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CHALLENGES & INNOVATION
IN HEALTH

Abstracts

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PHYSICAL EXERCISE PROGRAMME FOR INSTITUTIONALIZED ELDERLY: IMPROVING QUALITY OF LIFE

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Introduction: Physical activity is important for healthy ageing and may help maintain good function in older age. Institutionalization is often due to functional decline and institutions frequently do not provide activities to maintain or regain functionality. Exercise therapy is an important component of rehabilitation programmes for elderly and helps to reduce pain, improve joint stability, functional ability, muscle strength and endurance, and aerobic capacity; preventing bone loss and fractures, and improving or maintaining quality of life.

Objective: To investigate if a physical exercise programme improves quality of life in a group of institutionalized elderly.

Methods: A quasi-experimental study was conducted using the Portuguese version of the Short Form-36 health survey (SF-36v2) to assess quality of life before and after a 2 months physical exercise programme.

Results: A total of 20 elderly (50% women) aged 76,1±8,7 years and 18,3±13,3 months of institutionalization, participated in a 2 months of physical exercise programme. Results show that scores of SF-36v2 after the programme had significantly increased in physical (35,4±6,4 vs 37,6±5,7; $z=-3,397$; $p=0,001$) and mental (47,7±5,1 vs 51,4±3,9; $z=-3,506$; $p=0,00$) components. They also increase significantly in the SF-36v2 subscales physical functioning ($p=0,000$), bodily pain ($p=0,002$), vitality ($p=0,000$), social functioning ($p=0,003$), general health ($p=0,048$) and mental health ($p=0,001$).

Conclusions: Physical exercise programmes can contribute to a self-perception of wellbeing leading to autonomy and confidence in performing daily living activities. Increase quality of life in elderly institutionalized population is a very important step towards independent life.

Descriptors: Elderly; Institutionalization; Physical exercise; Quality of life.

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PERCEPTIONS OF SONS ABOUT CLOSE RELATIONSHIPS, LIFE SATISFACTION AND PARENT'S MARITAL SATISFACTION

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Introduction: The family has a strong influence in the interactions that they have with the others because the international family standards tend to repeat themselves over generations. Romantic relationships have been studied from the perspective of linking relationships and binding patterns of repetition tend to repeat from generation to generation. On the other hand, has found an association between secure attachment to the loving couple and higher levels of relational satisfaction and consequently a greater perception of life satisfaction.

Objective: This study examines the general perceptions of university students about their parent's marital relationship, their romantic relationships and life satisfaction.

Methods: The research protocol for this study comprised The Questionnaire about Parent's Marital Relationship, the Life Satisfaction scale, the Questionnaire on Experiences in Close Relationships and a sociodemographic questionnaire.

Results: Men and participants from intact families reported a better perception of parent's marital relationship; participants in a romantic relationship and from intact families had greater life satisfaction and participants between 25 and 58 years old perceived more avoidance in their relationships.

Conclusions: Participants have a positive perceptions of parent's marital relationship are satisfied with life, however they perceive anxiety and avoidance in their romantic relationships. We also conclude that there is no correlation between the perception of parent's marital relationship and their experiences in close relationships and perception of life satisfaction.

Descriptors: Parent's marital relationship; life satisfaction; avoidance; anxiety; close relationships.

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