

Enfoque médico

PANORAMA DEMOGRÁFICO MUNDIAL

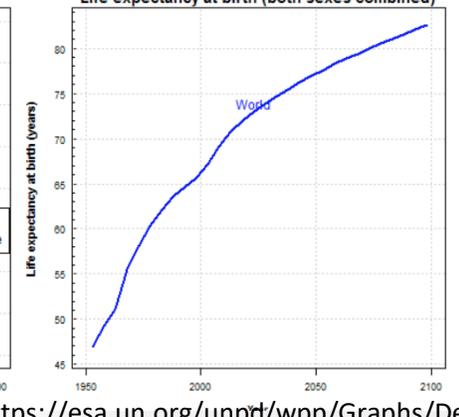
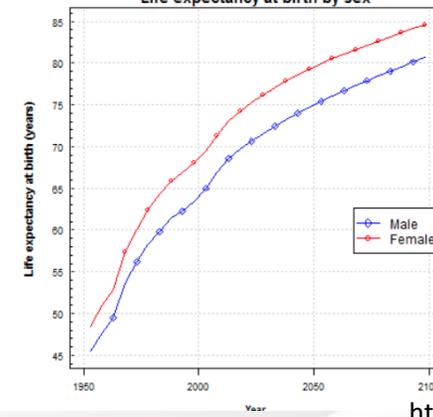
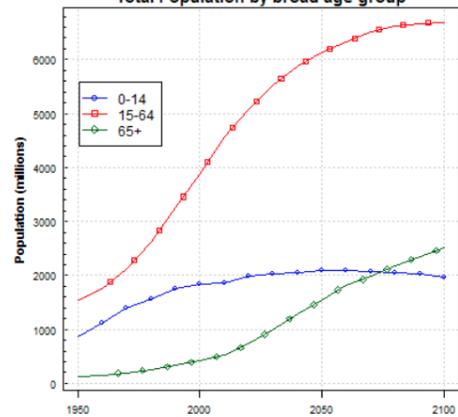
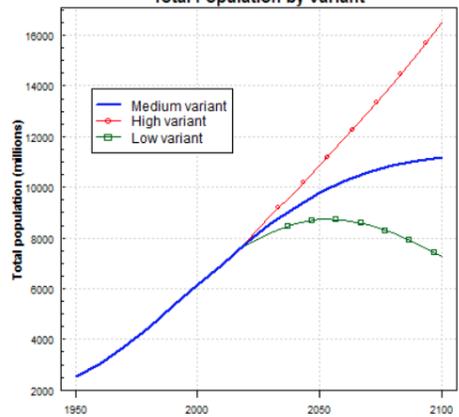
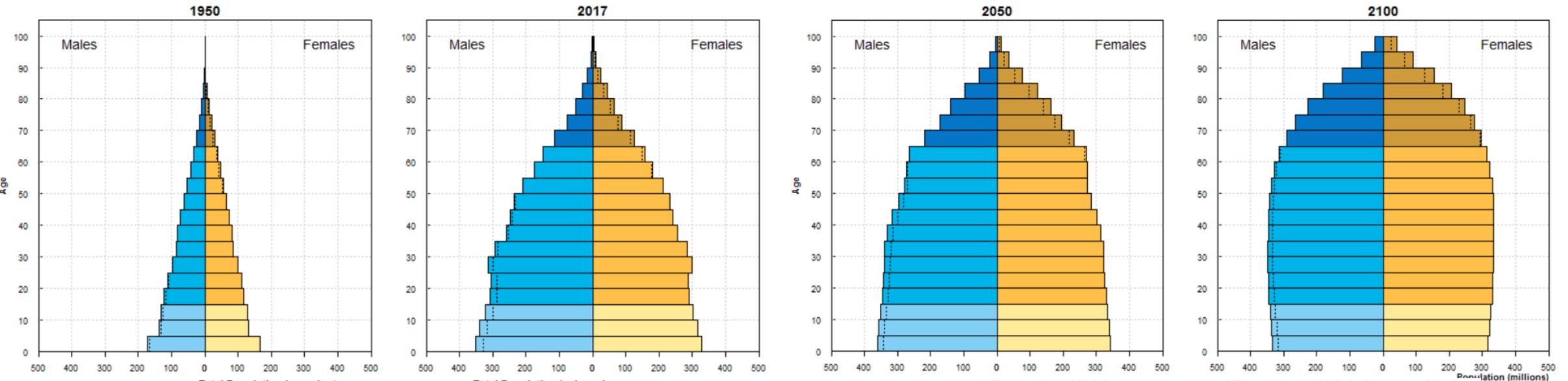
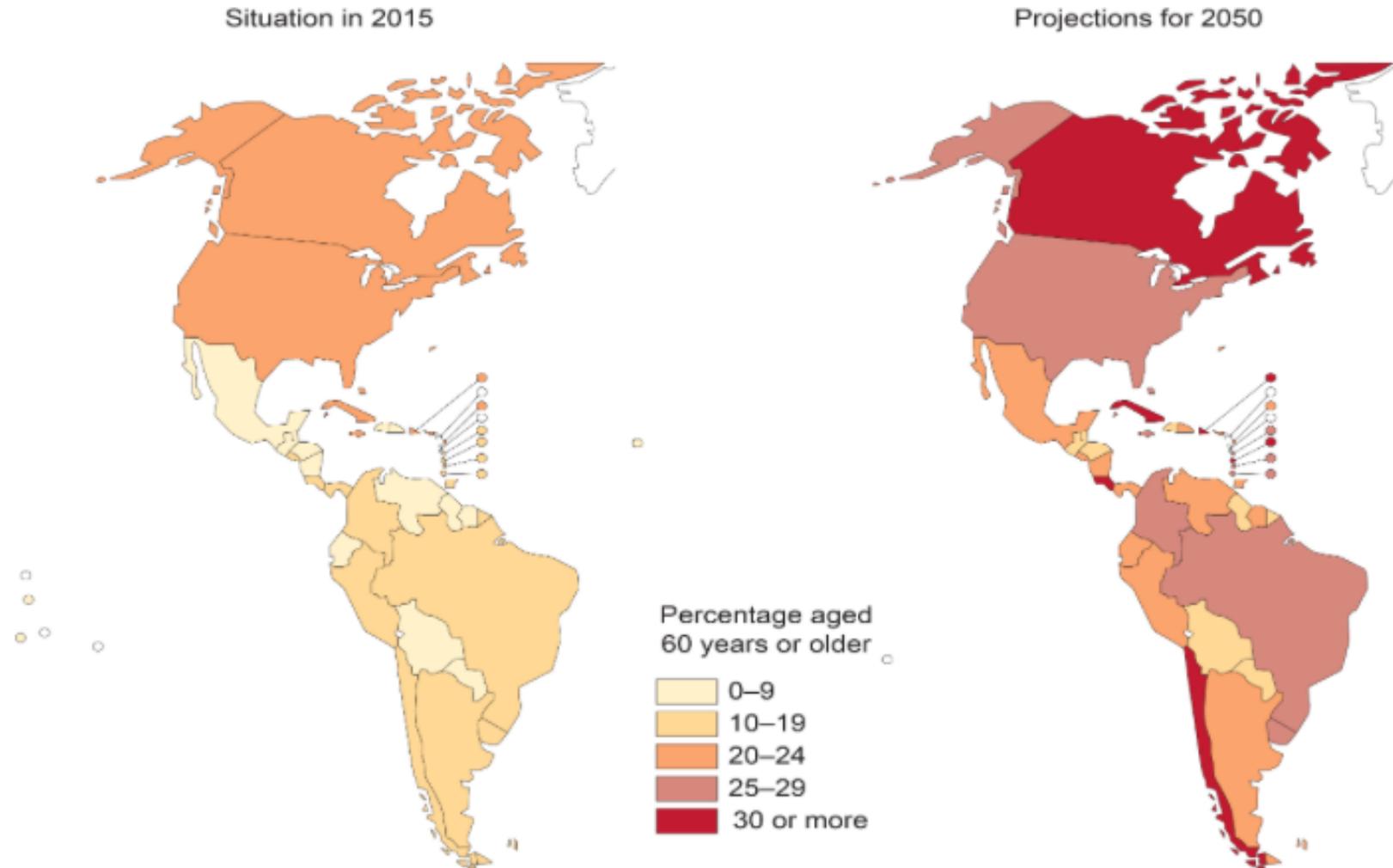


Figure 1. Older population (60 years and older), Region of the Americas, 2015–2050



Población Mundial de más de 60 años

1950	200 millones
1975	350 millones
2000	600 millones
2025	1,100 millones
2050	2,000 millones
Fuente : NNUU	

