

## **PS1.026**

### **Functional assessment and level of dependence in elderly patients of a rural population; correlation sociodemographic**

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**Background & Aim:** Primary care is a breeding ground for the prevention of dependency in the elderly by detecting disability and associated factors. Prevalence of functional incapacity is measured by using the Barthel index in patients over 65 years seeking consultation or request home care and to define the profile of persons dependent for basic activities of daily living (BADL).

**Material and Methods:** A descriptive, cross-sectional study was performed. The sample was obtained from all patients attending a primary care centre in the Basic Health Zone of Tabara (Zamora, Spain). Functional capacity in BADL (Barthel index) was assessed and various sociodemographic variables were recorded.

**Results:** 242 patients (54.1% women) were assessed. The mean age was 78.89 years (SD: 7.229). The largest age group aged was over 80 years (46.3 %). A total of 39.3% of the patients were assessed as dependent for at least one BADL, the highest figure being for those in need of help with urine control (28.9%) and the lowest for feeding (9.5%). 30.6 % were minor dependents, 5.8 % moderate and 2.5 % severe, total dependents only 0.4 %. A statistically significant association was found between functional capacity and old age, widowhood, living in the home of relatives, usually their own children. No correlation was found between dependence and gender or educational level ( $p < 0.05$ ).

**Conclusions:** A significant portion of the subjects in the sample had excellent functional capacity, although the proportion is lower than previous studies. A third of the patients had some type of limitation for basic activities of day living. The best functional capacity was associated with lower age, living in a couple. These variables could be useful for select groups of elderly at risk, which could benefit from specialized interventions to prevent / reduce functional disability.