JARDUERA FISIKOAK GAIXOTASUN KRONIKOAK DITUZTEN PAZIENTEEN EGOERA FISIKOAN DITUEN EFEKTUAK

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SARRERA

JARDUERA FISIKOA

Prebentzioa

Tratamendua

Bizi-kalitatea ⬆

Osasun gastuak ⬇

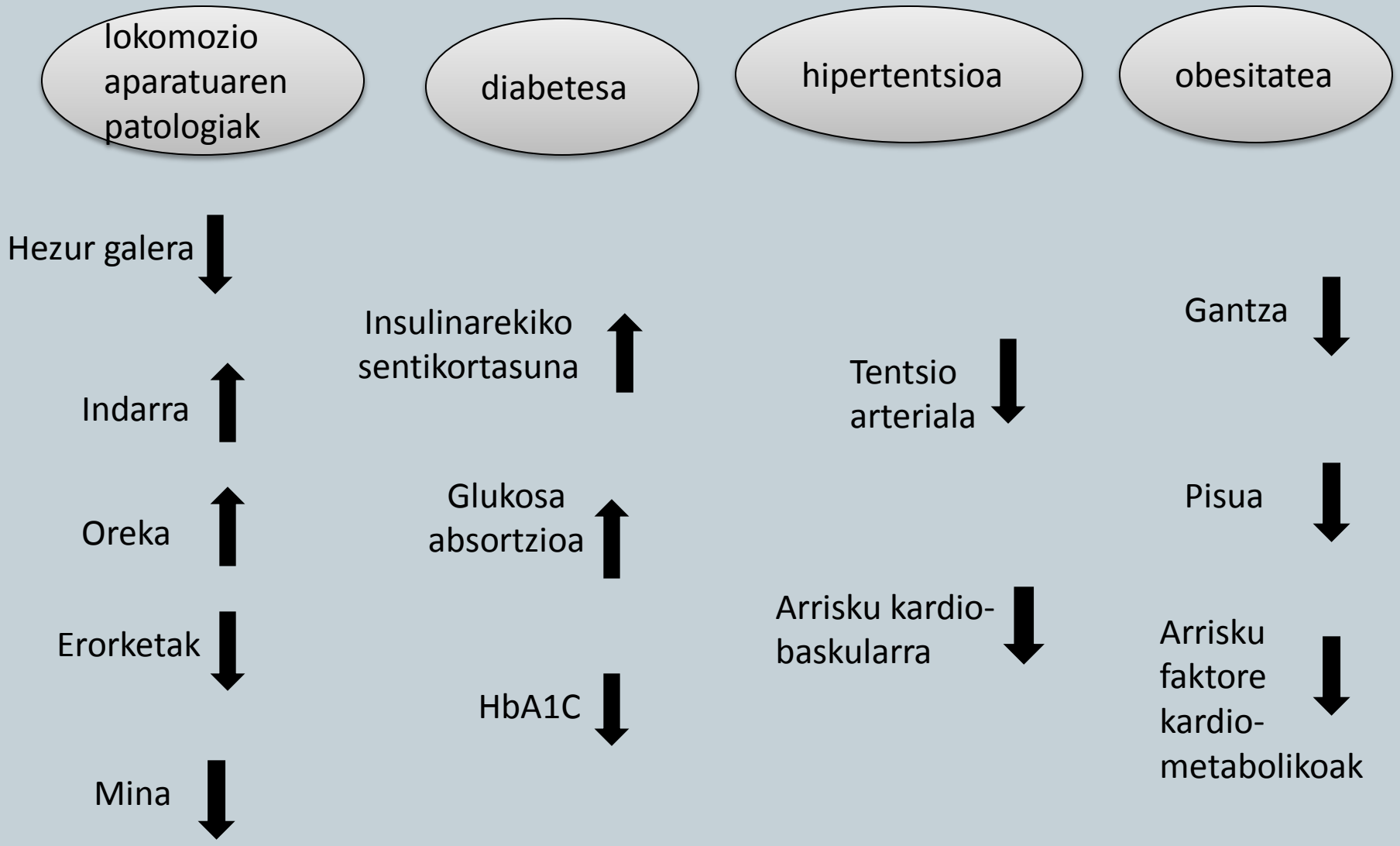
lokomozio aparatuaren patologiak

diabetesa

hipertentsioa

obesitatea

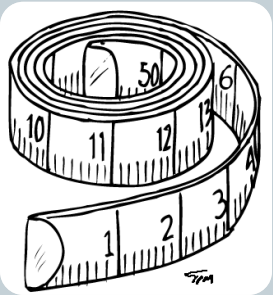
minbizia, bihotz eta birika gaixotasunak, depresioa….


