

VULNERABILITY IN THE ELDERLY, literature review

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

Keywords: vulnerability, VES-13, elderly.

Purpose. Systematization of data from the literature through the analysis of the concept and prevalence of vulnerability, assessed by the score VES-13 (Vulnerable Elders Survey-13) in the elderly.

Material and methods. Publications from the database GoogleSearch, PubMed, Hinari, etc. were analyzed. The information was systematized, highlighting the main aspects of the contemporary vision of the last 5 years.

Results. The degree of vulnerability is subject to a series of combinations of elements present in physical, social and programmed plan (Figure 2), vulnerability is seen as a multidimensional construction. According to this a series of studies (Brazil, USA, Europe, etc.) revealed a high prevalence of vulnerability in the elderly, it was estimated in respondents aged > 65 years, between 40-50% of cases were vulnerable people, with a score >3 points. The vulnerability of the elderly results from different conditions, correlated with each other, especially biological, social and genetic factors (Figure 1). There was a functional decline between 13 and 24% of cases, especially in the elderly over 75 years, and an association with health problems, low mobility and autonomy in over 50% of cases, with a poor quality of life and increased risk of institutionalization.

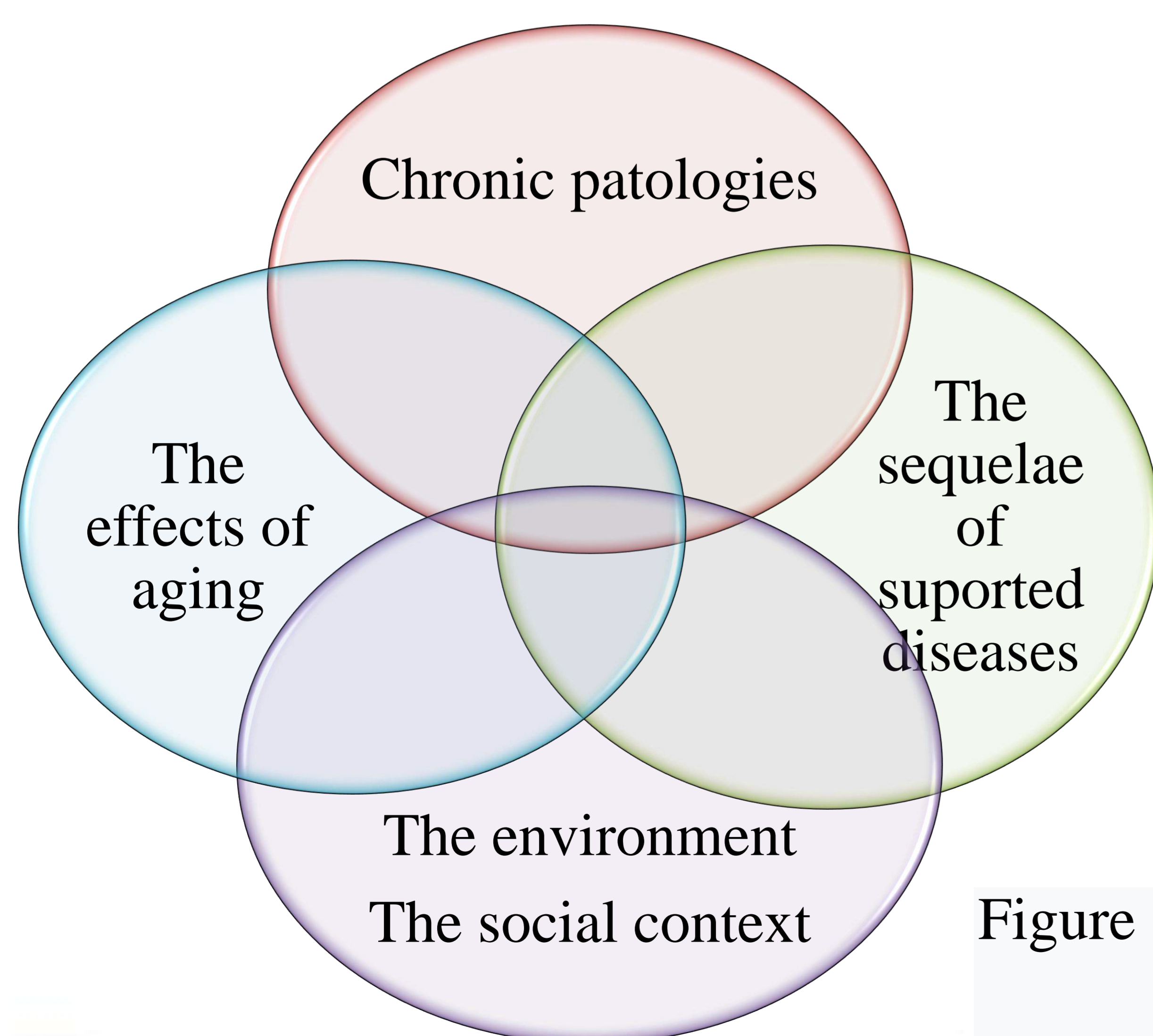


Figure 1. The multidimensional aspect of vulnerability in the elderly.