CAMBIOS FISIOLÓGICOS

HOMEOSTASIS
CELULAR DE
BASE

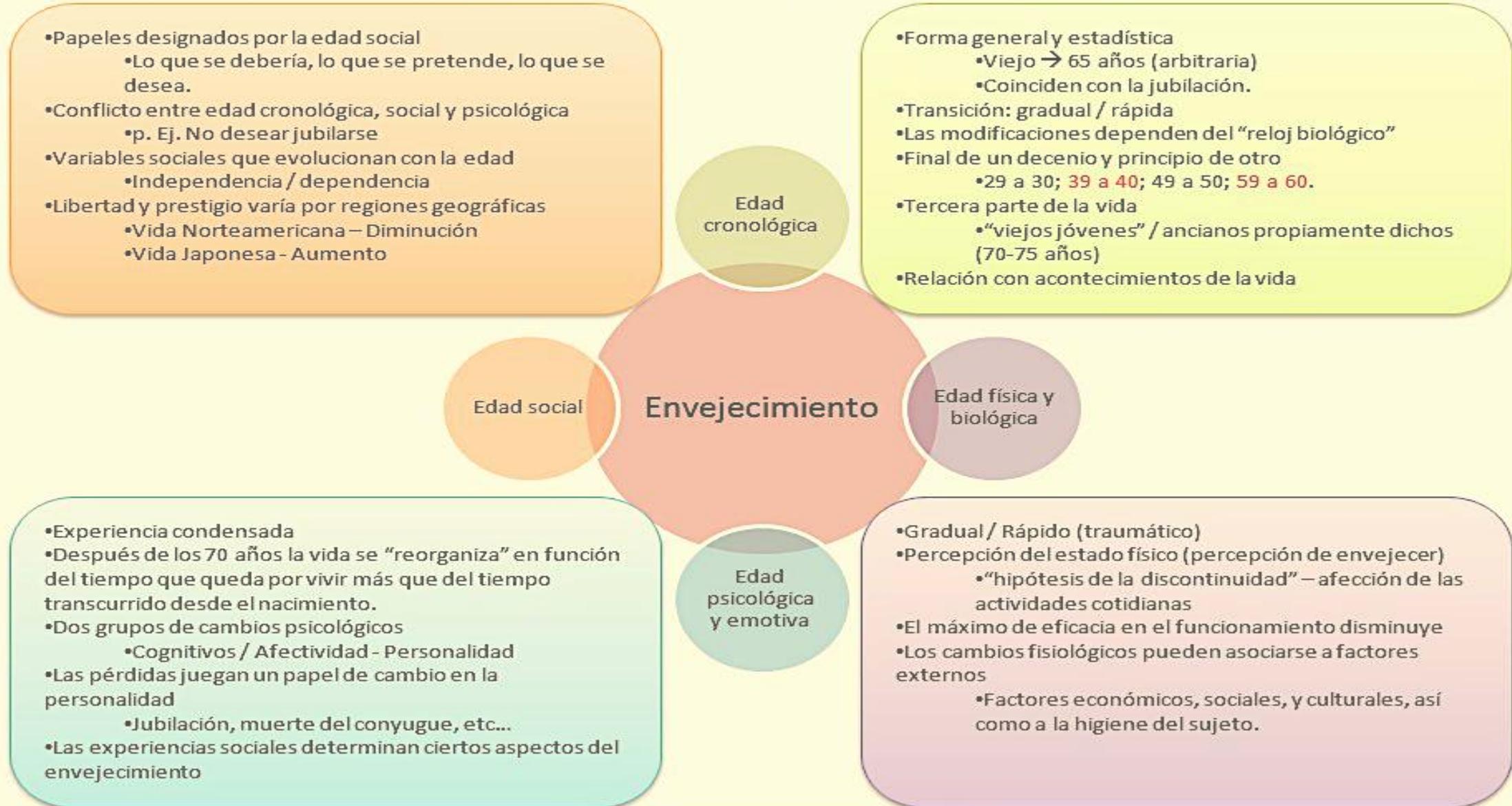
DISMINUCIÓN
DE MASA EN
ORGANOS

DISMINUCIÓN
DE RESERVA
FUNCIONAL



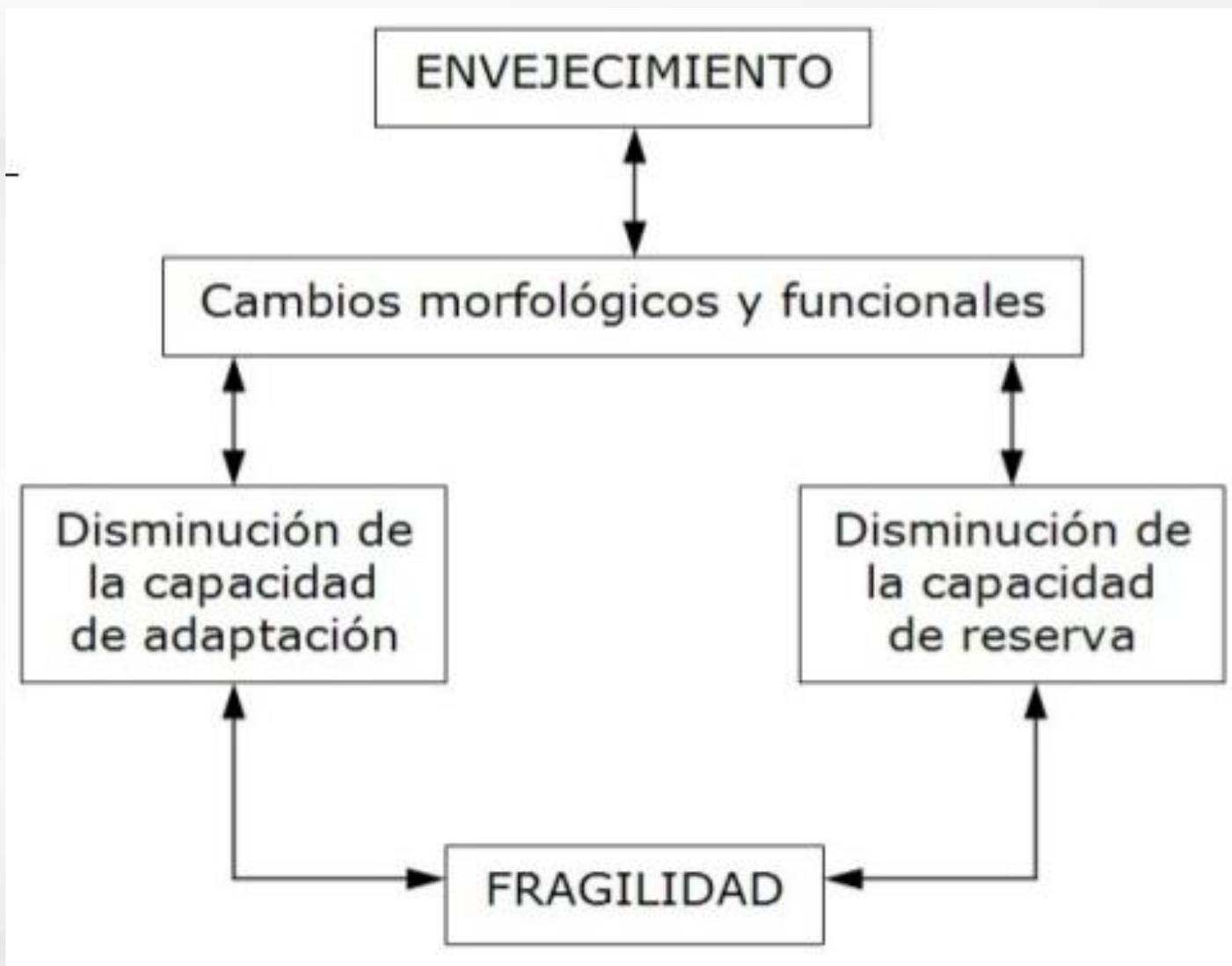
Envejecimiento

¿Qué quiere decir ser viejo?

