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22079 | Body composition and physical fitness data in a group of inpatients of an Internal Medicine Department

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Background & Aim: Changes in body composition (BC) occur as part of the normal aging process and are associated with important effects on health and function (Marzuca-Nassr et al., 2020). Therefore, the objective of this article is to gather information from inpatients in Internal Medicine Department (IMD), regarding their BC and physical fitness (PF). **Methods:** The sample consists of 64 patients [37 men (M); 27 women (W)] admitted in the IMD with different causes. Anthropometric assessments [weight, height, body mass index (BMI), fat mass (FM), fat free mass (FFM)], vital signs [heart rate (HR), systolic (SBP) and diastolic (DBP) blood pressure], PF assessments with handgrip strength (HG), physical activity level with the International Physical Activity Questionnaire (IPAQ) and health perception (HP) with the SF-36 questionnaire in the Portuguese version were carried out. **Results:** On average, they have 73 years old (73,1 – M; 72,9 – W). More than a half (54%) of patients are married. They stay hospitalized, on average, for 7.2 days (7 – M; 6 W) and take an average of 8 medicines (7 – M; 8 – W). On average, they have BMI of 25,9 kg/m² (24.9 – M; 27.4 – W), 59,4% are overweight (BMI > 25 kg/m²), have FM percentage of 26.2% (22.9 – M; 35.1 – W), an amount of FFM of 30.7 kg (32 – M; 23.3 – W), HR of 82.2 bpm (79.8 – M; 85.4 – W), SBP of 128.5 mmHg (126.8 – M; 130.8 – W), DBP of 70.9 mmHg (72.7 – M; 69.6 – W) and HG of 17.9 kg (21.0 – M; 13 – W). The final score of SF-36 refers that the patients have an average HP (57,6), with M reporting a better health perception than W (62,4 vs 50,1) and according IPAQ 52% are considered active, 53.3% of elderly people are considered frail and 46.7% are considered pre-frail. Majority of patients (80%) consider important to include exercise physiologists in the SNS. **Conclusions:** This sample suggests that this type of population has a worrying fragility as well as poor PF, demonstrating some effects of aging on the health and function of this population.

Keywords: Physical Fitness, Anthropometric, Patients.

References:

[1] Marzuca-Nassr, G. N., SanMartin-Calisto, Y., Guerra-Vega, P., Artigas-Arias, M., Alegria, A., & Curi, R. (2020). Skeletal Muscle Aging Atrophy: Assessment and Exercise-Based Treatment. *Adv Exp Med Biol*, 1260, 123-158. doi:10.1007/978-3-030-42667-5_6