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ORGANIZATION AND ROLE OF PHYSICAL EXERCISES WITH THE ELDERLY AND SENILE PATIENTS WITH CARDIOVASCULAR PATHOLOGY

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SUMMARY

The article deals with the problem of preserving and enhancing the health, lifestyle management, enhancing the functionality of elderly and senile age. We present an analysis of self-assessment of health status, quality of life of elderly and senile age. The analysis was performed at the Regional Geriatric Center of Stavropol. We have studied the influence of physical training on the indices of life quality in elderly people with cardiovascular diseases and provided a guidance to a complex of physical exercises meant for recuperation from heart diseases of elderly and senile-age patients.

. . . , . . . , . . .

2025 . . . , 60 . . . [1,3,6].

[8]. . . [2,5].

. . . , . . .

[8,9].

[5,7].

()

« ».

82	126	60
39,9%,	62 – 75	
	– 60,1%.	67,9±0,6

(),

(«SF-36 Health Status Survey»).

SF-36

1-

()

2-

(),

[4,6].

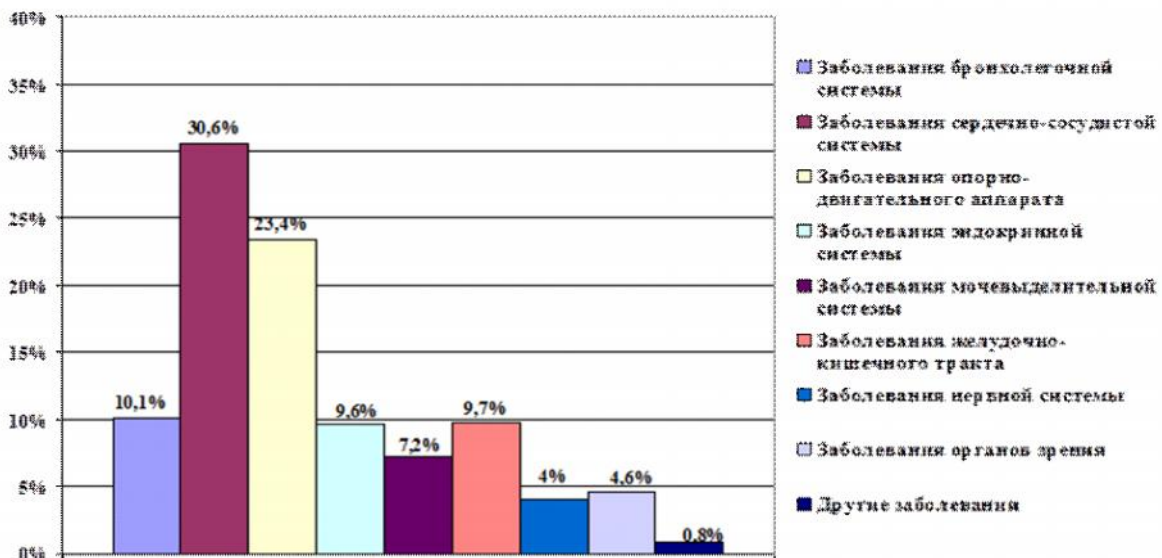
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» (« ») - ,

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126 , - (..... 1).



. 1.

21,4 % (27).

