

Physical activity and psychical iatrogenesis in elderly

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Abstract

Background. Physical activity is indispensable in the elderly. Institutionalized elderly people frequently present depression, which can be treated with the help of the physical, psychical and social benefits of a regular physical exercise program.

Aims. The institutionalized elderly were evaluated for depression, physical activity and its benefits.

Methods. The research was carried out on two groups of institutionalized elderly people, men and women, with an average age of more than 73 years. We determined the physical activity index, depression index and cognitive functions based on the Mini Mental State Examination.

Results. Our results showed a higher depression score when the physical activity index was lower and a higher MMSE score when the physical activity index was higher.

Conclusions. Physical activity of institutionalized elderly people has beneficial anti-iatrogenic effects, fighting depression and iatrogenic illnesses due to institutionalization.

Keywords: physical activity index, elderly, institutionalized, depression, iatrogenic.