



Covilhã geriatric screening 2018: motor, cognition, and emotional issues

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Introduction and aims

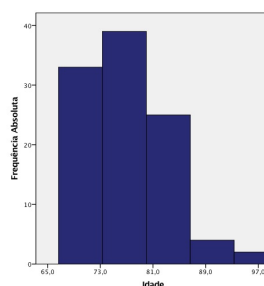
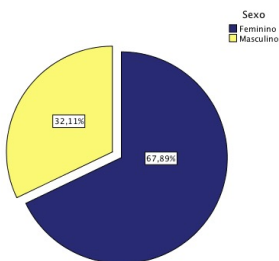
Screening individuals aged 65 years and over is crucial to identify pathological motor and cognitive decline in a population. Identifying these processes early allows for timely intervention (1). At the same time, the screening results allow an overview of the society under study. We aimed to evaluate cognitive, motor and emotional features of the population of Covilhã in 2018.

Methods

A voluntary sample of 109 individuals over 65 years of age, who participated in the Geriatric Screening in Covilhã, was studied. For the selection of the sample, surveys were carried out in various parts of the city, including associations, homes and parish councils. For the evaluation of the sample we used A) the Montreal Cognitive Assessment test (2); B) Phonemic and categorical Verbal Function Tests; C) Geriatric Depression Scale (3) (4) . D) Timed Up and Go test (5, 6)

Results

- The mean age of the sample was 76.69 ± 6.90 years
- Mild cognitive impairment was present in 37.6% of cases and dementia in 38.5% of cases.
- 7.4% of the elderly respondents had results suggestive of severe depression, and 24% results suggestive of mild depression.
- 28% of the elderly included in this study simultaneously presented depression and deterioration of cognitive function.
- A significant association was present between MoCA results and results in the Animal ($p < 0.001$) and Fruit ($p = 0.007$) verbal tests.
- A significant association was observed between the time achieved in the TUG, and the score obtained in the MOCA.



	TUG
MOCA SCORE	0,000
Visuoespacial	0,015
Nomeação	0,020
Atenção	0,036
Linguagem	0,021
Abstração	0,097
Evocação	0,003
Orientação	0,022

Conclusion

The prevalence of depressive disorder or dementia in this sample is higher than that found in the literature, although it was not possible to find a significant association between the two variables. There is a strong association between cognitive and physical decline, suggesting that the TUG is an instrument whose usefulness justifies greater use in clinical practice.

Bibliography

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