

VULNERABILITY IN INSTITUTIONALIZED SENIORS

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Introduction. In geriatrics, the term “vulnerability” or “pre-fragility” implies a multidimensional aspect, among which, multimorbidity, functional incapacity, cognitive and socio-economic problems in the elderly.

Key-words. vulnerability, VES-13, fragility syndrome, elderly.

Purpose. Assessment of the prevalence of vulnerability in institutionalized elderly in the context of fragility to identify valuable information indices.

Material and methods. The epidemiological study included 301 institutionalized elderly (72.95±0.36 years), fragility syndrome (FS) determined according to the screening Fried criteria, Groningen Index, vulnerability VES-13, respondents were examined according to Complex Geriatric Assessment (CGA) - Katz, Lawton, Tinetti, MMSE, Hamilton, MNA nutritional status. The results were analyzed in the Statistics 7 software program.

Results. Of the 301 elderly involved in the study according to the screening Fried criteria - robust elderly - 87(28.90%), pre-fragile(vulnerable) - 86(28.57%), fragile - 128 (42.52%). Pre-fragile showed the mean value of VES-13 - 5.46±0.32; according to CGA: autonomy – Katz score (11.16±0.13), Lawton (13.65±0.29), gait and balance Tinetti (22.08±0.50), cognitive status MMSE (25.51±0.28), Hamilton depression (5.01±0.39), MNA nutritional status (24.83±0.35), SPPB physical performance (8.44±0.31), Groningen (5.48±0.26). The average values of Lawton and Tinetti scores had direct correlations with the reduction of walking speed - $Rr = -0.42$; $p < 0.05$, respectively - $Rr = 0.55$; $p < 0.05$.

