 46 that fit in the inclusion criteria.

Data collection was performed from the completion of the socio-demographic data form and the evaluation form in daily living activities grounded in the Katz Formula, during the months of April and May of 2014, after the project had been approved by the Committee of Ethics in Research (CER) from Santa Maria University (SMU), according to CAAE: 32362614.2.0000.5180.

The analyzes were performed using SPSS (version 21). It was used descriptive techniques of central tendency (mean), dispersion (standard deviation), frequency and percentage. As inferential analyzes, Pearson correlations, t test and ANOVA were used. Throughout the study process it was considered the ethical aspects of research with human beings, established in the Resolution No. 466/12 of the National Health Council (NHC) in effect in the country (BRAZIL, 2012).

RESULTS

The sample presented a majority of women (60.9%) and a minority who studied up to the college education (2.2%). Most of them declared married (67.4%), not living alone (91.3%) and have children (95.7%) (chart 1). The average age was 70.43 years (DP = 9.92).

Chart 1. Description of demographic data

		F	%
Sexo	Male	18	39,1
	Female	**28**	**60,9**
Schooling	illiterate	20	43,5
	Basic education	**23**	**50,0**
	High school	2	4,3
	College education	1	2,2
Marital status	Single	5	10,9
	Married	**31**	**67,4**
	Widow	10	21,7
Live alone	Yes	4	8,7
	No	**42**	**91,3**
Have children	**Yes**	**44**	**95,7**
	No	2	4,3

Source: Data Collection, 2014.

According to Zaitune (2006) women usually have a greater perception of diseases are more likely to self-care and seek more medical care than men, which would tend to increase the probability of having hypertension diagnosed. Nasri (2008) corroborates that women live longer than men in almost all parts of the world.

Due to various factors, aging is experienced by women in different ways, but the vulnerability is present in many aspects, often harming the way of facing this stage of life, which should be the most pleasant. There is also the fact that, for many elderly women, there is a lack of pofressional prospects, because many have spent their entire existence in terms of caring for their children and their houses, and those looking forward to enter the job market virtually achieve nothing, other than repeating

what they have always done in life: caring for others (LIMA, 2009).

Men are more vulnerable to diseases, serious and chronic illnesses and die earlier than women, however the vulnerability of men's health has been little addressed and discussed in researches and public health policies, which ultimately result in a poor attention from health services. Thus, it is clear that the male population engaged in cultural moorings have been rarely addressed by health actions and this has contributed to increased morbidity and mortality among males (Silva, 2013).

As for schooling, Alves; Leite and Machado (2008) addressing this context support the idea that this result from the lower offer of educational placement opportunities for people in the past, mainly women who exclusively owned domestic activities in the detriment of their security and financial independence.

Referring to marital status and with whom they live, it was observed that most are married and live together. According to Ramos (2002) the positive effects of social support are associated with the use of different types of support provided by the family (emotional or functional). Specifically in the presence of social supports it is expected from elderly people to feel themselves loved and safe to deal with difficulties.

Analyzing these factors together, it can be assumed that the absence of family members can have a negative impact on the health of the elderly, meaning discouragement and commodity in the abilities to perform daily activities. It is observed that the presence of a child acts to stimulate the continuation of a healthy and independent life.

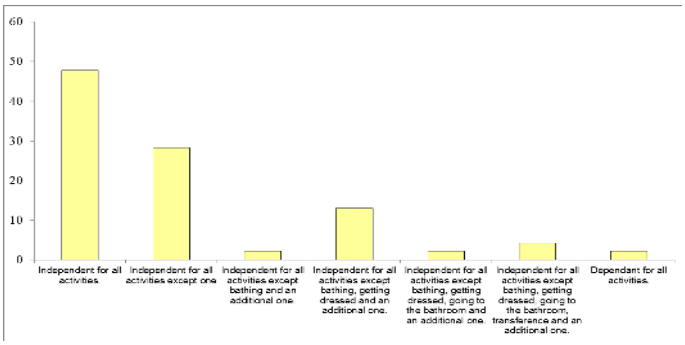
As for Katz's formulas, the majority (47.8%) remained as independent for all activities (A), followed by independent for all activities except one (B) (28.3%). These results are presented in Graph 1 and Chart 2.

Tabela 2. Description of Katz's formula

		F	%
A	**Independent for all activities.**	**22**	**47,8**
B	Independent for all activities except one	13	28,3
C	Independent for all activities except bathing and an additional one.	1	2,2
D	Independent for all activities except bathing, getting dressed and an additional one.	6	13,0
E	Independent for all activities except bathing, getting dressed, going to the bathroom and an additional one.	1	2,2
F	Independent for all activities except bathing, getting dressed, going to the bathroom, transference and an additional one.	2	4,3
G	Dependant for all activities.	1	2,2

Source: Data collection, 2014.

