ASSESSMENT OF PHYSICAL ACTIVITY OF WOMEN WITH ALZHEIMER DISEASE LIVING IN NURSING HOME AND WITH FAMILY

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The aim of the study was the assessment of physical activity of women with Alzheimer disease (AD) living in nursing home and with family.

Material: 27 women with AD living in the nursing home (NHAD) and 13 women with AD living with family (FAD) participated in the study. All participants were at last minimal physical active (they were taking more than 100 steps during the day).

Methods: Daily energy expenditure (DEE), physical activity duration and number of steps, were collected using SenseWear Pro3 Armband. The physical activity was defined as a sedentary life style for MET (Metabolic Equivalent) below 3,0; as the moderate physical activity for MET between 3,0 and 6,0. The armband was worn for the minimum period of 24 hours.

Results: Based on Armband measurement the average DEE of NHAD was 26,7±4,5 kcal/kg body mass/day and of FAD was 29,8±5,6 kcal/kg body mass/day. The median of time of moderate physical activity of NHAD was 6 min and of FAD was 29 min. The median of number of steps of NHDW was 365 steps/day and of FAD was 3300 steps/day. All persons in NHAD and 61% persons in FAD made daily less than 5000 steps that’s mean that they had predominantly sedentary life style.

Conclusions: Daily energy expenditure and physical activity in the group of NHAD was lower than in the group of FAD. The lifestyle of the women with AD was predominantly sedentary.

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