HEALTH PROFILE OF ELDERLY ASSISTED BY A PRIVATE HEALTH INSURANCE

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ELDERLY

The experience with elderly rehabilitation process and the need for knowledge of the different conditions that trigger functional limitations affecting the quality of life of them.

What is the organic system with a higher incidence of impairment in the elderly of the health plan in the last five years?

Preparation suggest strategies for intervention of a multidisciplinary team in order to prevent and or mitigate the impact of pathologies involved in the aging process of different organ systems, thus promoting active and successful aging.
The emergence of health plans have occurred because of the fragility of public health in Brazil, and thus collaborating in health care. All health plans including self-management are regulated by the national health agency.

According to the classification aging recommended by the World Health Organization, the Brazilian legislation considers that an elderly person is aged greater than or equal to 60 years old. However, the aging process which are involved, besides the biological and physiological aspects, other variables such as heredity, psychological status and socioeconomic and cultural conditions. It is linked to the relationship of these variables making the aging process unique for each individual.
In the state of Paraíba - Brasil there is a health plan that offers its elderly population with differentiated assistance programs to promote active and successful aging.

Based on this assistance it was possible to assess the prevalence of organ systems most affected in individuals between 60 and 100 years in the last 5 years from the analysis of databases referred to this health plan. It is the aim of the present study.
Objective

- To evaluate the prevalence of attacklly of the different organic systems involved in the process of human aging, in individuals between 60 and 100 years, of a health plan that assists the state of Paraíba, Brazil, in the last five years.
Methodology

It is a documental study of prevalence, of sample for convenience, where a rising was accomplished, close to the database of a health plan of the state of Paraíba, Brazil. With sample of 1.084 elderlys.
Methodology

Soon after, the data was tabulated in a spreadsheet using Microsoft Excel 2007, being just analyzed the documents that possessed the codes of the International Classification of the Diseases (CID), which characterizes each attacked system of the individuals with age group between 60 and 100 years, in the last five years, for, then, to determine the largest sex prevalence and the system more organic attackllys.
Results

Total sample was constituted of 1,084 individuals, using a health plan covering all state of Paraíba, Brasil, in the last five years.

Of the total sample, the elderly persons that accomplished specific procedures were selected, who determined the organic system involved through CID, as recommended in the inclusion criterion.

<table>
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<th>Variables</th>
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<th>%</th>
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<tbody>
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<tr>
<td>male</td>
<td>294</td>
<td>43.0</td>
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<tr>
<td>female</td>
<td>391</td>
<td>57.0</td>
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<tr>
<td>total</td>
<td>685</td>
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SOURCE: DATA SEARCH

TABLE 1: Prevalence of sex between individuals aged between 60 and 100 years using a health plan in the state of Paraíba, Brazil
In our study the organic system of larger involvement was the osteomioarticular with 559 (51.5%) of the attacked older patients, followed by the system cardiocirculatory that presented 197 procedures accomplished finishing a percentile one of (18%) and finally the cutaneous and annexs system with 134 (12%)
### TABLE 1: Prevalence of sex between individuals aged between 60 and 100 years making use of a health plan in the state of Paraíba, Brazil

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The longevity of the feminine population, called phenomenon of "feminization of the age", in Brazil is explained partly, for the largest expectation of the women's life, associated to the smallest consumption of alcohol and tobacco and attitude differences in relation to the pathologies. 

**That is, the women take care more of themselves** (CARVALHO, et al 2009). 

The conditions of health are quite different between the man and the woman and the WHO appears through evidences that the older women try a larger load of chronic diseases. 

**That reality evidences that the older women seek medical attendance in larger proportion than the men** (CAMARANO, PASINATO, LEMOS, 2007)
Differently:
Schmidt et al, (2011) discusses on an important study on the load of disease in Brazil, that used disability - adjusted life years (DALYs - years of life lost adjusted by incapacity), showing that the chronic diseases that more they stand out in healthy Brasil, the upset neuropsiquiatrics (19%), the cardiovascular diseases (13%), breathing chronicles (8%), the cancers (6%), the diseases musculoesqueletics (6%) and diabetes (5%)
Recent studies demonstrate the alteration of the anatomo-fisiologic characteristic in the aging process, the one of the muscular system is important in the functional point of view. Because, with passing of the years, there is a reduction of the size and of the number of muscular fibers, resulting in a decline of the muscular force and in some alterations in the capacity of the muscles which generate force. Another noticed loss is associated with the decrease of the flexibility that links to the loss of muscular force, presence of shorten musculotendineos and the decrease of the elasticity of the skin (RIZZI, LEAL, VENDRUSCULO, 2010)
In another study in Brazil, the most commonly found diagnosis comprised osteoarthritis 57.1% (n=28), fracture and/or history of fractures 24.4% (n=12) and other diagnosis 48.9% (n=24). Associated chronic diseases included diabetes mellitus 18.3% (n=9) and systemic hypertension 57.1% (n=23). Summarizing that chronic degenerative diseases in the elderly have received increasing attention from health professionals; osteoarthritis being the most common diagnosis in this study, followed by fracture and/or history of fractures. The comorbidities represented a greater negative impact on the quality of life of the elderly (FELIPE; ZIMMERMAN, 2011)
Final considerations

- The diseases that involve the system musculoskeletal and the cardiovascular system grow exponentially with age;

- Designate the presence of pathologies that they can determine the limitation for the acting of basic activities and you score of the daily life;
Final considerations

- Becoming important the health professionals performance in those systems focusing on the primary, secondary and tertiary health levels of attention for an active and successful aging.
FELIPE, L. K.; ZIMMERMANN, A. Chronic degenerative diseases in elderly: physiotherapeutic data. RBPS, Fortaleza, 24(3): 221-227, jul./set., 2011
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