Graph 1. Description of Katz's formula.



Source: Data collection, 2014.

Graph 01 shows that 47.8% of participants were classified as independent for all activities (A); 28.3%, independent for all activities except one (B); 2.2%, Independent for all activities except bathing and an additional one (C); 13.0% were classified as Independent for all activities except bathing, getting dressed and an additional one. (D); 2.2% Independent for all activities except bathing, getting dressed, going to the bathroom and an additional one. (E); 4.3% Independent for all activities except bathing, getting dressed, going to the bathroom, transference and an additional one. (F) and 2.2% dependent for all activities (G).

Although several studies stressing the increasing dependence of the elderly, to perform the basic activities of life (Caldas, 2003), data from the present study showed the participants as functionally independent. Ramos 2013 further reinforces the recommendation that addiction should not be seen as a state of permanent nature, but rather as a dynamic process. In this sense, it can be modified, reduced and even prevented, as long as there is a suitable environment and adequate assistance.

In the elderly considered independent for all activities except one, it was highlighted the urinary incontinence is defined as "complaint of any involuntary leakage of urine ', can affect people of all ages. According to Leroy in 2012 there is a high proportion of women with urinary leakage when coughing or sneezing. This fact differs from previous studies that have shown little effect on daily life.

CONCLUSIONS

More and more the subject of aging with dependency have been approached in developed countries. The study shows that the reduction in functional capacity is related to the interaction of multidimensional factors, which include related physical and mental health issues, behavioral aspects and social determinants of health. The results showed that most of the elderly population is considered independent, but need a special look, that must be individual and directed to meet the needs of older people without taking from them the right to do for themselves what they are capable of performing alone. This indicates the need for further studies and preventive measures to reduce the decreased ability of activities of daily living.

The dependence of an elderly family member generates impact on the dynamics, in the household economy and the health of family members who deal with care. On the other hand, it is necessary to think of the elderly who have no family to take the necessary precautions in situations of dependency. The dependency should be highlighted as a dynamic process. The study

indicates that functional disability is a strong early morbidity in the senile population, where this reduction may be associated with various multidimensional factors, which include physical, mental health and quality of life.

This indicates the need for further studies and preventive measures to reduce the decreased ability of activities of daily living. The Family Health Program may be an effective strategy to face this challenge, making the elderly seek their active longevity, with greater autonomy. But for this it would be necessary that the issue of care for dependent elderly was built specifically for the program, including provision of funding of actions and establishing a network of institutional support, which has not yet been done. The informal caregiver could and should be seen as a health worker and receive focused guidance to provide adequate elderly care, including preventive measures to avoid early and specific dependence on the care of the dependent elderly who ages in the community.

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Rua: Sousa Assis, 78, Centro. Cajazeiras-PB.
CEP: 58900-000.

INCIDENCE OF ELDERLY HYPERTENSIVE WITH FUNCTIONAL CAPACITY ALTERED THROUGH KATZ'S FORMULA

ABSTRACT

Objective: To investigate the incidence of elderly hypertensive patients with impaired functional capacity. Method: Field research, the descriptive type with quantitative approach. The study took place in the Pio X Basic Health Unit, District of Umari-CE. Participating in the study there were 46 elderly who fit the inclusion criteria. Data collection was performed from the completion of the socio-demographic data form and the evaluation form in daily living activities grounded in the Katz Formula, were analyzed using SPSS (version 21) described and presented in charts. The project was approved by the Committee of Ethics in Research from Santa Maria University (according to CAAE: 32362614.2.0000.5180. Results: The sample showed mostly female 60.9%, 67.4% are married, not living alone 91.3% and 95.7% have children. As for Katz formula 47.8% came as independent for all activities, followed by independent for all activities unless one 28.3%. Conclusion: The results showed that most of the elderly population is considered independent, but need a special look, that must be individual and directed to meet the needs of older people without taking from them the right to do for themselves what they are capable of performing alone. This indicates the need for further studies and preventive measures to reduce the decreased ability of activities of daily living.

KEYWORDS: Elderly; hypertensive; Altered functional capacity.

IMPLICACIONES HYPERTENDUS DE EDAD AVANZADA CON CONTENIDOS MODIFIE CAPACITÉ FONCTIONNELLE KATZ.