lokomozio aparatuaren patologiak
diabetesa
hipertentsioa
obesitatea
Hezur galera
Indarra
Oreka
Erorketak
Mina
Insulinarekiko sentikortasuna
Glukosa absortzioa
HbA1C
Tentsio arteriala
Arrisku kardio-baskularra
Gantza
Pisua
Arrisku faktore kardio-metabolikoak

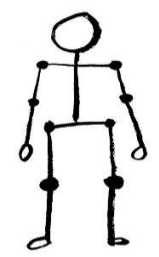
HELBURUAK

Jarduera fisikoko programa

EFEKTUA



gaixotasun kroniko ezberdinetan



METODOAK

parte-hartzaileak

2000-2012 urteak

3492 pertsona

kirol medikuarekin 1. bisita

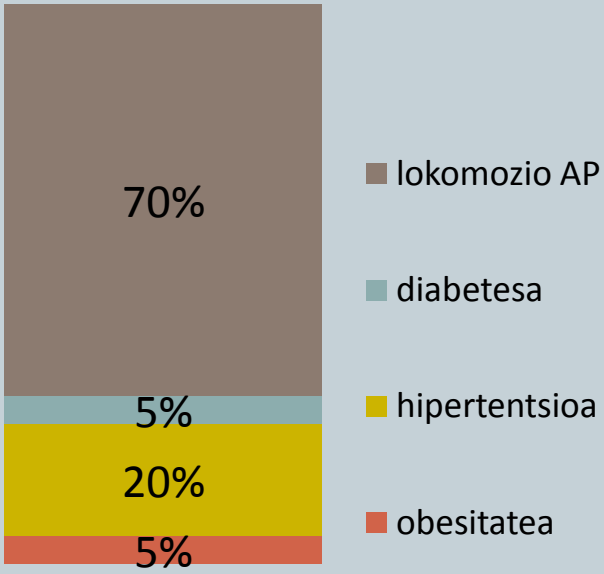