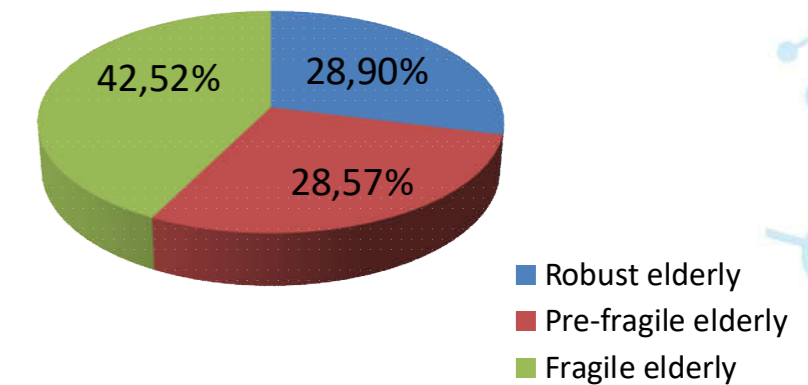


Figure 1. Graphical representation of frailty syndrome in the elderly

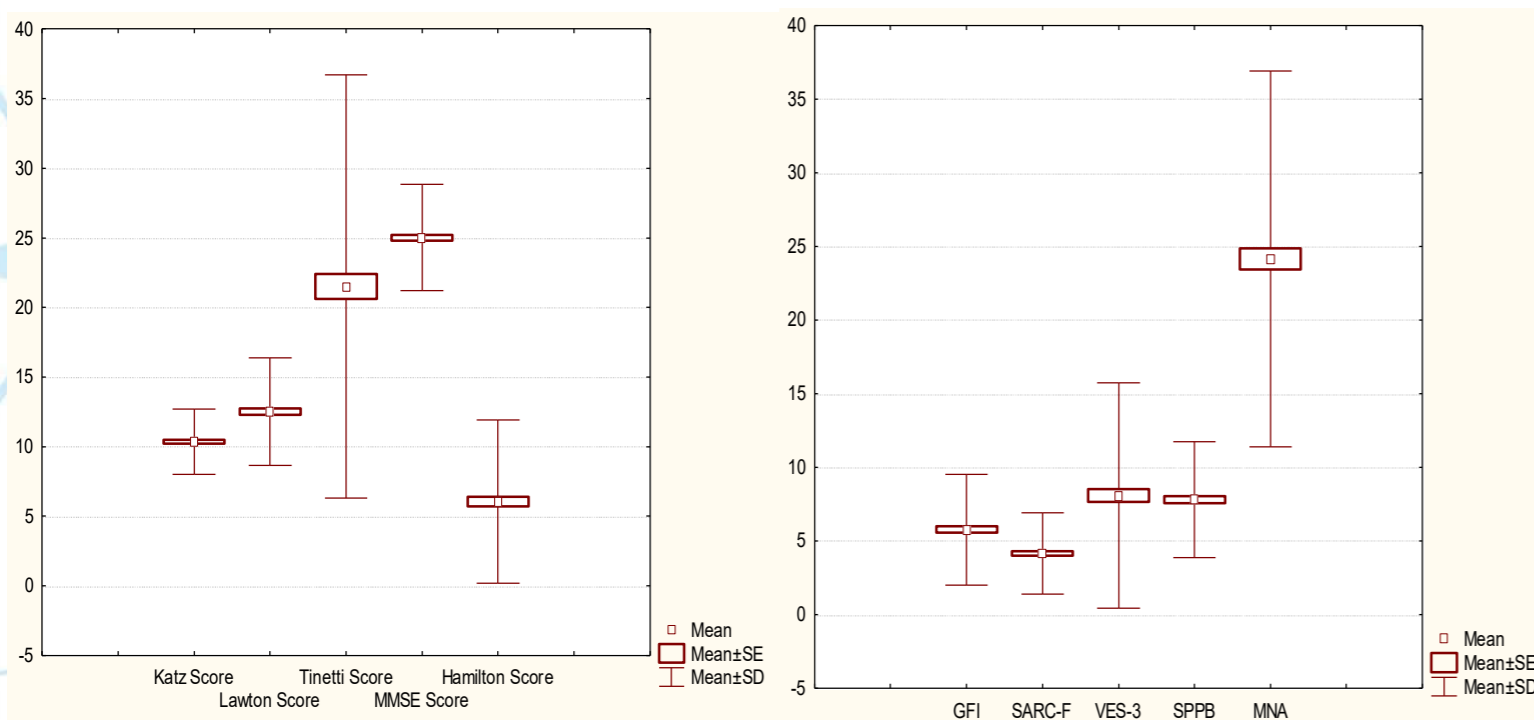


Figure 2 (a, b). Graphical representation of the mean values of the physical status assessment scores (CGA scores (a), GFI, SARC-F, VES-13, SPPB, MNA (b))

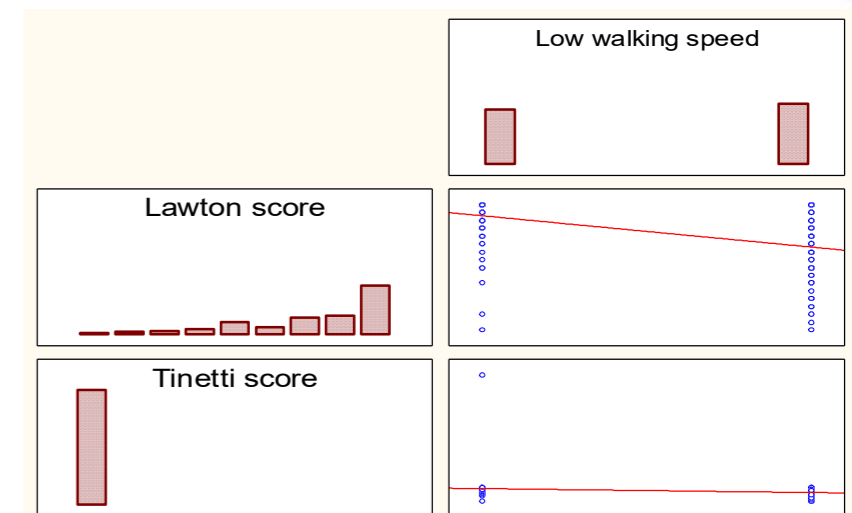


Figure 3. Graphical presentation of the correlation between Low walking speed of the elderly and functionality indicators

Conclusions. The results of the study reveal the most affected physical and emotional status due to vulnerability, which represents a high risk for health deteriorating during the aging process.