RÉSUMÉ

Objectif: étudier l'incidence des patients hypertendus âgés atteints de la capacité fonctionnelle réduite. Méthode: La recherche de terrain, le descriptif à l'approche quantitative. L'étude est fixé à l'unité de santé de base Pie X, District de CE-Umari. Participants à l'étude étaient 46 personnes âgées qui répondent aux critères d'inclusion. Les données obtenues à partir de la forme socio-démographique et de l'évaluation dans la vie quotidienne à la terre dans les activités de la feuille Index Katz ont été analysées à l'aide de SPSS (version 21) décrits et présentés dans le tableau. L'étude a été approuvée par le Comité d'éthique de la Faculdade Santa Maria, comme CAAE: 32362614.2.0000.5180. Résultats: L'échantillon avait surtout des femmes de 60,9%, 67,4% sont mariés, ne vivent pas seuls 91,3% et 95,7% ont des enfants. Katz et index 47,8% sont venus comme indépendant pour toutes les activités, suivi par indépendante pour toutes les activités, sauf si un 28,3%. Conclusion: Les résultats ont montré

que la plupart de la population âgée est considéré comme indépendant, mais a besoin d'un look spécial, cette personne devrait être adaptée pour répondre aux besoins des personnes âgées sans les prendre le droit de faire pour vous ce que vous êtes capable d'effectuer seul. Cela indique la nécessité de poursuivre les études et les mesures préventives pour réduire la diminution de la capacité des activités de la vie quotidienne.

MOTS-CLÉS: Seniors; hypertensive; Altered capacité fonctionnelle.

IMPLICACIONES DE HIPERTENSOS DE EDAD AVANZADA CON CAPACIDAD FUNCIONAL DE CONTENIDOS MODIFICADA POR KATZ.

RESUMEN

Objetivo: Investigar la incidencia de pacientes hipertensos de edad avanzada con deterioro de la capacidad funcional. Método: La investigación de campo, la descriptiva con enfoque cuantitativo. El estudio se establece en la Unidad Básica de Salud Pío X, Distrito de CE-Umari. Los participantes del estudio fueron 46 las personas mayores que se ajusten a los criterios de inclusión. Los datos obtenidos de la forma socio-demográfica y la evaluación en la vida diaria basada en las actividades de la hoja de Katz Index fueron analizados utilizando el programa SPSS (versión 21) describen y se presentan en la tabla. El estudio fue aprobado por el Comité de Ética de la Facultad de Santa María, como CAAE: 32362614.2.0000.5180. Resultados: La muestra tenía en su mayoría mujeres el 60,9%, el 67,4% están casados, no viven solas el 91,3% y el 95,7% tienen hijos. Katz y el índice de 47,8% vinieron como independiente para todas las actividades, seguida de independiente de todas las actividades a menos que uno 28,3%. Conclusión: Los resultados mostraron que la mayoría de la población de edad avanzada se considera independiente, pero necesita una mirada especial, esa persona debe estar orientada a satisfacer las necesidades de las personas mayores sin tener el derecho a hacer por ti mismo lo que eres capaz de realizar solo. Esto indica la necesidad de realizar más estudios y medidas preventivas para reducir la disminución de la capacidad de las actividades de la vida diaria.

PALABRAS CLAVE: Mayores; hipertensiva; Alteración de la capacidad funcional.

INCIDÊNCIA DE IDOSOS HIPERTENSOS COM CAPACIDADE FUNCIONAL ALTERADA POR MEIO DE ÍNDICE DE KATZ.

RESUMO

Objetivo: Investigar a incidência de idosos hipertensos com capacidade funcional alterada. Método: pesquisa de campo, do tipo descritiva com abordagem quantitativa. O estudo teve como cenário a Unidade Básica de Saúde Pio-X, distrito de Umari-CE. Participaram do estudo 46 idosos que se enquadram nos critérios de inclusão. Os dados obtidos, a partir da ficha de dados sócio-demográficos e do formulário de avaliação das atividades de vida diária embasado no Índice de Katz, foram analisados no SPSS (versão 21) descritos e apresentados em tabela. A pesquisa foi aprovada pelo Comitê de Ética em Pesquisa da Faculdade Santa Maria, conforme CAAE: 32362614.2.0000.5180. Resultados: a amostra apresentou maioria do sexo feminino 60,9%, os casados são 67,4%, não moram sozinhos 91,3% e tem filhos 95,7%. Quanto aos índices de Katz 47,8% apresentaram-se como independentes para todas as atividades, seguido por independentes para todas as atividades menos uma 28,3%. Conclusão: os resultados evidenciaram que a maioria da população idosa é considerada independente, mas necessita de um olhar especial, que deve ser individual voltado a atender as necessidades dos idosos sem tirá-los o direito de fazer por si mesmo o que são capazes de realizar sozinhos. Isso indica a necessidade de mais estudos e medidas preventivas para reduzir a diminuição da habilidade das atividades de vida diária.

PALAVRAS-CHAVE: Idosos; Hipertensos; Capacidade funcional alterada.