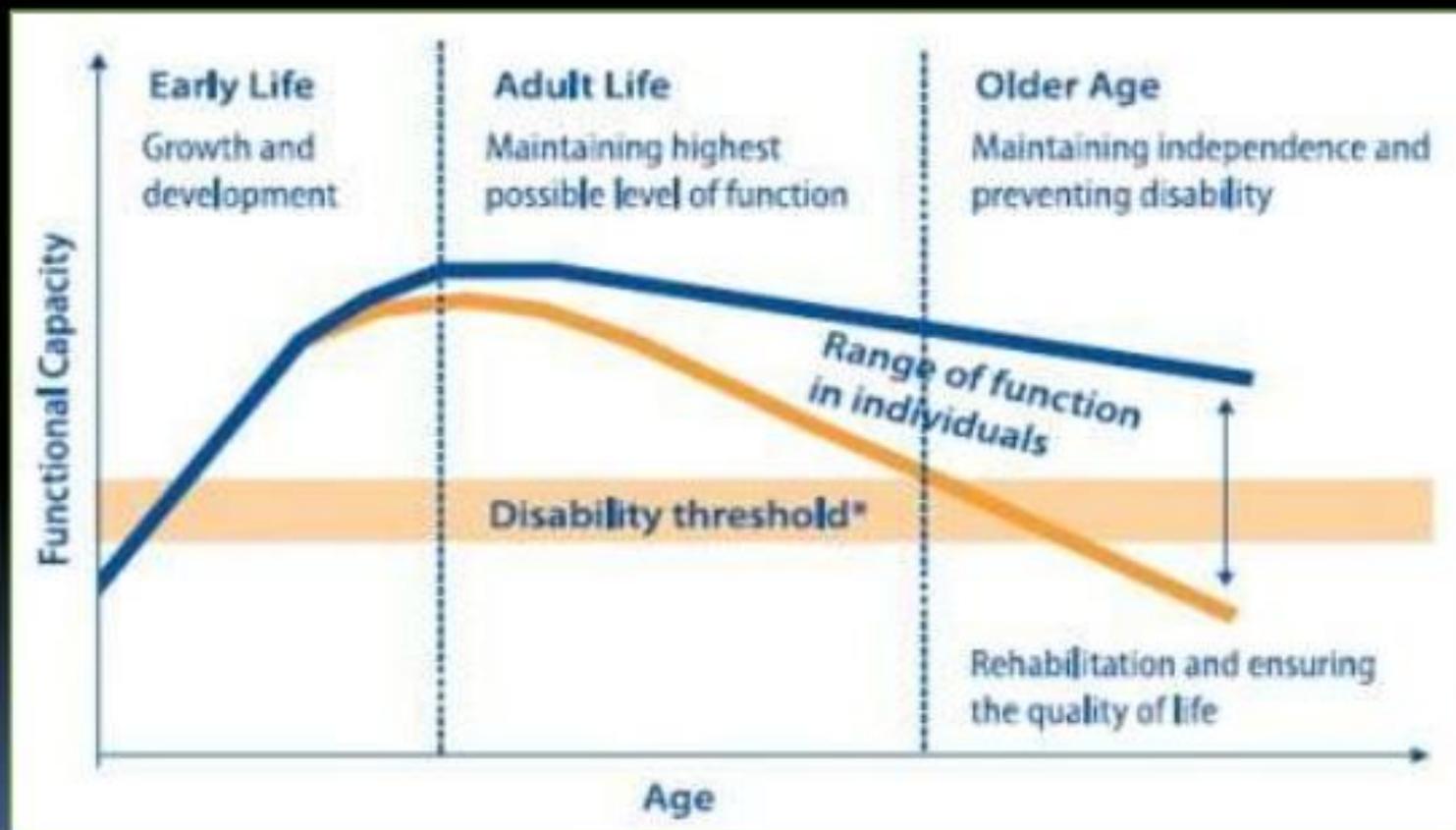


“Una característica fundamental del proceso de envejecimiento es la disminución de la capacidad para mantener la homeostasis, lo cual se manifiesta de manera característica como una incapacidad de adaptarse ante estímulos estresantes internos o externos, no tanto como cambios en los parámetros basales.”

BARRADA U. , PRÁCTICA DE LA GERIATRÍA 3 ED, 2013



VALORACION FUNCIONAL



Mantenimiento de la capacidad funcional en el curso de la vida. Fuente: Kalache y Kickbusch, 1997.

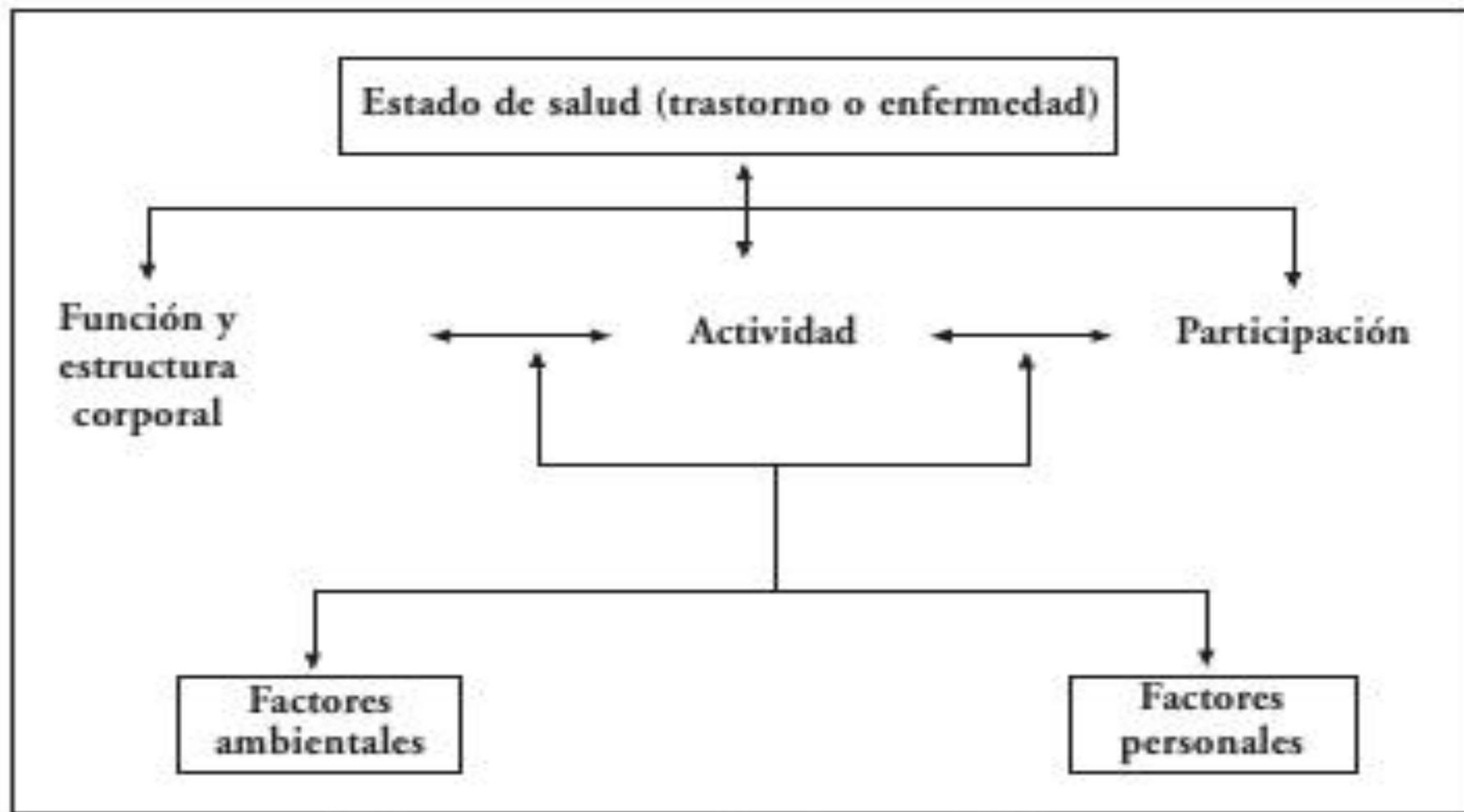


Fig. 1. Proceso del funcionamiento y la discapacidad.

