

Vedúci redaktor

Ladislav Hegyi

Zástupca vedúceho redaktora

Silvester Krčméry

Výkonný redaktor

Miroslav Palát

Tajomník redakcie

Katarína Ďuranová

Redakčná rada

Martin Dúbrava

Zdeněk Kalvach

Štefan Koval

Eduard Kolibáš

Štefan Krajčík

Zoltán Mikeš

František Németh

Jaroslav Přehnal

Eva Topinková

Pavel Weber

Zdeněk Zadák

Helena Zavázalová

Redakčný kruh

Ladislav Badalík (SK)

Peter Belan (SK)

Vladislav V. Bezrukov (UA)

Franz Böhmer (A)

Svein O. Datland (N)

Oleg V. Korkuško (UA)

Štefan Litomerický (SK)

Alex Kalache (WHO)

Erich Lang (BRD)

Christoph Lucke (D)

František Makai (SK)

William Molloy (CND)

Jiří Neuwirth (CZ)

Vladimír Pacovský (CZ)

Mario Passeri (I)

Jozef Pogády (SK)

F.M.E. van Schendel (NL)

Jörg Schulz (D)

Vappu Teipale (SF)

Karol Virsik (SK)

Vladimír Zaremba (CZ)

Contents*Editorial**Z. Mikeš:*

New Years Reflections 3

*Originálne práce**K. Kociová, M. Istoňová, M. Palát:*The role of ergotherapy
in the rehabilitation of seniors 5*V. Dobiášová:*Drawbacks of vaccination of seniors (*I. part*) 11*R. Bužgová, K. Ivanová:*Burnout syndrome in employees
of old people's home for seniors
in the region of Moravia-Silesia (*II. part*) 17*Review articles**Z. Šajterová, V. Šajter:*The Modes of damage to geriatric patients
by physical impulses in complex rehabilitation 21*K. Stracová:*

Co-morbidity in demented patients 27

*R. Tahotný, S. Krčméry, K. Soláriková:*Asymptomatic bacteriuria
- common situation in geriatrics 40*L. Hegyi:*The Council of the Government
of the SR for seniors 39*Jubilees**Z. Mikeš: Prof. Ladislav Hegyi, M.D., DSc*

- septuaqenarian 46

M. Dúbrava: Prof. Ladislav Hegyi, M.D., DSc

- celebrates his 70-ieth birthday 47

Calendar 26*Official website of the**Slovak Gerontologic and Geriatric Society***www.geriatria.sk**

New Years Reflections

Dear colleagues and friends !

The beginning of New year is always full of expectations on one hand, and reflections on the previous years achievements on the other hand. Geriatricians have mixed feelings concerning the past year because the number of geriatric beds decreased even more and the lack of physicians, nurses and auxiliary personnel has become more profound. Graduates from medical faculties choose socially or financially more attractive medical fields than geriatrics or they start their professional career abroad. Unfortunately, geriatrics does not belong to attractive fields and it is difficult to predict its future. Physicians with specialization prefer to go abroad to places with much better financial and social appreciation. Such a situation results in decreased number of physicians who have to care for the remaining beds which have not yet been liquidated. The lack of physicians has elevated to such an extent that leading positions are held by retired doctors. Is there any way out of this situation? I am sure there must be some solution of this problem. The moneys devised by Phoenicians could help in visualizing geriatrics. It is a great pity our society orientated to material values does not seem to understand this issue. We can only hope this attitude will be changed one day.

Despite the outlined situation we can mention several positive activities. We were successful in organizing many events. We are glad to say that our cooperation with the Czech Gerontologic and Geriatric Society has expanded further.

New year poses several challenges. We have to resist and hope in improving the situation, despite the looming global economic crisis which is a foreshadow of numerous problems.

This year several professional events will be organized, such as traditional Bratislava Geriatric Day (23 April 2009) and XII. Slovak Geriatric Congress with international participation (23-25 September 2009) held in beautiful surroundings of the Low Tatras. We believe you will support our society by taking part in these events. The Slovak Gerontologic and Geriatric Society will co-organize the Congress of the Slovak Hypertensiologic Society which will be held in Bratislava on 16 - 18 April 2009. The topic of the Congress will be devoted to the issues of hypertension in older subjects. You are invited to take part in this event. Our Czech colleagues traditionally take active part in our Congress and we are equally pleased to take part in their Congress to be held in Brno in March. The World Gerontologic and Geriatric Congress organized in Paris during 5 - 9 July 2009 will be of utmost importance of this year's events and you are invited to take active part in this event.

