

The Importance of the Program Physical Activity in Perceived Fatigue in Older People

Introduction

Physical activity reduces the risk of numerous diseases, like ischemic heart disease, stroke, diabetes mellitus, and cognitive disorders, as well as total mortality.

The fatigue is a subjective symptom such as pain, it should be distinguished from muscle weakness, and which can be assessed objectively.

Fatigue can be evaluated through the physical and physiological aspects and through the mental aspects (psychological and cognitive), It may be manifested by symptoms such as fatigue, lack of energy, increased drowsiness.

Some studies show the importance of monitoring the fatigue through the implemented programs based on models of education and counseling: individual or group in order to help the older people to manage the symptoms of fatigue and its consequences.

The promotion of physical activity can be important tool to control the perception of fatigue.

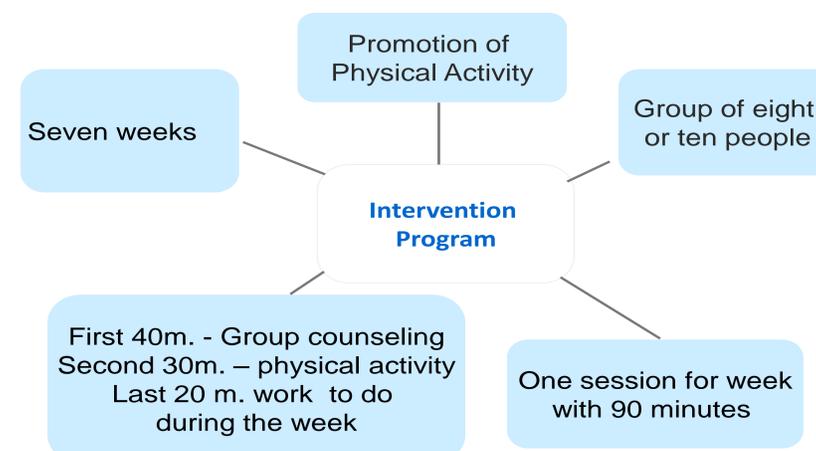
Participants

The study includes 17 people, aged between 66 and 83 years old, 75% female, 65% married, were all retired and all had functional independence.

The data collection was performed on seniors universities

Methods

The program consists of an intervention to promote physical activity with groups of eight people, in once a week sessions of 90 minutes. The program was held for seven weeks. In each session were performed a set exercises for a specific thematic related with functional limitations in daily live, then counseling for de facilitation of movement. We analyze the results with dimensions of for the differences at the beginning and the end of the program.



Results

Research show statistically significant differences for the fatigue severity scale, between the beginning and the end of the program.

To test differences between groups, we use non parametric statistics, the related-samples Wilcoxon signed ranks test.

Discussion & Conclusions

The statistically significant differences between the two moments of assessment, suggests that intervention programs for promotion of physical activity can play an important role to control perception of fatigue in Older people.

Recommendations

The development of a physiotherapy program, intended to promote physical activity in the management of fatigue in older people

Purpose

The aim of the study is to examine interest for intervention program of physical activity in the perception of fatigue, in older people

Acknowledgements

Ethics : The work follows the recommendations of the Declaration of Helsinquia. Was asked to ethics committees of the institutions surrounding