Neurologic

Headaches
Dizziness
Encephalopathy
Guillain-Barré
Ageusia
Myalgia
Anosmia
Stroke



Renal

Acute kidney injury
Proteinuria
Hematuria



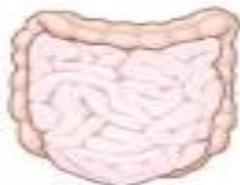
Hepatic

Elevated
aminotransferases
Elevated bilirubin



Gastrointestinal

Diarrhea
Nausea/vomiting
Abdominal pain
Anorexia



Thromboembolism

Deep vein thrombosis
Pulmonary embolism
Catheter-related thrombosis



Cardiac

Takotsubo cardiomyopathy
Myocardial injury/myocarditis
Cardiac arrhythmias
Cardiogenic shock
Myocardial ischemia
Acute cor pulmonale



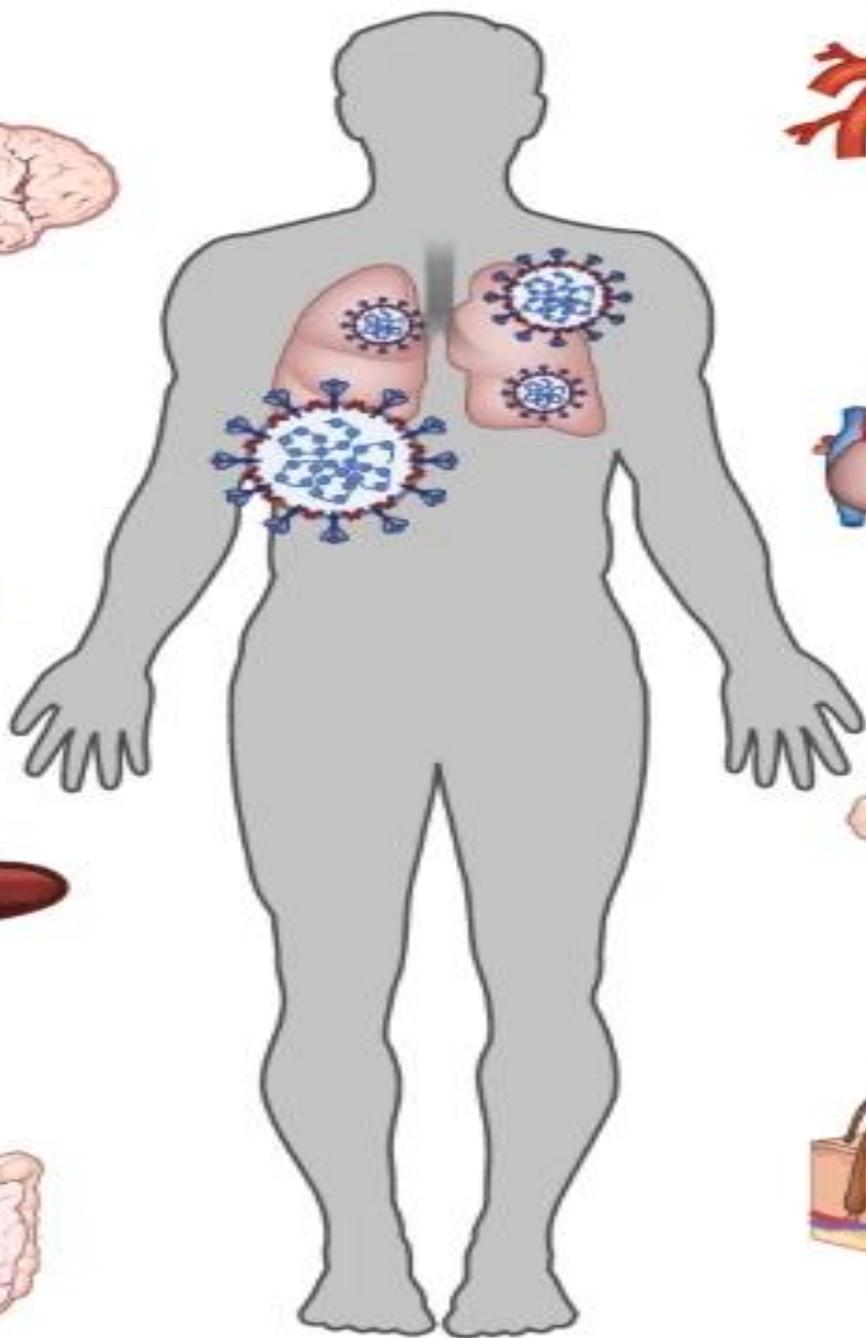
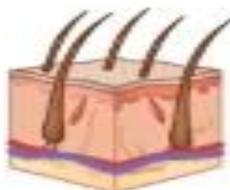
Endocrine