2760 pertsona

% 79k programa hasi

% 77

% 23

56.12±11.63 urte



neurketak

hasiera

3 hilabete

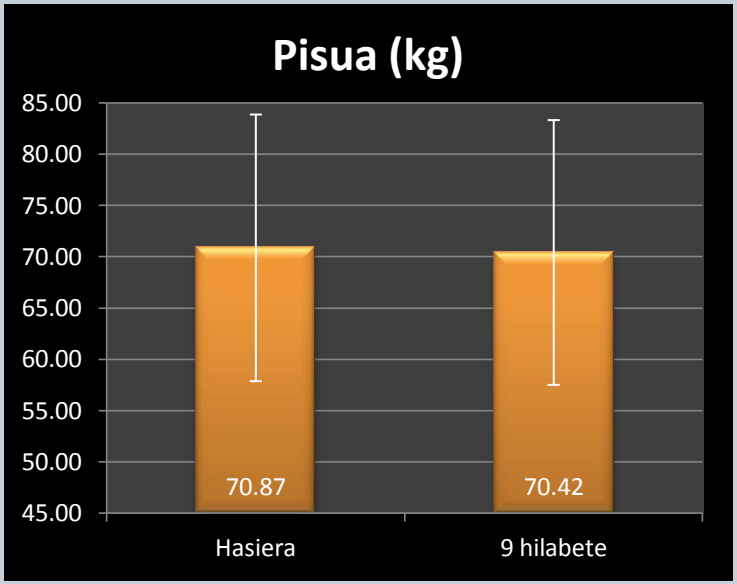
6 hilabete

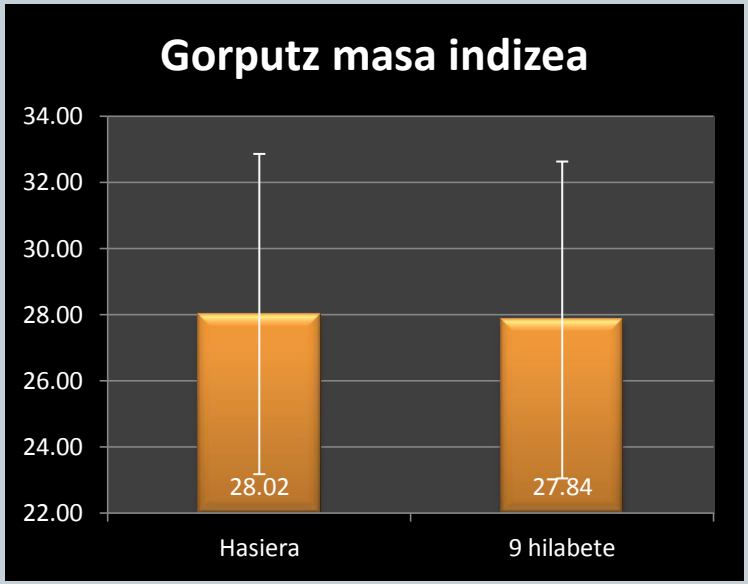
9 hilabete

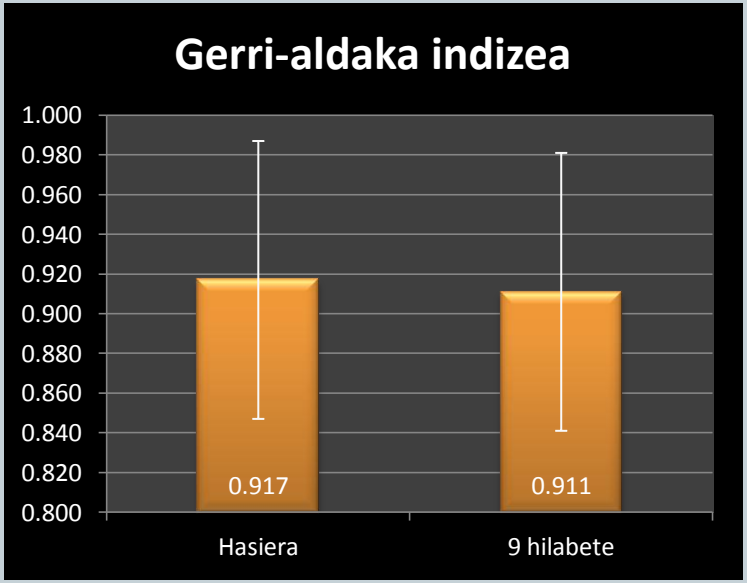
aldagaiak

- sexua, adina, lanpostua
- altuera, pisua, gorputz masa indizea, gerri eta aldaka perimetroak, malgutasuna
- TA – atsedeneko/ariketa ondoko – sistoliko/diastolikoa
- atsedeneko/ariketa ondoko BM (bihotz maiztasuna)
- distantzia, “Six-minute walk test (6MW)”

