



68° CONGRESSO NAZIONALE SIGG

Ritorno al futuro

FIRENZE, 13-16 DICEMBRE 2023
PALAZZO DEI CONGRESSI



Insonnia e qualità della vita dell'anziano

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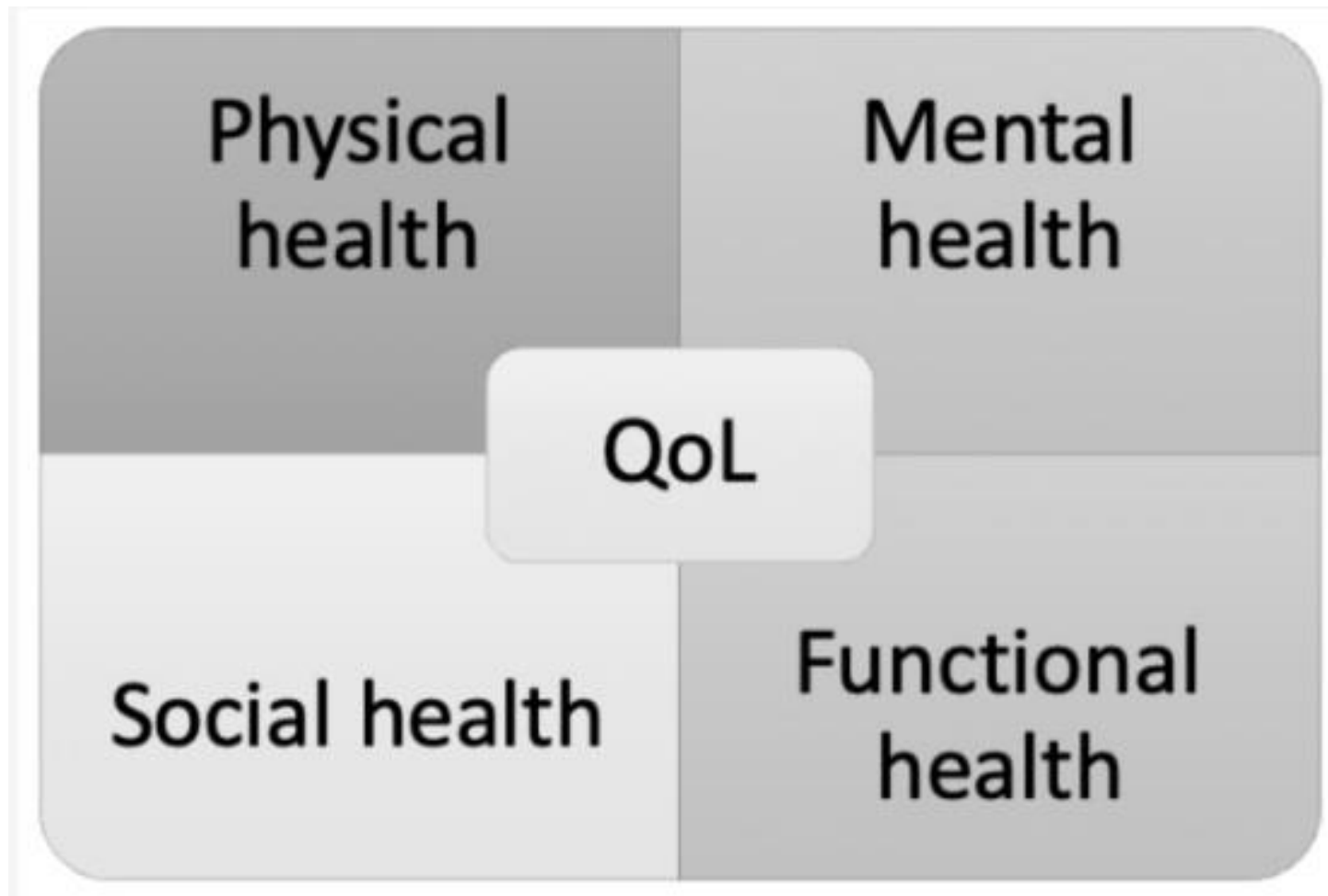
Qualità della vita

"Uno stato di completo benessere fisico, mentale e sociale, e non solo l'assenza di malattie e infermità."