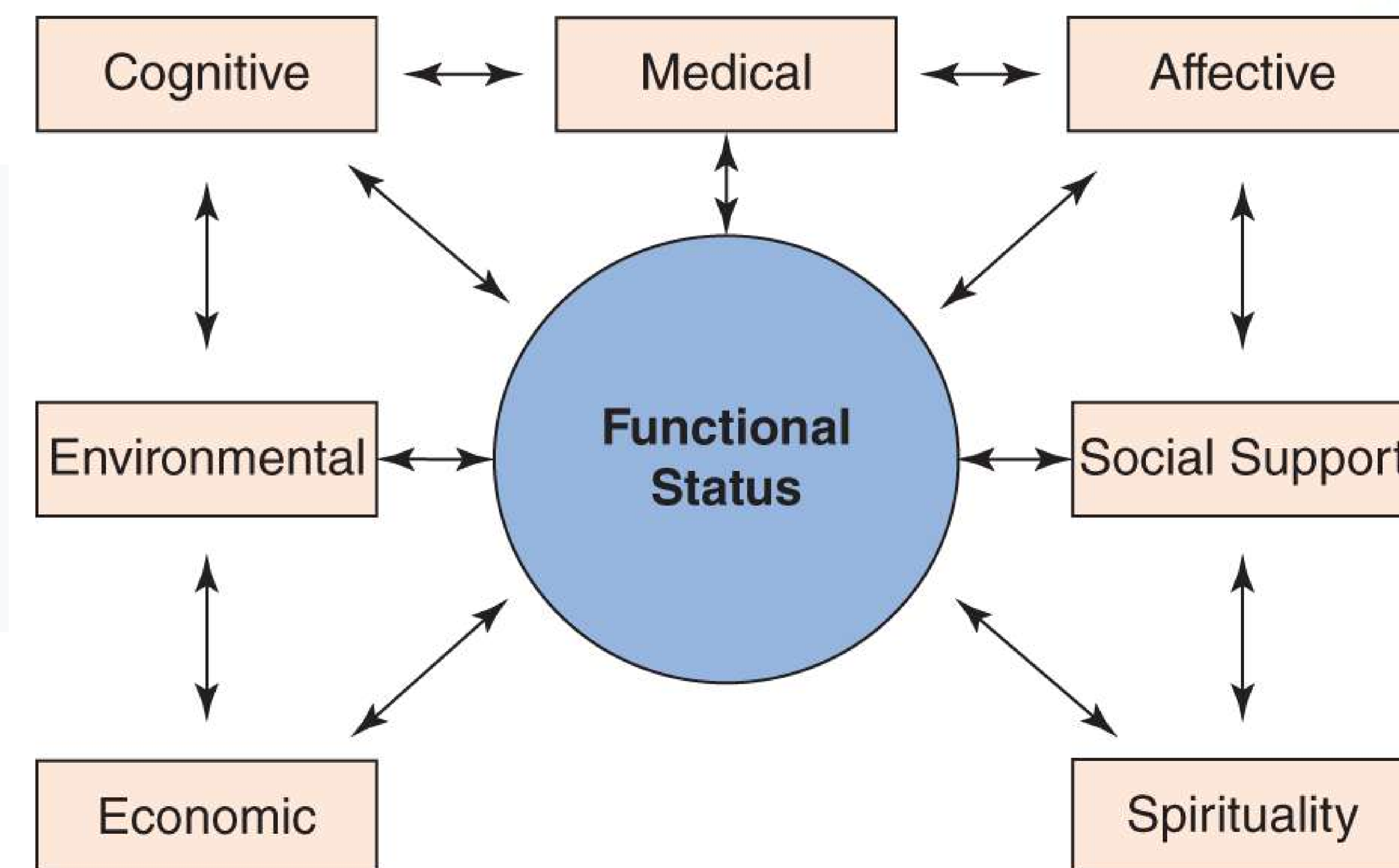


Figure 2. Multidimensional assessment of vulnerability in the elderly (complex geriatric assessment)

Conclusions. Vulnerability assessment measures are important for identifying older people at high risk of deteriorating health, which is an important target for interdisciplinary intervention.