EMAITZAK

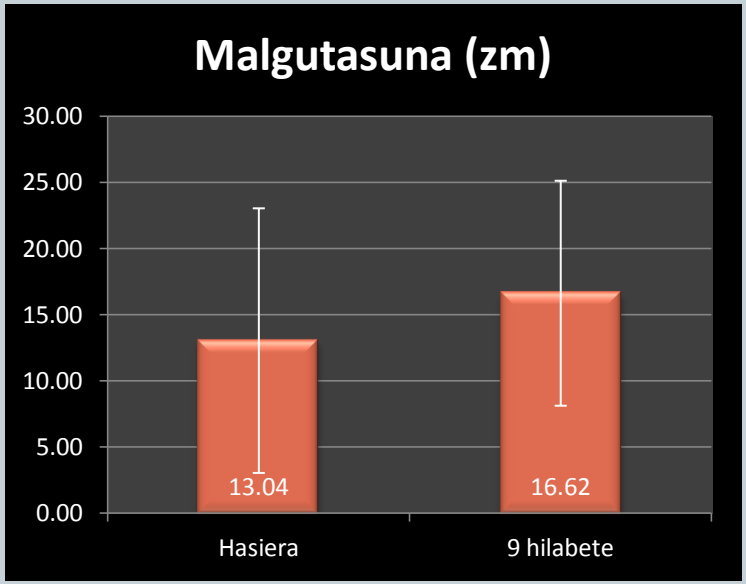


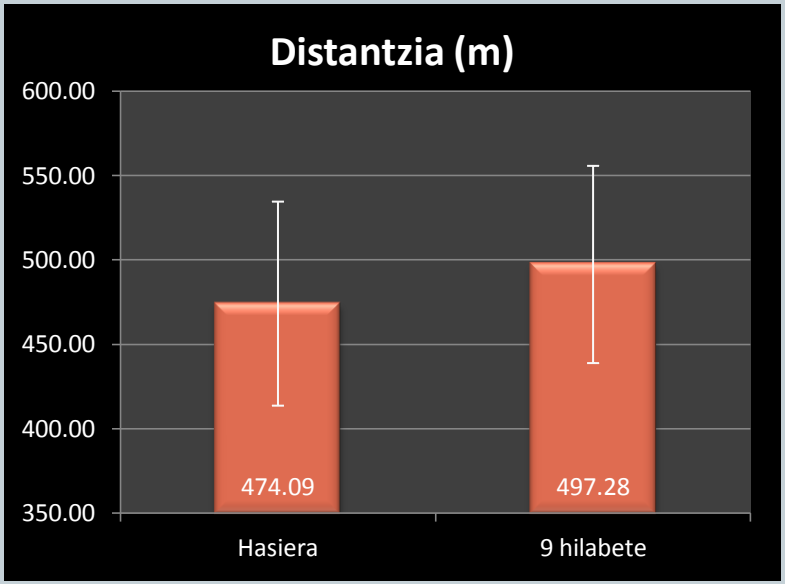




$P<0.05$

$d<0.03$

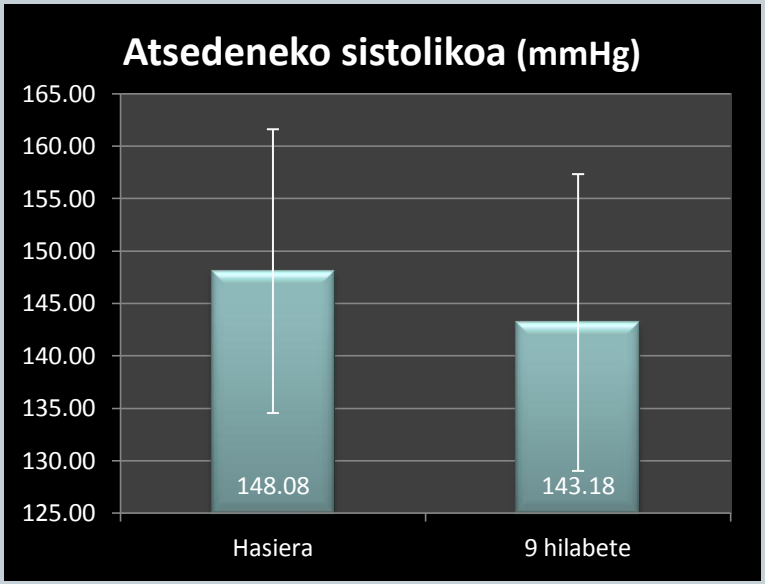


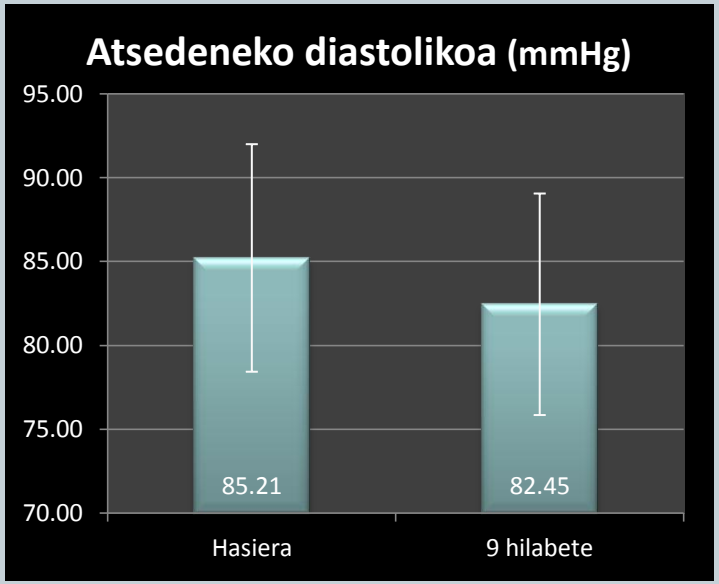


d=-0.38

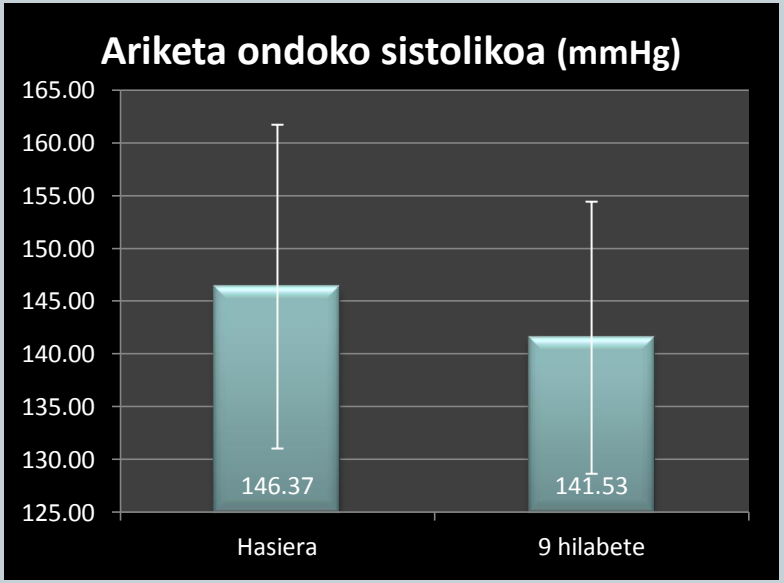
P<0.05

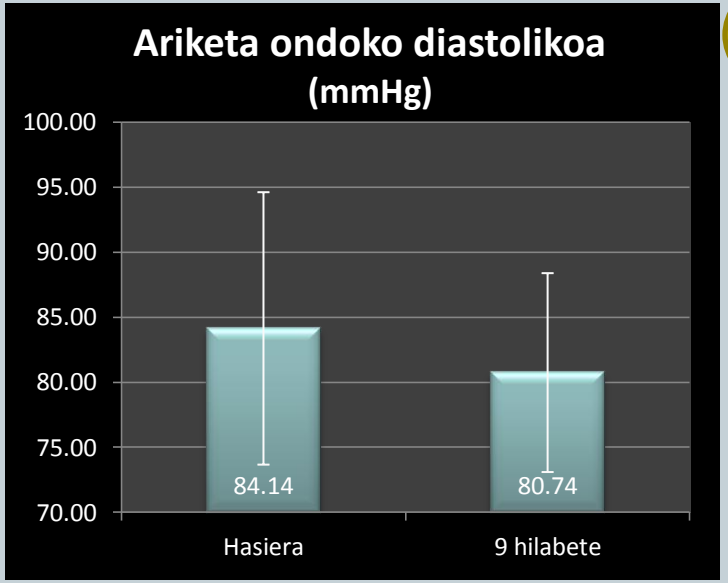
d=-0.39





P<0.05





d=0.37

IBM-SPSS 21. Wilcoxon-en signed rank testa. Adierazgarritasuna p<0.05. Efektuaren tamaina: Cohen-en *d*-a.

ONDORIOAK

Eraginkorra ✓ → **Gaixo kronikoen egoera fisikoa** 👍

Programen diseinua/ garapena ⚠ **osasuna** ↑ **bizi-kalitatea**

Milesker zuen arretarengatik!!

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Erreferentziak

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