01 - FUNCTIONAL AUTONOMY ASSESSMENT IN ELDERLY PEOPLE ATTENDING THE ACADEMY IN MURICI-ALAGOAS MUNICIPALITY

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Introduction

According to the World Health Organization the Third Age is considered the age of 60. The Brazilian legislation adopted the same orientation. According to the United Nations (UN), Brazil will be by the year 2025, the sixth most aged country in the world. With a projected population by the Brazilian Institute of Geography and Statistics (IBGE), of 219,346,505 inhabitants, of which 30,265,658 inhabitants will be aged over 60 years. Physical education for the elderly involves other areas, seeking a multidisciplinary work. Exchanges of information and knowledge favor the achievement of the proposed goals and the best conduct of activities for this age group. The physical activity of work must be adapted to the elderly in order to reach their aspirations, needs and their physical condition. Regular physical activity promotes behavior change, which could provide social transformations (LOPES, MA and Siedler, MJ, 1997).

The decrease in functional capacity is due largely hypokinetic diseases, or diseases caused by physical inactivity. In this process, the functional autonomy, also known as functional capacity, it shows one of the most relevant concepts in relation to health, fitness and quality of life. To study these concepts, a group of researchers from the Biosciences Human Castelo Branco University Motricity Laboratory (LABIMH), formed by teachers and students of the Master course of this that institution, founded the Latin American Development Group for Maturity (GDLAM) (Dantas et al., 2004), which is characterized as a Civil Society Organization of Public Interest (OSCIP), legally constituted and filed with the registration number 11624, on 11/05/2004. According to GDLAM, autonomy is defined in three ways: autonomy of action - referring to the notion of physical independence; will of autonomy - referring to the possibility of self-determination; and autonomy of thought - that allows the individual to judge any situation, from which one can conclude that autonomy can not be defined in only one aspect, angle or a unique perspective.

On the other hand, the same group defines independence as the capacity to perform tasks without assistance, whether of people, devices or systems (Dantas, 2004). Therefore, autonomy is associated with the decline in ability to perform activities of daily living (ADL) and the gradual reduction of duties. Thus, the theme of this study, came up in order to assess the level of functional independence of the elderly who attend Murici People's Academy, inside of Alagoas

Methodology

The study of the functional autonomy, is characterized by a quantitative method of the comparative type, transverse and descriptive matrix reflections by Gressler (2004) as a means used to describe existing phenomena present situations, identifying compare problems and evaluate other They are developing in similar situations and problems in order to clarify situations for future plans and decisions.

The test was conducted with seniors in the age groups between 60 (sixty) and 69 (sixty nine) years of age, of both sexes in the People's Academy in Murici municipality in Alagoas. The protocol chosen for the study was Latin American Development Group for Maturity - GDLAM (Dantas, 2004), already validated, which consists of making five tests, characterized by questions needed to assess functional autonomy in the performance of physical activities daily life. For the tests basic materials were used, respecting the protocol as: 01 (one) support without chair arms with 50 cm high from the ground to the seat, one (01) mat, two (02) cones, one (01) timer and 01 (one) tape.

Before applying each test was given a theoretical explanation and made a practical demonstration of the procedure to be followed. As inclusion criteria, the sample should have the individuals aged 60 years, be physically fit to perform the battery of tests selected to assess the functional autonomy and be independent in the performance of daily physical activity. The tests were: Walk 10 meters (CM10M), getting up from the prone position (LPDV), sit down and get up from the chair and move around the house (LCLC) and get up from a sitting position (LPS) .

Procedure

The procedure initiated by a request that authorizes the use of the open space of the popular gym in the city hall, then the elderly were informed about the purpose of the study, the research procedures, in addition to presentation of the consent term It was signed by them.

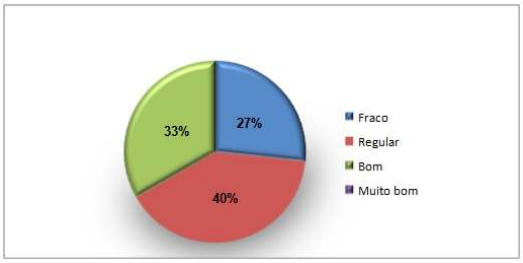
In the test Walk 10 meters (CM10M), we used a chair with armrests, with the seat at a height of 50 cm, a timer to mark the time spent in this activity, and a measuring tape to measure distance to be traveled. In the test rise from the prone position (LPDV), a mat for the participants lie and a stopwatch was used to measure the time spent in the activity where the rated starting from the initial position in the prone position on the right hand, the command "as" stand up, standing up, as quickly as possible. Already in the test sit and get up from the chair and move around the house (LCLC), with a fixed seat on the ground, due, mark two cones diagonally to the chair, at a distance of four meters back and three meters to the right and left sides of this, where the individual begins the test sitting in the chair with your feet off the ground; the signal "go", he gets up, moves to the right, the circulating cone, returns to the chair, sits down and takes both feet off the ground. Finally the test stand up from a sitting position (LPS), which consists of the individual starting from a sitting position in a chair without armrest, with the seat at a distance of 43-50 cm from the ground, rises and sits five times consecutively.

