CORRELATION BETWEEN THE COGNITIVE, FUNCTIONAL AND PHYSICAL ABILITIES OF THE ELDERLY PACKING SERVICE

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Introduction.
The Elderly Packer demand a certain level of independence in ADL and IADL however corroborate the self must be possible as a battery as the Senior Fitness Test (SFT) can assess, monitoring and corroborate practical and safe level of independence

Purpose:
To assess the correlation between the cognitive, functional and physical abilities of packer elderly volunteer in two commercial brands at Saltillo, Coahuila

Methods:
Descriptive correlational study between the cognitive, functional y physic abilities trough the Pfeiffer questionnaire, Barthel’s index (AVD), Lawton & Brody scale and (AIVD) and the Senior Fitness Test; with 270 elderly people (AM) (n₁= 144 y n₂= 126 ) of two retailers in Saltillo, Coahuila, purposely selected as they were presented at the time of data collection, which were processed through the statistical program SPSS V.21

Results:
The average age of the elderly in the retailer 1 (CC1 [n₁]) was 69.94 (DE=5.45) while in retailer 2 (CC2 [n₂]) was 68.69 (DE= 5.27). more than 60% of the persons are masculine, the 67% are married, the average working time is 3.95 years. 42.3% of the CC1 and 38.8% of the CC2 present some type of cognitive impairment.

A Spearman correlation test is performed which showed the following results between the study variables: the more ability to perform AIVD the more ability to perform AIVD (p=.000). The stronger the lower limbs are, the stronger the Upper Limbs are (FMS) (p=.000). More FMI: more flexibility (p=.019). More FMS: more agility (p=.000). More FMS: more agility. More FMS: more flexibility (p=.006). More FMI: more agility (p=.000). The more flexibility in elderly people, more agility (p=.007) (Table 1)

Table 1
A Spearman Correlation

<table>
<thead>
<tr>
<th>Variable</th>
<th>Cognitive</th>
<th>AIVD</th>
<th>FMI</th>
<th>FMS</th>
<th>Flexibility</th>
<th>Agility</th>
</tr>
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<tbody>
<tr>
<td>Cognitive</td>
<td>-</td>
<td>.448**</td>
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<td>-</td>
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<tr>
<td>AIVD</td>
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<td>-</td>
<td>.456**</td>
<td>-</td>
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</tr>
<tr>
<td>FMI</td>
<td>.458**</td>
<td>-</td>
<td>.455**</td>
<td>-</td>
<td>.457**</td>
<td>-</td>
</tr>
<tr>
<td>FMS</td>
<td>-</td>
<td>.450**</td>
<td>-</td>
<td>-</td>
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<td>-</td>
</tr>
<tr>
<td>Flexibility</td>
<td>-</td>
<td>-</td>
<td>-</td>
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<tr>
<td>Agility</td>
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</tbody>
</table>

n=270

Conclusion:
An important quantity of elderly people was found who has some kind of cognitive impairment. Being packers helps the elderly people to maintain some physical capacities in optimal conditions such as strength in upper limbs; nevertheless, shortcomings in flexibility and agility, despite relate positively.

References