Hyperglycemia
Diabetic ketoacidosis

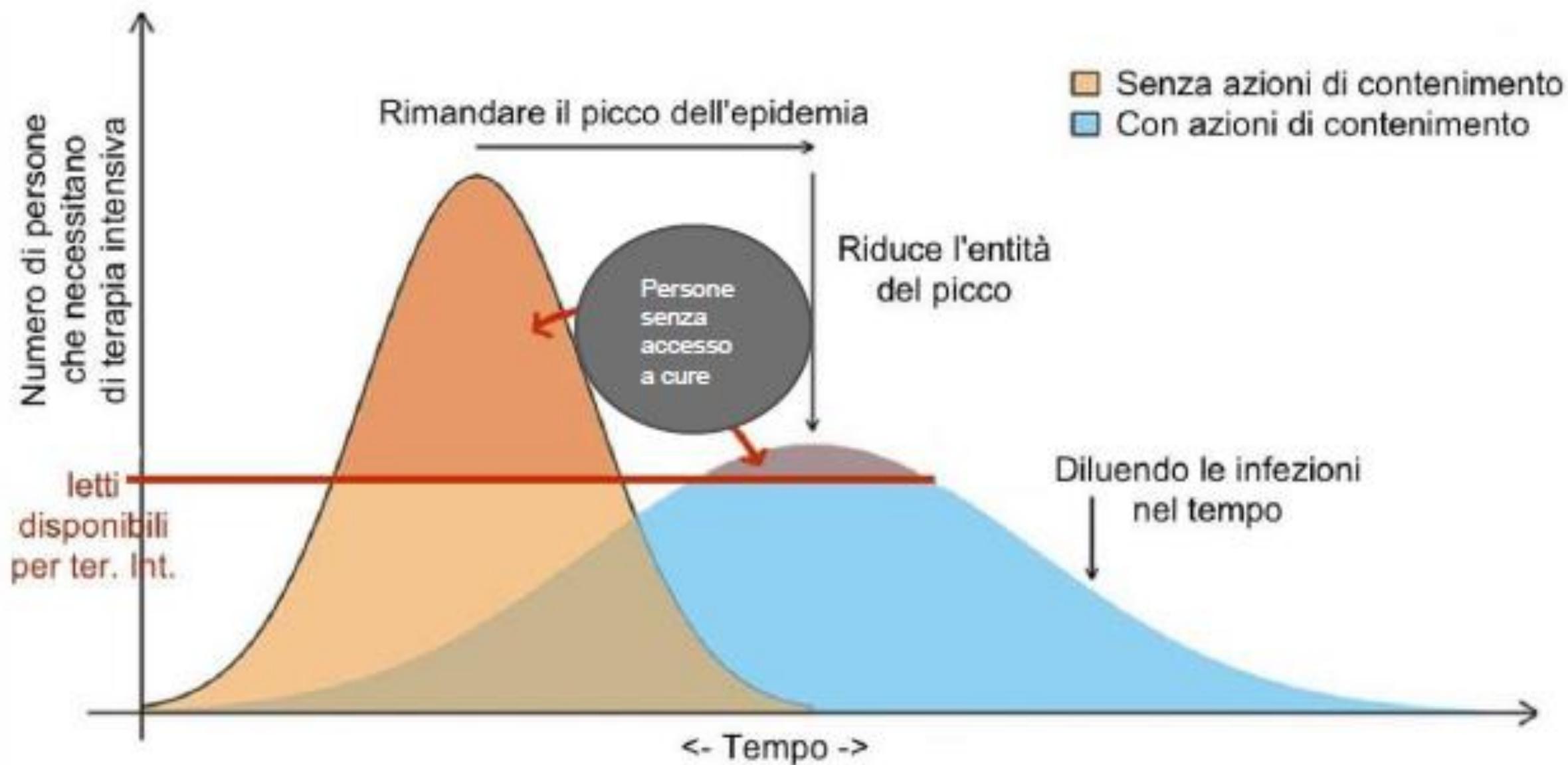


Dermatological

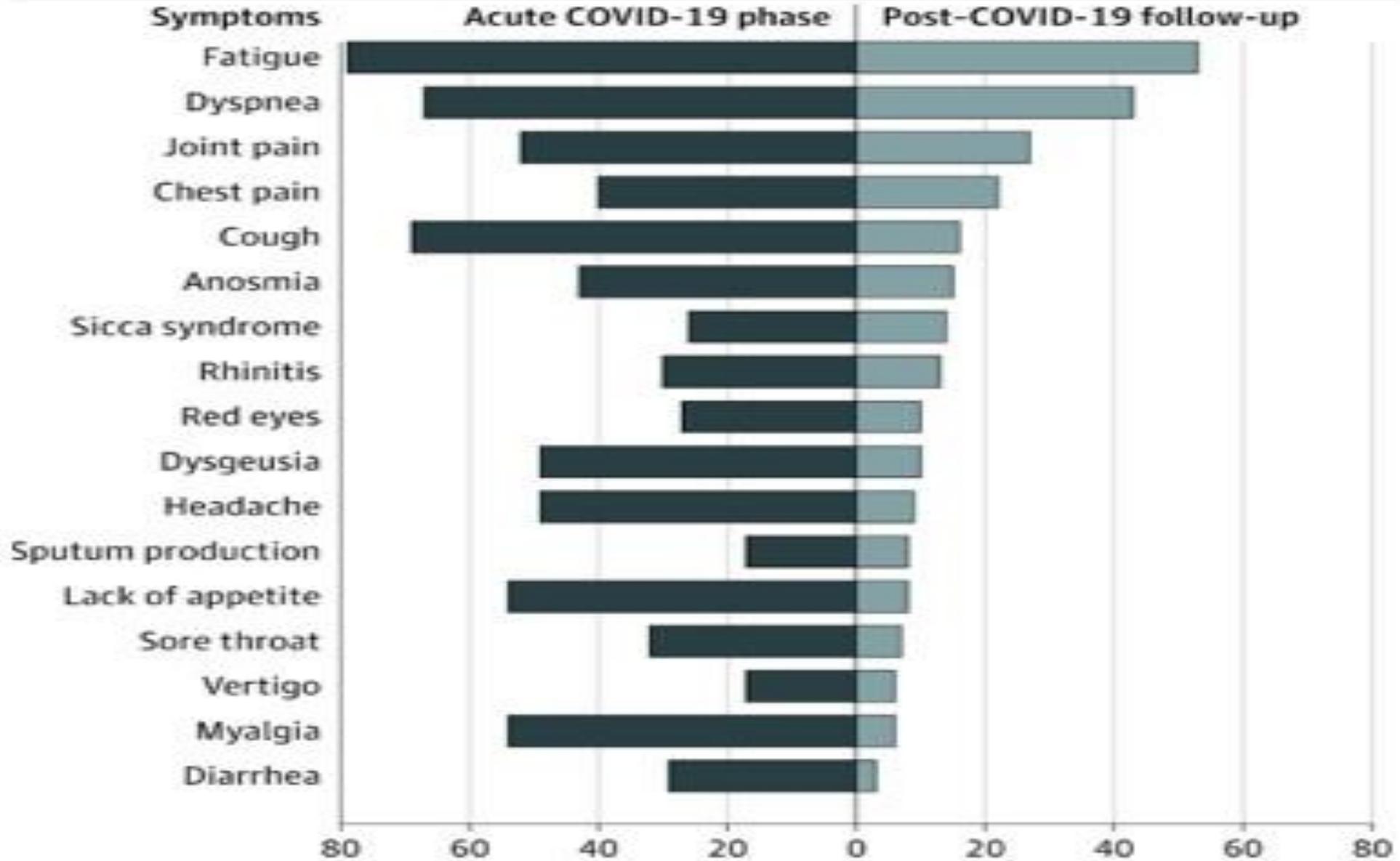
Petechiae
Livedo reticularis
Erythematous rash
Urticaria
Vesicles
Pernio-like lesions

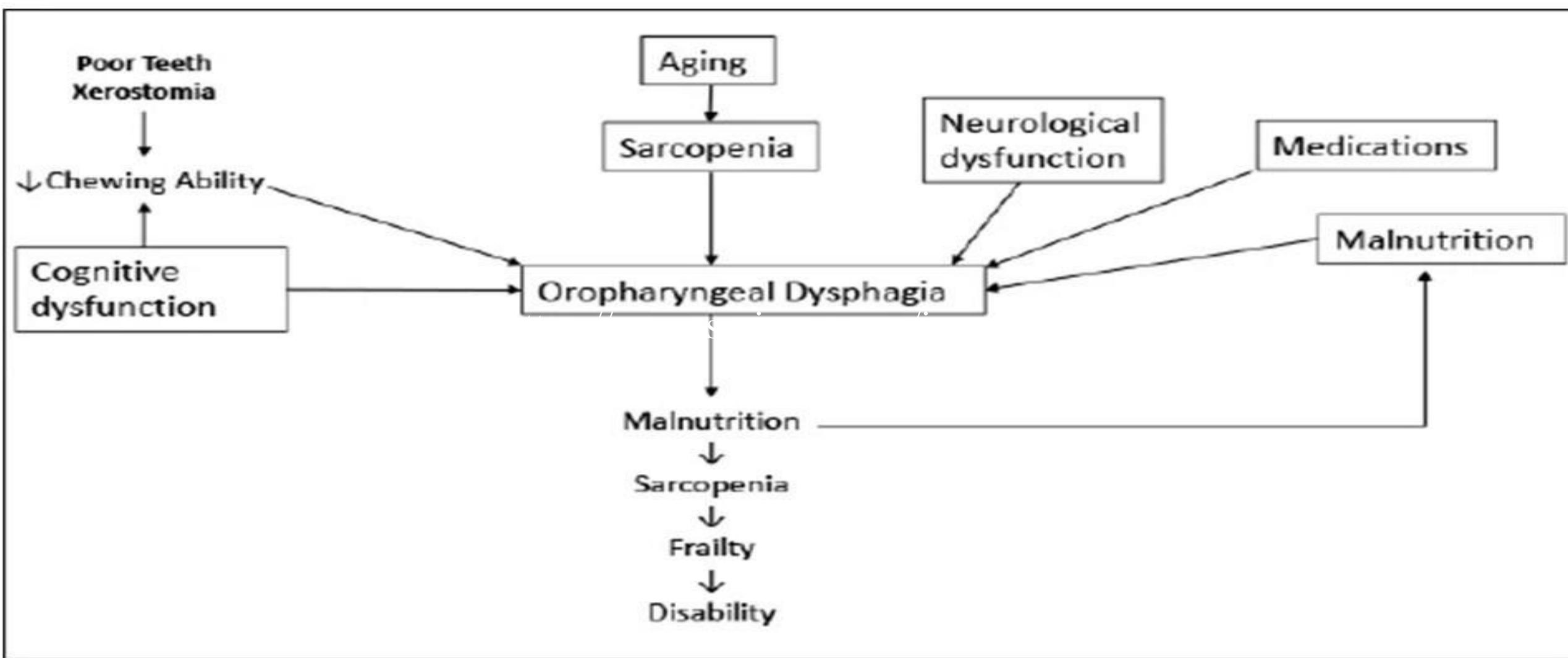


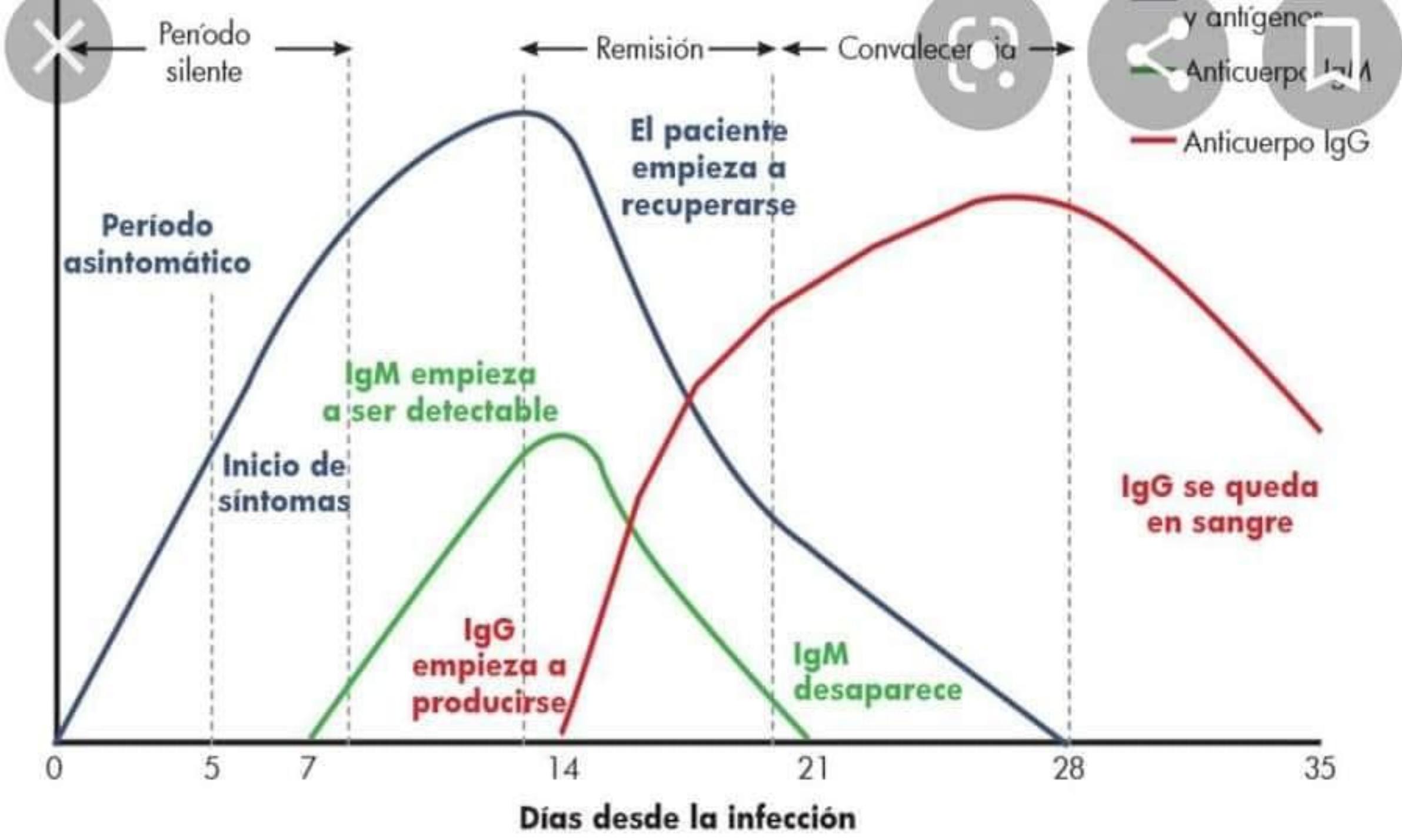
Efficacia delle misure di isolamento sociale sul contenimento delle epidemie