Results

Data were recorded and arranged in tables and graphs for better visualization and understanding from everyone about what was done. analyzed statistics and discussed form the light of the relevant literature on the theme.

With regard to the test walk 10 meters, 15 elderly subjects, according to the Latin-American Development Group protocol for Maturity (GDLAM). The results showed that the majority, 40% of the evaluated obtained regular income, while 33% were considered good result, another 27% had poor outcome. Noting that none of the patients included achieved results as very good. It can be seen then, that most of the tested elderly obtained, a regular result. (Graph 1)

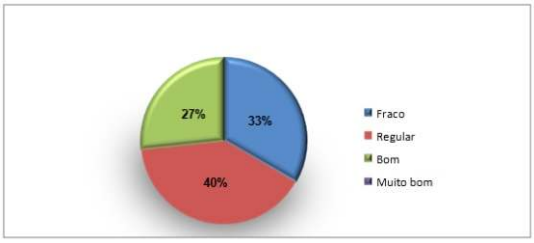
Graph 01 - Walk Test of 10 Meters Rating



Source: Data collected by the authors

As regards the test to get up from a sitting position, the 15 elderly subjects, according to the Latin American Development Group protocol to Maturity (GDLAM). The results showed that the majority, 40% of the evaluated obtained regular income, while 33% had results considered weak, another 27% obtained a good result. Noting that none of the patients included achieved results as very good. It can be seen then, that most of the tested elderly obtained, a regular result. (Gráfico2)

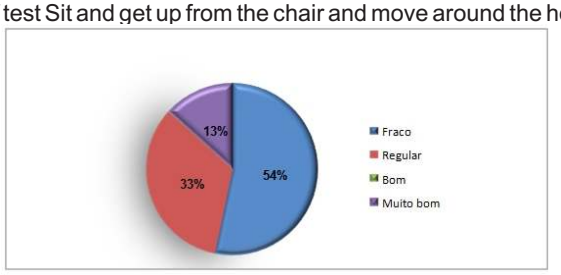
Figure 02 - Test Evaluation Getting up from the prone position



Source: Data collected by the authors

With regard to the test get up from the prone position, the 15 elderly subjects, according to the Latin American Development Group protocol to Maturity (GDLAM). The results showed that the majority, 57% of the evaluated obtained results considered weak, while 33% were considered regular income, other 13% were very good result. Noting that none of the patients included achieved results as very good. It can be seen then, that most of the tested elderly obtained, a regular result. (Graph 3).

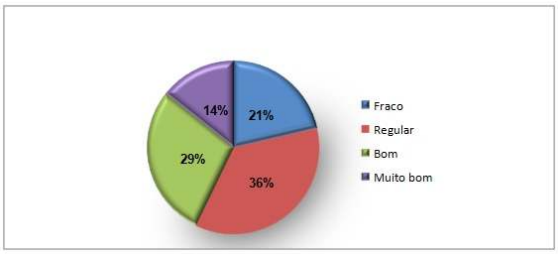
Graph 03 - Evaluation of test Sit and get up from the chair and move around the house



Source: Data collected by the authors

As regards the test to get up from the chair and locomove up the house, the 15 elderly subjects, according to the Latin American Development Group protocol to Maturity (GDLAM). The results showed that the majority, 36% of the evaluated obtained regular income, while 29% were considered good result, another 21% had poor results and the other 14% were the result as very good. We can see then that most seniors, tested obtained a regular result. (Chart 4).

Figure 04 - Test Evaluation Getting up from a sitting position



Source: Data collected by the authors

Discussion

By analyzing all arranged tests in the graphs above we see that the test 3, which concerns arising from the prone position, we obtained the least satisfactory result, with an index of 54% of the evaluated getting a result considered weak. But the result considered regular was obtained in the tests 1, which refers to walk ten (10) meters and test 2, up from sitting position, where both achieved 40%. The result was considered good obtained in test 1, walk ten (10 meters) which was achieved by 33% of the individuals. Finally the result as very good was obtained only in the test 4, up and walk around the house in which only 14% of the evaluated were successful in this test.

Conclusion

Guedes and Guedes (1995) believes that properly prescribed and targeted exercises play an important role in prevention, conservation and recovery of functional capacity of individuals, have a positive impact on your health.

It was concluded therefore that the tests used to assess the functional autonomy to carry out the activities of daily living ADL are important and reliable tools to measure the degree of functional autonomy of the elderly.