Ladies and gentlemen, dear friends! This year is not going to be an easy one. During past years we saw a lot of problems but we did our best to cope with them. I wish we could do the same in the year 2009. I would like to ask you to actively support our Society and wish you a healthy and prosperous New year.

Zoltán Mikeš

The role of ergotherapy in the rehabilitation of seniors

3
Geriatrics
1/2009

S. Kociová, M. Ištoňová,, M. Palát

Summary

Introduction: Ergotherapy is a therapeutical procedure that exploits specific diagnostic and therapeutic methods and procedures in the treatment of individuals with various types of affliction. The main effort of ergotherapy is to preserve, restore and improve self-sufficiency or improve the quality and dignity of life of severely handicapped seniors preferably in their home setting by using compensation aids or other person's assistance.

Aim: The paper focuses on the functional ability of the selected group of Slovak seniors residing in old people's homes. The paper compares the findings with the similar results and follows the extent of possible influencing the components of functional ability by selected means of ergotherapy. In the followed-up group of 470 seniors - residents of old people's home of the Prešov and Košice region - physical activity, cognitive functions and self-sufficiency were evaluated as the key components of human quality of life.

Results: Full self-sufficiency was attained in 45.5% of inhabitants, mild degree of dependence was found in 38.2 %, 11.5 % showed a moderate degree of dependence and nearly 5 % of inhabitants of the followed up group were dependent on other people's help.

Conclusion: The results of our research and the results of other professionals point to the fact that self-sufficiency of seniors residing in old people's homes or their home setting is not sufficient and markedly decreases with the increasing age. Accordingly, special ergotherapy must be included in the programs of complex rehabilitation of seniors so that the seniors could maintain their self-sufficiency as long as possible.

Key words: *ergotherapy - physical capability - mental health - self-sufficiency*

Drawbacks of vaccination of seniors (I. part)

V. Dobiášová

Summary

Introduction: Over the past decades, tremendous efforts have been made world-wide to strengthen childhood immunization programmes. Immunization coverage has increased in most regions and cases of vaccine-preventable diseases have fallen by 90.0-100.0% in children of industrialised nations. Polio eradication may be on the horizon.

In contrast to these successes, the burden of influenza and pneumococcal infections remains disturbingly high in older of most countries and cases of tetanus are still regularly reported. A common characteristic of all three diseases is that their residual incidence in older age groups results directly from adults' underimmunisation.

Aim:

1. point up the importance of vaccination for prevention in geriatrics
2. analyse the state of vaccinating seniors against influenza, pneumococci and tetanus in Trenčín region
3. learn about seniors' and health care workers' awareness of vaccination
4. suggest methods of improving the situation

Methods: The data on vaccination of 65 year old people (60 year old people since 2005) and older were obtained from inspection of vaccinations of residents of social care facilities provided by public health authorities, sanatoria and geriatric centers in Trenčín district, Nove Mesto n/V, Banovce n/B, and Myjava in 2000 - 2007, as well as from the analysis of influenza incidence among people aged 65, resp. 60 and more in 2000 - 2007.

Our aim was to find out about the state of vaccination against influenza in 2007/2008, against tetanus up to April 30, 2008, against pneumococci from the period 2001 - 2007 among people aged 65 and more using data from the anonymous questionnaires. Those questionnaires were given to 109 GPs for adults who carried out vaccination in the region of RUVZ with the seat in Trenčín.

Seniors' awareness of basic aspects of vaccination against influenza, tetanus and pneumococci was found out with the help of questionnaires given to the group of 451 seniors from 7 DOS / Social Care Homes / in Trenčín region and members of 13 organizations JDS of Trenčín and 27 patients in geriatric ward of teaching hospital in Trenčín. The average age of the seniors was 72 years.

Health care workers' knowledge of influenza and their attitude towards vaccination against it were also found out through the means of questionnaire. 238 health workers from the region of RUVZ Trenčín were asked to fill the questionnaire. The returning rate was 71%. To find out health care workers' knowledge of influenza and their attitude towards it we have used anonymous questionnaire modified by Doran and co. /2001/.