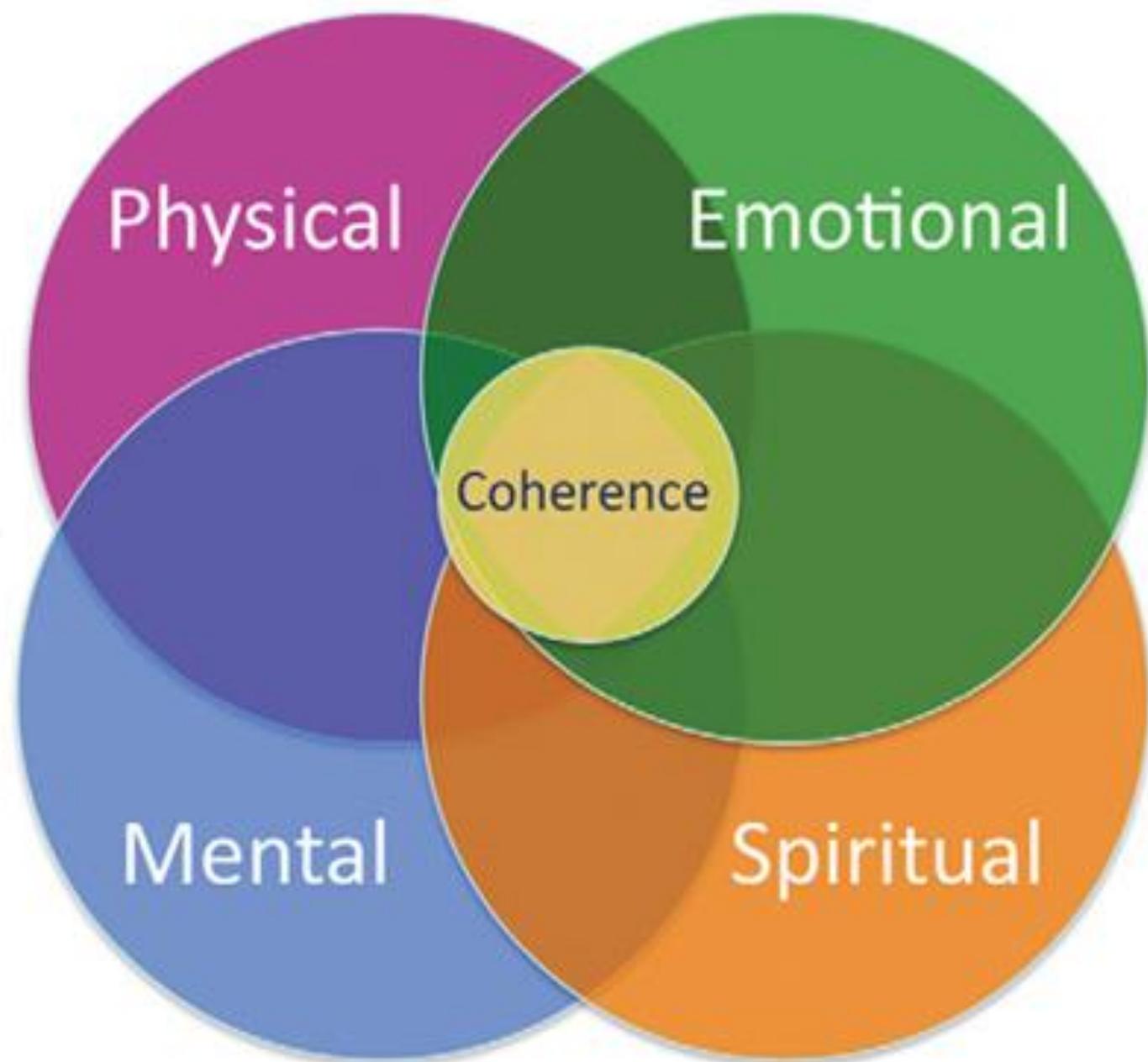
SÍNTOMAS DEL COVID19 AGUDO - CRÓNICO







Domains of Resilience



- Physical flexibility
- Endurance
- Strength

- Mental flexibility
- Attention span
- Ability to focus
- Incorporate multiple points of view

- Emotional flexibility
- Positive outlook
- Self-regulation

- Spiritual flexibility
- Commitment to values
- Tolerance of others' values and beliefs

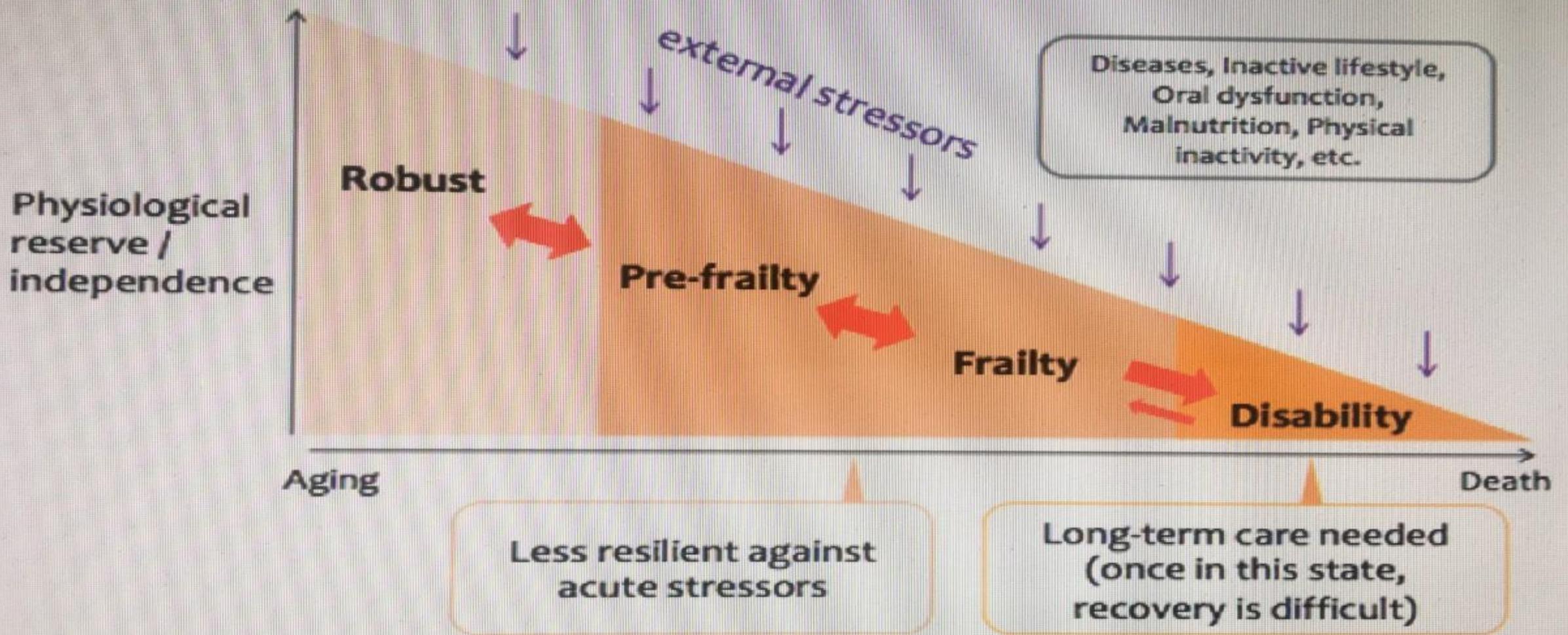
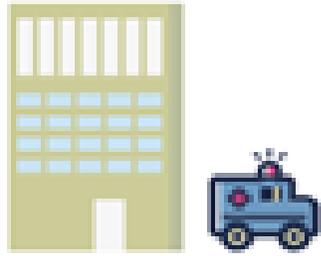
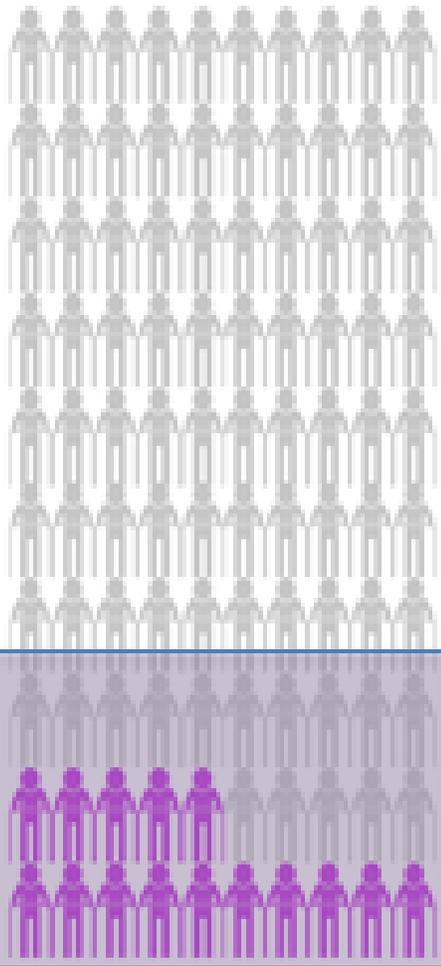