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ABSTRACT

The aim of this study was to evaluate the functional autonomy of 15 individuals aged 60 (sixty) and 69 (sixty nine) years, attending the popular Academy of Murici through a battery of tests developed by the Latino Development Group -American to Maturity (GDLAM). The tests consist of walking 10 meters (C10m), getting up from a seated position (LPS), getting up from the prone position (LPDV) and get up from the chair and walk around the house (LCLC). In which the elderly themselves available to participate in the test by signing a consent form, done that was marked the day for the realization of the same in Murici-AL municipal People's Academy. Implemented four tests, the elderly repeated twice for each test, thereby computing the best result in each of them. It was concluded therefore that the tests used to assess the functional autonomy to carry out the activities of daily living ADL are important and reliable tools to measure the degree of functional autonomy of the elderly.

KEYWORDS: Physical activity, functional autonomy and elderly.

ÉVALUATION L'AUTONOMIE FONCTIONNELLE DES PERSONNES ÂGÉES PARTICIPANT L'ACADÉMIE EN MURICI-ALAGOAS MUNICIPALITÉ

RÉSUMÉ

Le but de cette étude était d'évaluer l'autonomie fonctionnelle des personnes âgées de 60 à 15 (soixante) et 69 (soixante-neuf ans), assister à l'Académie populaire des Murici travers une batterie de tests mis au point par le Groupe de développement Latino -American à l'échéance (GDLAM). Les tests consistent à marcher 10 mètres (C10M), se lever d'une position assise (LPS), se lever de la position couchée (LPDV) et se lever de sa chaise et à pied autour de la maison (LCLC). Dans lequel les personnes âgées elles-mêmes disponibles pour participer à l'épreuve en signant un formulaire de consentement, fait qui a été marquée le jour pour la réalisation de la même dans Murici-AL municipale Académie populaire. Mis en œuvre quatre essais, les personnes âgées répétée deux fois pour chaque test, calculer ainsi le meilleur résultat dans chacun d'eux. Il a donc été conclu que les tests utilisés pour évaluer l'autonomie fonctionnelle pour mener à bien les activités de la vie quotidienne ADL sont des outils importants et fiables pour mesurer le degré d'autonomie fonctionnelle des personnes âgées.

MOTS-CLÉS: l'activité physique, l'autonomie fonctionnelle et les personnes âgées.

FUNCIONAL DE EVALUACIÓN DE LA AUTONOMÍA EN PERSONAS MAYORES QUE ASISTEN A LA ACADEMIA EN MURICI-ALAGOAS MUNICIPIO

RESUMEN

El objetivo de este estudio fue evaluar la autonomía funcional de 15 individuos de 60 (sesenta) y 69 (sesenta y nueve) años, asistiendo a la Academia popular de Murici a través de una batería de pruebas desarrollado por el Grupo de Desarrollo Latino -American al Vencimiento (GDLAM). Las pruebas consisten en caminar 10 metros (C10M), levantarse de una posición sentada (LPS), levantarse de la posición prona (LPDV) y se levanta de la silla y caminar alrededor de la casa (LCLC). En la que los ancianos estuvieron disponibles para participar en la prueba mediante la firma de un formulario de consentimiento, hecho que se marcó el día de la realización de la misma en la Academia Municipal Popular Murici-AL. Implementado cuatro pruebas, los ancianos repite dos veces para cada prueba, computación así el mejor resultado en cada uno de ellos. Se concluyó, por tanto, que las pruebas utilizadas para evaluar la autonomía funcional para llevar a cabo las actividades de la vida diaria ADL son herramientas importantes y fiables para medir el grado de autonomía funcional de los ancianos.

PALABRAS CLAVE: actividad física, autonomía funcional y de edad avanzada.

AVALIAÇÃO DA AUTONOMIA FUNCIONAL EM IDOSOS QUE FREQUENTAM A ACADEMIA POPULAR NO MUNICIPÍO DE MURICI-ALAGOAS

RESUMO

O objetivo do presente estudo foi avaliar a autonomia funcional de 15 idosos com idade entre 60 (sessenta) e 69 (sessenta e nove) anos, que frequentam a Academia popular de Murici, por meio de uma bateria de testes desenvolvidos pelo Grupo de Desenvolvimento Latino -Americano para a Maturidade (GDLAM). Os testes são compostos por caminhada de 10 metros (C10m), levantar-se da posição sentada (LPS), levantar-se da posição decúbito ventral (LPDV) e levantar-se da cadeira e locomover- se pela casa (LCLC). No qual os idosos, se disponibilizaram para participar dos testes assinando um termo de consentimento, feito isso foi marcado o dia para a realização do mesmo na Academia Popular do município de Murici-AL. Posto em pratica os quatro testes, os idosos repetiram por duas vezes cada teste, computando assim o melhor resultado em cada um deles. Concluiu-se, assim, que os testes utilizados para a avaliação da autonomia funcional, para a realização das atividades de vida diária AVD são ferramentas importantes e fidedignas na mensuração do grau da autonomia funcional do idoso.

PALAVRAS-CHAVE: Atividade física, autonomia funcional e Idosos.