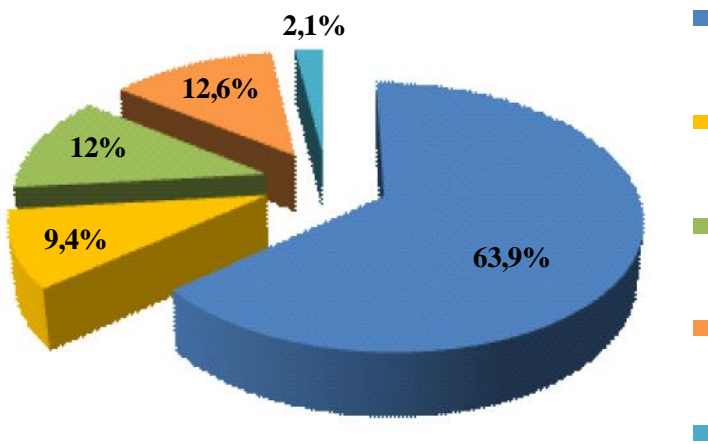
63,9%, «

» - 9,4%, «

» - 12,0%, «

» (

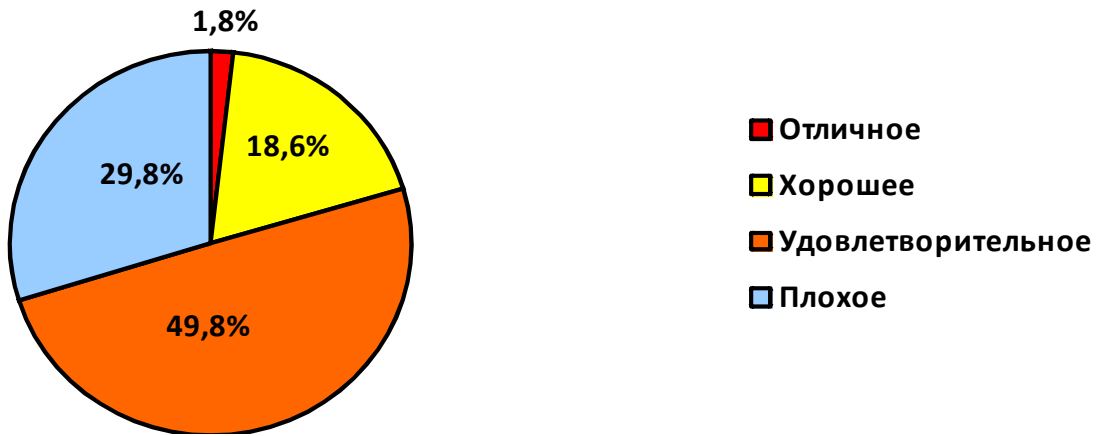
.) - 12,6%, 2,1% - . (. 2).



. 2.

, (78,9%);
 (57,1%);
 (30,5%); (65,3%);
 (38,6%),
 (12,4%).
 54,7%
 3
 (). 11,5%

Основная группа



3.

« » – 1,8%, « » – 18,6%, « » – 49,8%, « » – 29,8%.
 « » – 3,3%, « » – 43,3%, « » – 21,7%, « » – 31,7%. (. 3).
 SF-36 (PF+RP+BP+GH), (V+SF+RE+MH)
 214,9±22,5 235,35±23,2 , <0,005.
 (62 16 2 (19 3 (25) . –20-30 3500 , 100-110 ,

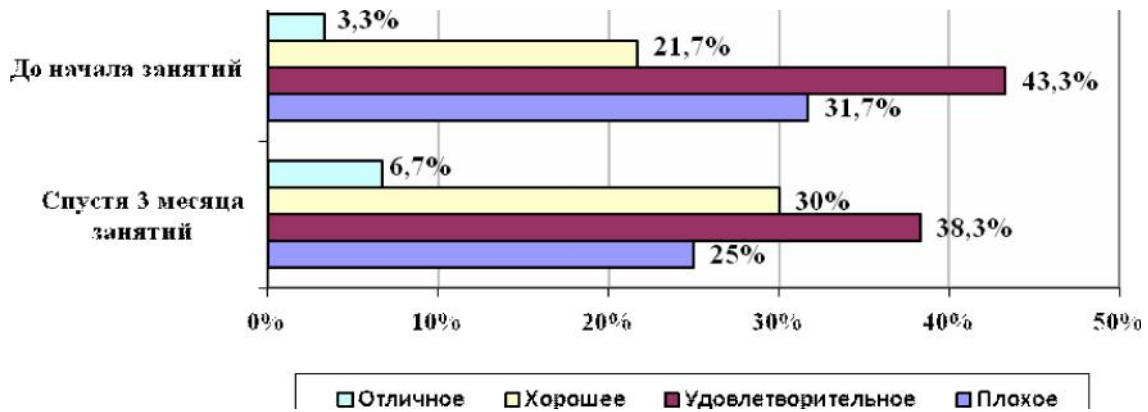
7-15
110 /

60%
73%
(65,7%)
48% (29)
34,5% (-)

14%

, 86% –

, . (. 4).



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2.

3.

4.

5.

1.

2.

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