Figure 1. **Conceptual diagram of frailty**

: cited from Frailty Hand Book Hidenori Arai Edit., (LIFE SCIENCE CO., LTD. 2016 pp 3)



Delirium on admission in older people with COVID-19



Pooled prevalence – 31.8%

De Smet (n=81)	42%	Belgium
Knopp (n=217)	29%	London - UCLH
Zazzara (n=322)	25%	London – St Thomas
Annweiler (n=352)	37%	France

De Smet medRxiv 2020.05.26.20113480; doi: <https://doi.org/10.1101/2020.05.26.20113480>

Knopp medRxiv 2020.06.07.20120527; doi: <https://doi.org/10.1101/2020.06.07.20120527>

Zazzara medRxiv 2020.06.15.20131722; doi: <https://doi.org/10.1101/2020.06.15.20131722>

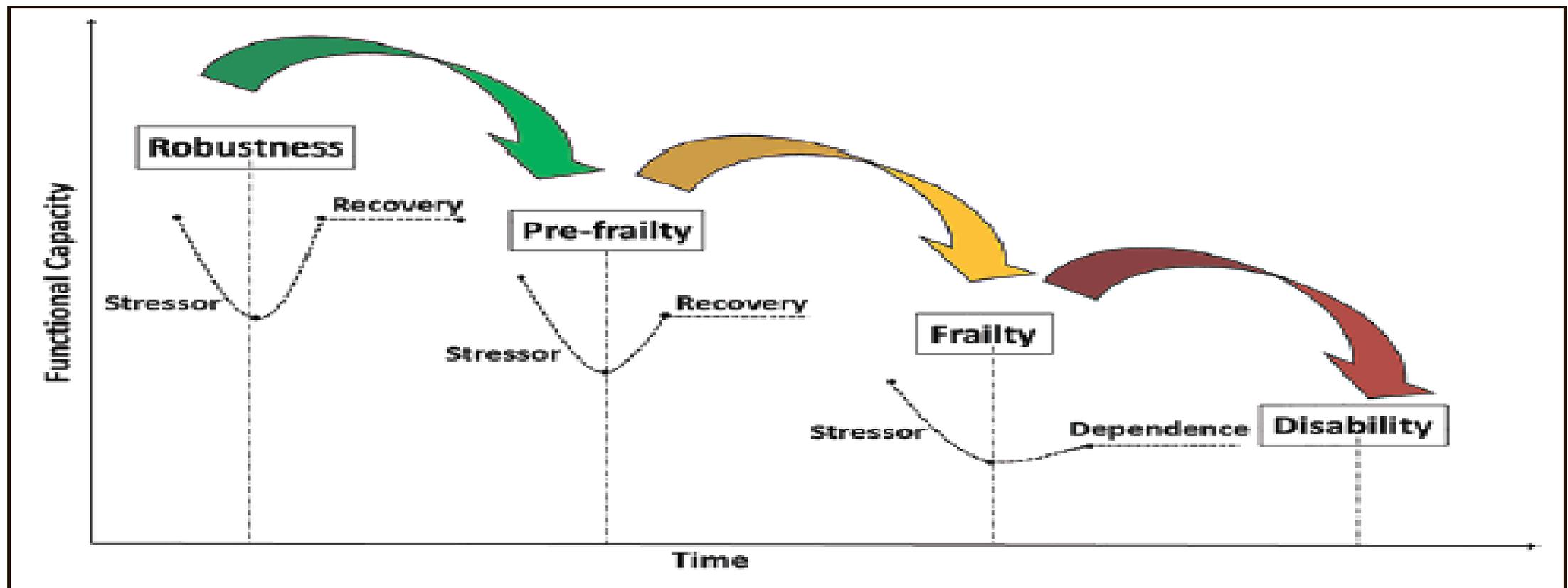
AnnweilerClinical Infectious Diseases, , daa792, <https://doi.org/10.1093/cid/daa792>

ESTRATEGIAS PARA PREVENIR EL DELIRIUM



CASCADA DECLINACIÓN FUNCIONAL DE INDEPENDENCIA A FRAGILIDAD

The cascade of functional decline in older adults from independence, through to frailty and disability (in the absence of intervention) [Based on concepts and findings by Dapp et al. (34) Hoogendijk et al. (35), Clegg et al. (36) and Fried et al. (37)]



Conductas de riesgo no saludables

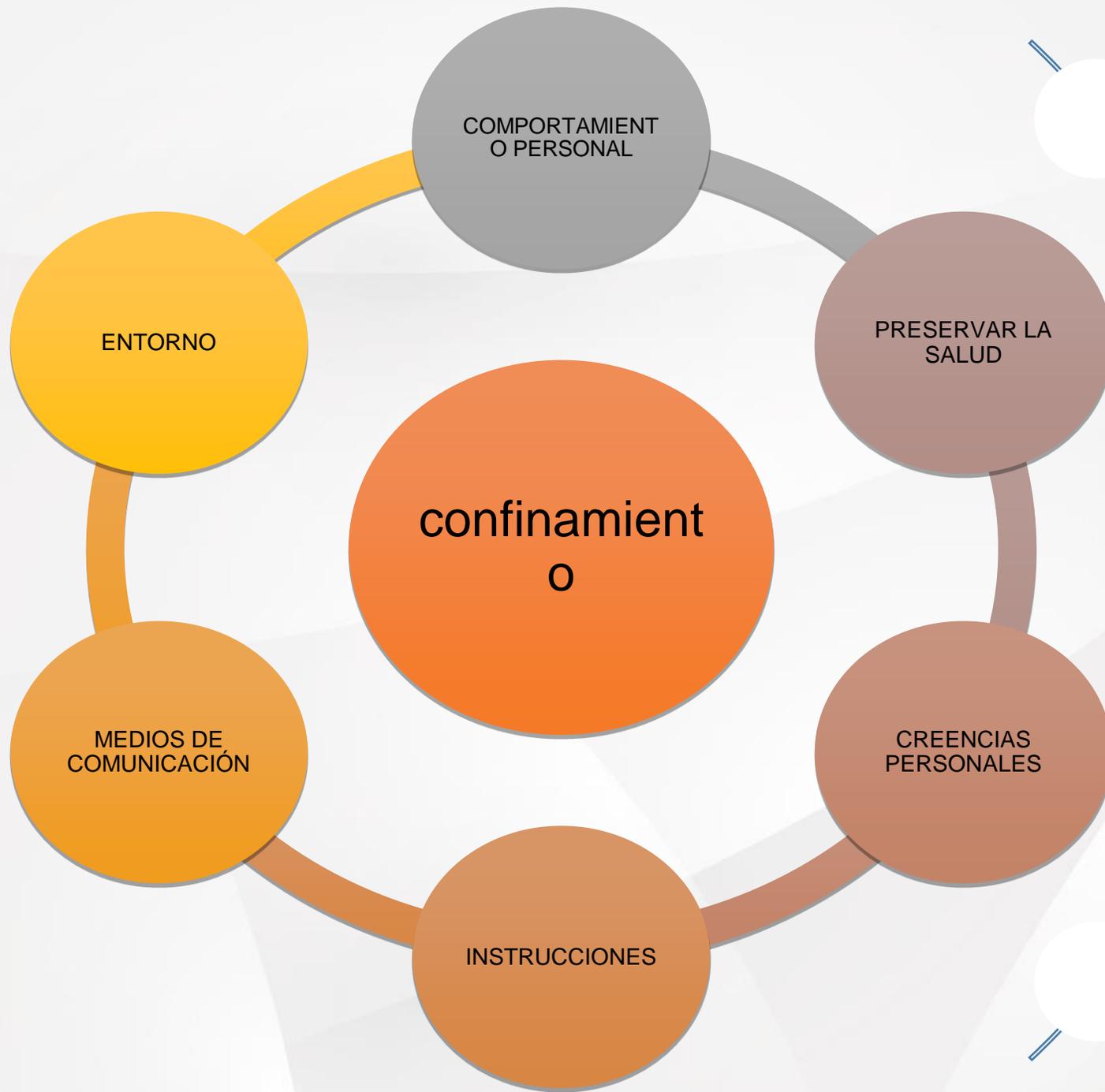
- **TABAQUISMO**
- **ABUSO de SUSTANCIAS**
- **ALTERACION DEL SUEÑO**
- **INACTIVIDAD FISICA:**

