

December 03-04, 2018
Amsterdam, NetherlandsMarina Morato Stival et al., J Nurs Health Stud 2018, Volume: 3
DOI: 10.21767/2574-2825-C5-015

NURSING DIAGNOSIS FRAGILE ELDERLY SYNDROME IN THE ELDERLY WITH CHRONIC DISEASES

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Objective: To evaluate the nursing diagnosis of fragile elderly syndrome in the elderly with chronic diseases.

Methodology: Quantitative, descriptive and cross-sectional study with 78 elderly patients with arterial hypertension and/or diabetes mellitus treated in primary care. We used a socio-demographic questionnaire, mini mental state examination, anthropometric data (weight and height), sarcopenia evaluation, body composition (bone densitometry), muscle strength (dynamometer) and functional performance evaluation (timed up and go-TUG). The nursing consultation was performed for the identification of the nursing diagnosis of the Fragile Elderly Syndrome of NANDA-I. The data were analysed in statistical software SPSS 20.0.

Results: The majority of the elderly were female, with a mean age of 68.8±6.0 years and low schooling. The majority of the elderly had associated hypertension and diabetes mellitus (53.9%), 80.8% were overweight, 44.9% had cognitive deficits, 7.7% had sarcopenia and 3.8% had severe sarcopenia. The most prevalent related factors were: previous falls (79.5%), sedentary lifestyle (48.7%) and alteration in cognitive function (44.9%). The defining characteristics were identified: 93.6% with impaired memory; 93.6% impaired physical mobility; 82.1% fatigue; 76.9% impaired walking; 53.8% self-care deficit for dressing; 43.6% activity intolerance; 35.9% social isolation; 30.8% hopelessness; 29.5% self-care deficit for food; 29.5% for bath; 12.8% for intimate hygiene and 10.3% decreased cardiac output.

Conclusion: Elderly individuals with risks for geriatric disabilities were identified. The identification of this diagnosis in the elderly in the primary care showed to be relevant when demonstrating a holistic approach of this elderly with chronic disease. This research is essential in view of the high prevalence observed mainly related to mobility and cognition. Nurses should be aware of the diversity of signs and symptoms involved in syndrome, as they may interfere with diagnostic accuracy and problems be judged in isolation rather than approaching a syndrome

Biography

Marina Morato Stival has completed her Nursing from Health Sciences and Technologies Program of the University of Brasilia, Brazil. Currently, she conducts research on the subject of Human Aging and has published more than 30 papers in national and international journals.

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