

($p = 0.786$). However, we have found, that the elderly who had been hospitalized had a higher risk of malnutrition ($p < 0.001$), with a significant relationship between the variables.

Conclusions: Results appeal to the attention on a more adequate nutrition in this group of age, as well as the implementation of the mechanisms for referral the elderly at risk of malnutrition and isolation to local healthcare units and social security.

Keywords: Social resources. Elderly nutritional status.

EVALUATION OF FUNCTIONAL (IN)DEPENDENCY IN INSTITUTIONALIZED ELDERLY

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Introduction: Evaluation of daily life activities is considered an appropriate and legitimate tool for evaluating the degree of functional (in)dependency in the elderly.

Objectives: To evaluate the degree of functional (in)dependence in the elderly living in a long-term institution in the North of Portugal.

Methods: Descriptive cross-sectional study conducted in a long-term residence in the North of Portugal. The sample was constituted by the totality of institutionalized elderly during the month of April 2013, a total of 67. The collection of biographical data was accomplished through the individual process of the elderly. Barthel scale was used to evaluate the degree of (in)dependence through direct observation of daily life activities.

Results: Of the total of 67 seniors, 74 were female, mean age was 83.5 years (SD ± 7.6), varying between 52 and 97 years, 92.5% from countryside, 47.8% can read and write. The most prevalent chronic conditions were hypertension 58.2%, dementia 38.8% and diabetes 31.3%. The Barthel Index revealed 43.3% of the elderly with a degree of total dependence and 11.9% independent. The majority showed independence in feeding 79.1%, in the transfer from the chair to the bed 53.7% and 52.2% in ambulation. The largest proportion of dependence observed in the bath 89.6% in the dressing 47.8% and 50.7% arrange itself. Noted a large proportion of elderly with bladder and bowel incontinence 50.8%.

Conclusions: There was a low prevalence of seniors independent in all activities. The largest proportion of dependence occurred in the personal hygiene. It seems to us important that professionals sensitize seniors to the importance of self-care in health promotion and quality of life.

Keywords: Aged. Dependency. Motor activity.

PREVALENCE OF HYPERTENSION IN INSTITUTIONALIZED ELDERLY

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Introduction: The high prevalence of high blood pressure and its hard control lead the scientific community to consider this as a public health problem.

Objectives: To identify the prevalence of hypertension in elderly institutionalized in a home of senior citizens of the District of Bragança.

Methods: A descriptive cross-sectional study performed in a senior citizens home in the district of Bragança. The sample consisted of 67 elderly institutionalized during the month of March 2013. The information was obtained through the records of the individual process of the elderly during the period from 20 to 28 April. Blood Pressure (BP) was assessed to all seniors, by one of the researchers, with electronic vital signs monitor device, following the criteria of the General Directorate of Health.

Results: There was a predominance of the female gender 74%, from countryside 92.5%, and with education level read and write 47.8%. The hypertension prevalence was 58.2%, the average systolic BP was 132.6 mmHg, ranging between 90 and 175 mmHg and diastolic BP averaged was 71.6 mmHg ranging between 42 and 94 mmHg. The average heart rate was 74 beats/minute varying between 50 and 101 beats/minute. The Group of hypertensive patients registered higher prevalence in females 74.4%, with an average age of 84.4 years, 94.9% from countryside and 48.7% could read and write. Concomitantly had diabetes and dementia 35.9%, congestive heart failure 17.9% and stroke 12.8%.

Conclusions: We observed a high prevalence of hypertension which justifies the need for adopting preventive measures. The adoption of healthy lifestyles in this group is an essential component of therapy as well as prevention of hypertension.

Keywords: Aged. Hypertension. Health of the elderly.

MULTI-INDICATORS OF SUCCESSFUL AGING IN CENTENARIANS

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Introduction: The multidimensional model of successful aging (Young, Frick & Phelan., 2009) has been serving as a reference in empirical studies of successful aging over the last years (e.g., Pruchno et al., 2010) and a benchmark to assess the health and functioning of very old individuals (Philips Lifeline, 2014). By comprising bio, psycho and social domains, it constitutes a promising approach to the study of the centenarian population who tend to present several age-related losses.

Objectives: The study aims to validate a multidimensional model of successful aging in a sample of Portuguese centenarians.

Methods: 80 centenarians from the PT100 project (Oporto and Beira Interior Centenarians Studies) were face-to-face interviewed. Indicators of disease and physical impairment (physiological domain), emotional vitality and inner contentment (psychological), and engaging with life and spirituality (sociological) were collected.

Results: Structural equation modeling analysis to the hypothesized model suggests removing the social activities indicator (factor loading of 0.07). The alternative model fits well to the observed data, with $\chi^2(24) = 29.058$, $p = 0.218$, CFI = 0.949, GFI = 0.925, RMSEA = 0.052, $p = 0.048$.

Conclusions: The consideration of multi indicators of successful aging enables considering compensatory mechanisms and synergies between physical, psycho and social domains. A greater focus on psychosocial domains values the individual capacities of adaptation, resilience, and coping, which have been tremendously advocated in the gerontological literature (Baltes & Baltes, 1990; Jeste, Depp, & Vahia, 2010).

Keywords: Successful aging. Centenarians. SEM.