Aceleran el desgaste fisiológico y progresivo de Cerebro y del Cuerpo alterando procesos biológicos claves como la Inflamación. Comienza el compromiso de los sistemas corporales como así también el declino de la salud física, social y mental.

*Aumentando la **MORBIMORTALIDAD PREMATURA**
(Suvarna et al, 2019)*

COVID 19 - SEDENTARISMO

- **MEDIDAS PREVENTIVAS** : AISLAMIENTO + DISTANCIAMIENTO + POCA INGESTA (Alimentos y Líquidos) + SUSPENSION TRATAMIENTOS (Farmacológicos y Kinésicos) :
REDUCEN LA ACTIVIDAD FISICA DESARROLLANDO NUEVAS ENFERMEDADES O CONDICIONES Y EMPEORANDO LAS YA EXISTENTES.



NUTRICIÓN

ACTIVIDAD FÍSICA

SUEÑO

SEXUALIDAD

RECREACIÓN

MEDICACIÓN

CONTROL DE SALUD



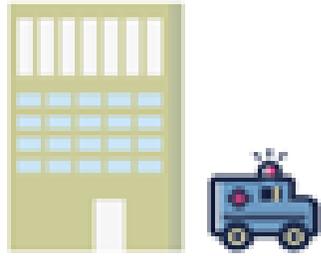
EFFECTOS DELETÉREOS

del **confinamiento** en pacientes institucionalizados por **COVID-19**

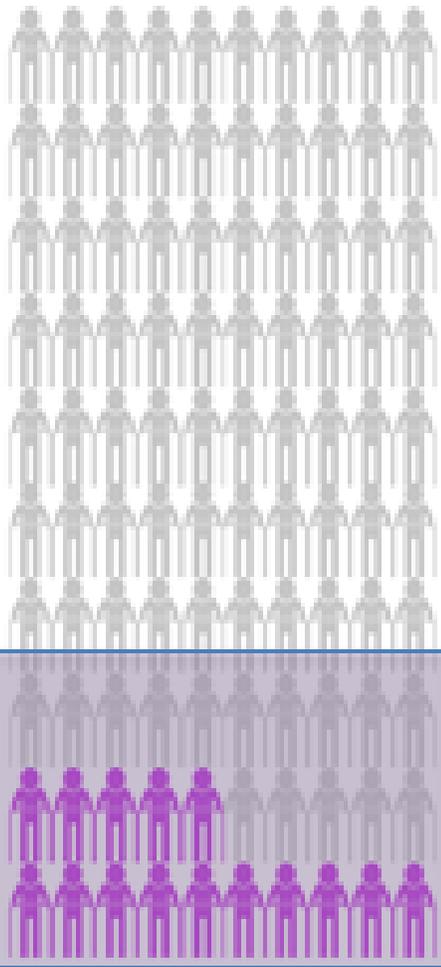
FUNCIONALIDAD	AUTOCUIDADO	CUIDADO	DEPENDENCIA	FRAGILIDAD
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FUNCIONALIDAD	AUTOCUIDADO	CUIDADO	DEPENDENCIA	FRAGILIDAD
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FUNCIONALIDAD	AUTOCUIDADO	CUIDADO	DEPENDENCIA	FRAGILIDAD
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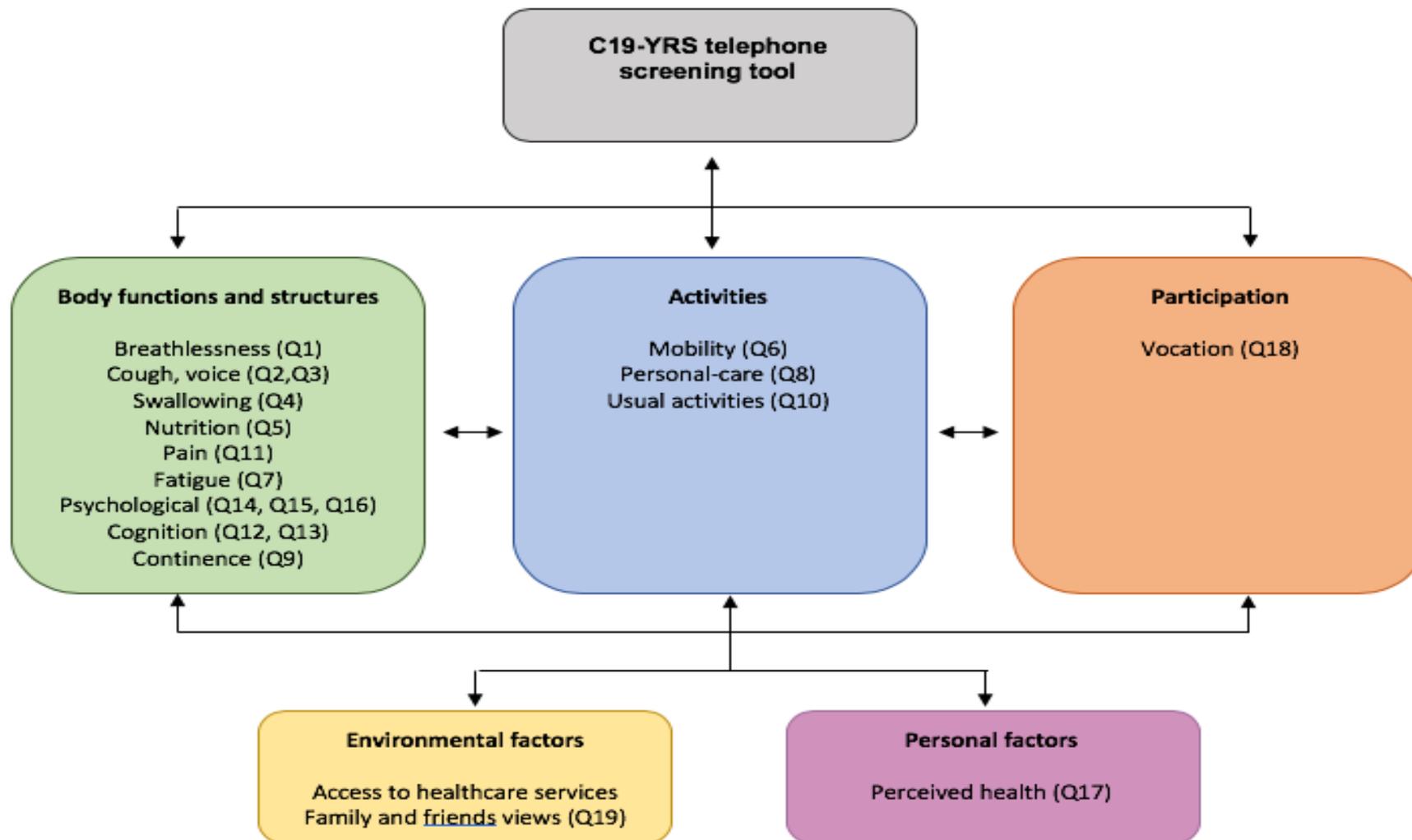
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Capturing beneficial change from the COVID-19 pandemic

Response from the British Geriatrics Society





**¡MUCHAS
GRACIAS!**