Statistical significance of the differences in right responses to questions on knowledge of all three diseases / influenza, tetanus, pneumococci / among JDS and DOS seniors, as well as the questions on knowledge of vaccination against influenza among GPs and clinics was evaluated by chi-square test. We have taken the level of significance $P < 0.05$ for the border of significance.

Results: Vaccination against influenza among seniors is falling. In 2007 it was 25.4%. The number of vaccinated senior residents of the establishments for seniors is also falling. GPs' reports show that the average vaccination against influenza is 48%, against tetanus 74.3% and against pneumococci 28.0%.

Every year 41% from 170 responding health workers are vaccinated against influenza. In the 2007/2008 season 71 / 41.8% / health workers were vaccinated. In this group there were GPs - 51.3%, clinic and specialized doctors - 40.7% and nurses - 25%. Health workers', particularly GPs' and clinic and specialized doctors' knowledge of influenza and their attitude towards vaccination are in general positive, though among nurses they are slightly less positive as the nurses were not able to answer numerous questions.

Seniors' knowledge of vaccination and diseases preventable by vaccination is insufficient.

Key words: seniors - vaccination against influenza - tetanus and pneumococci - knowledge of vaccination - obstacles of vaccination

Burn-out syndrome in employees of old people's homes in the region of Moravia-Silesia

5
Geriatrics
1/2009

R. Bužgová, K. Ivanová

Summary

Burnout syndrome is manifested in the occupations characterized by high working load, intensive contact with people and by inadequate financial evaluation. Professional caregivers looking after seniors are also considered as one of the risk groups. The purpose of the survey was to find out the extent of burnout syndrome in the employees of old people's home for seniors in the Moravia-Silesia region along with the factors affecting the incidence of burnout syndrome. For data collection a standardized questionnaire BM (Burnout Measure) of the authors Pines, Aronson and Kafra (1981) was used. The group investigated, comprised 452 employees directly working in 12 homes for seniors which were established by the region of Moravia-Silesia and the municipality of the city of Ostrava. Burnout syndrome was confirmed in 6.5 % employees, 28.5% employees showed alarming values. The research confirmed significant influence of length of employment, evaluation of working load, satisfaction of employees with working conditions, physical and psychic aggression of clients upon the onset of burnout syndrome in the employees.

Key words: *burnout syndrome - seniors - institutional care*

The modes of damage to geriatric patients by physical impulses in complex rehabilitation

Z. Šajterová

Summary

The application of physical stimuli is an integral part of complex rehabilitation care. Their effect depends on a number of parameters, including the intensity, which may be applied in several degrees. Strong intensity can even harm the body mainly in high risk patients. The author of the paper concentrates on the modes of damage to geriatric patients by physical stimuli.

Key words: physical factors - rehabilitation - geriatric patient

Co-morbidities in demented patient

K. Stracová

Summary

The author deals with the co-morbidities in demented patients and by the significance of these co-morbidities for the patient's survival. She also follows up the influence of dementia on the concomitant co-morbidities. She points at the works of numerous international authors in this area and analyzes the studies about individual co-morbidities conducted over the past years.

Key words: co-morbidities - dementias - cognitive disorders - neurodegenerative diseases

Asymptomatic bacteriuria – common situation in geriatrics

7
Geriatrics
1/2009

R. Tahotný, S. Krčméry, K. Soláriková

Summary

Asymptomatic bacteriuria is common in older patients. In clinical practice the therapy of asymptomatic bacteriuria poses dilemma as to whether and when indicated or not indicated. Numerous studies specify only a few indications when the therapy of asymptomatic bacteriuria is beneficial for the patient. Old age alone is not an indication for the therapy of asymptomatic bacteriuria as no benefit of this therapy was demonstrated. The issue of the therapy of asymptomatic bacteriuria in diabetics remains unclear. The combination of nonspecific clinical symptoms and significant bacteriuria in geriatrics poses a frequent differential diagnostic problem and frequent source of useless antimicrobial therapy. The consequences of non-indicated therapy by antibiotics include undesirable effects, growing resistance of pathogens against antibiotics and increasing economic costs for the treatment.

Key words: *asymptomatic bacteriuria - pyuria - antibiotics*