- WHO, 1947

"La percezione che un individuo ha della propria posizione nella vita nel contesto della cultura e dei sistemi di valori in cui vive e in relazione ai propri obiettivi, aspettative, standard e preoccupazioni. Si tratta di un concetto ampio che incorpora in modo complesso la salute fisica, lo stato psicologico, il livello di indipendenza, le relazioni sociali, le convinzioni personali e le relazioni con le caratteristiche salienti dell'ambiente."

- WHO, 1995

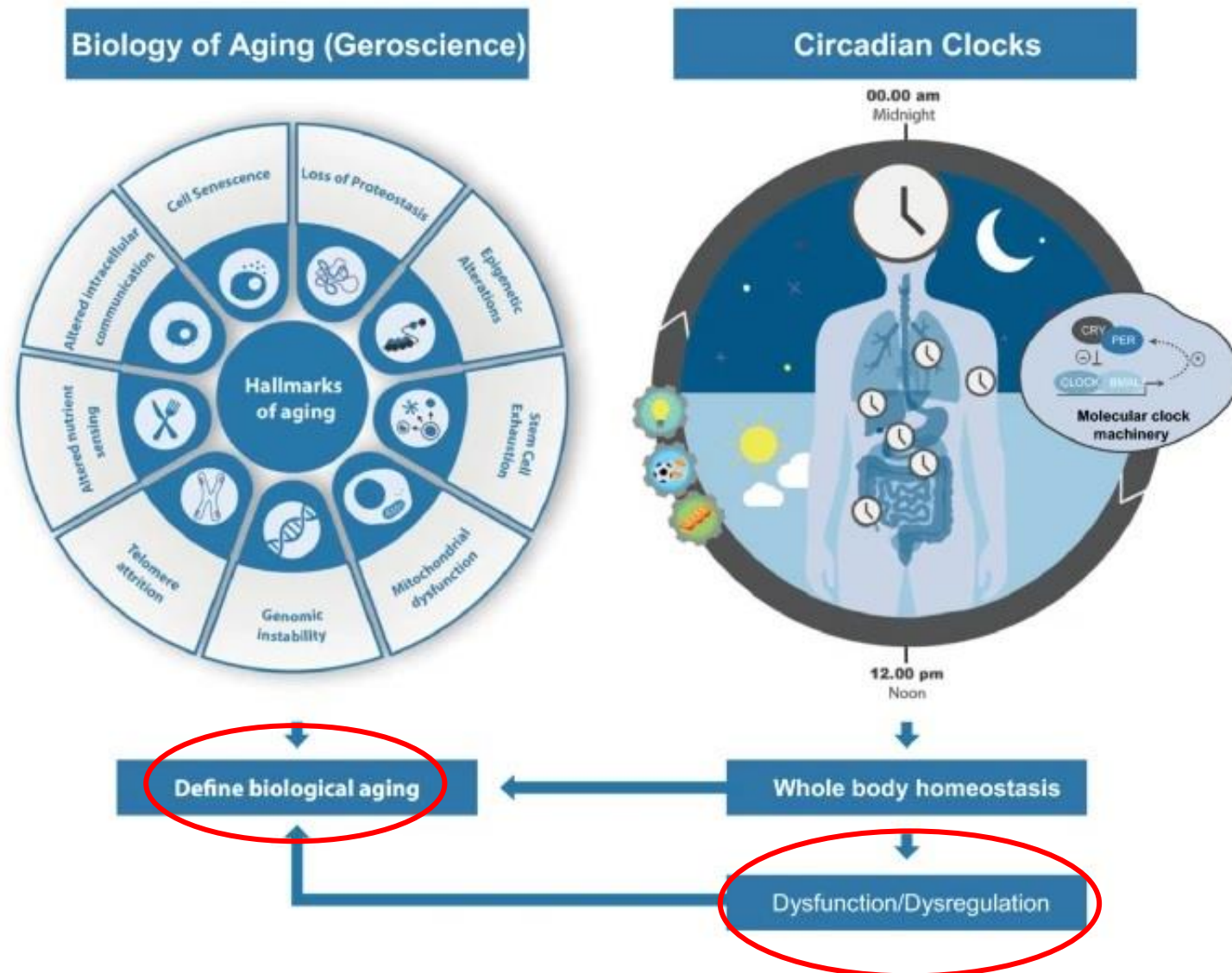




- **Physical health:** somatic sensations, disease symptoms
- **Mental health:** sense of well-being, nonpathological forms of psychological distress or diagnosable psychiatric disorders
- **Social health:** aspects of social contacts and interactions
- **Functional health:** self-care, mobility, physical activity level and social role



Physical health

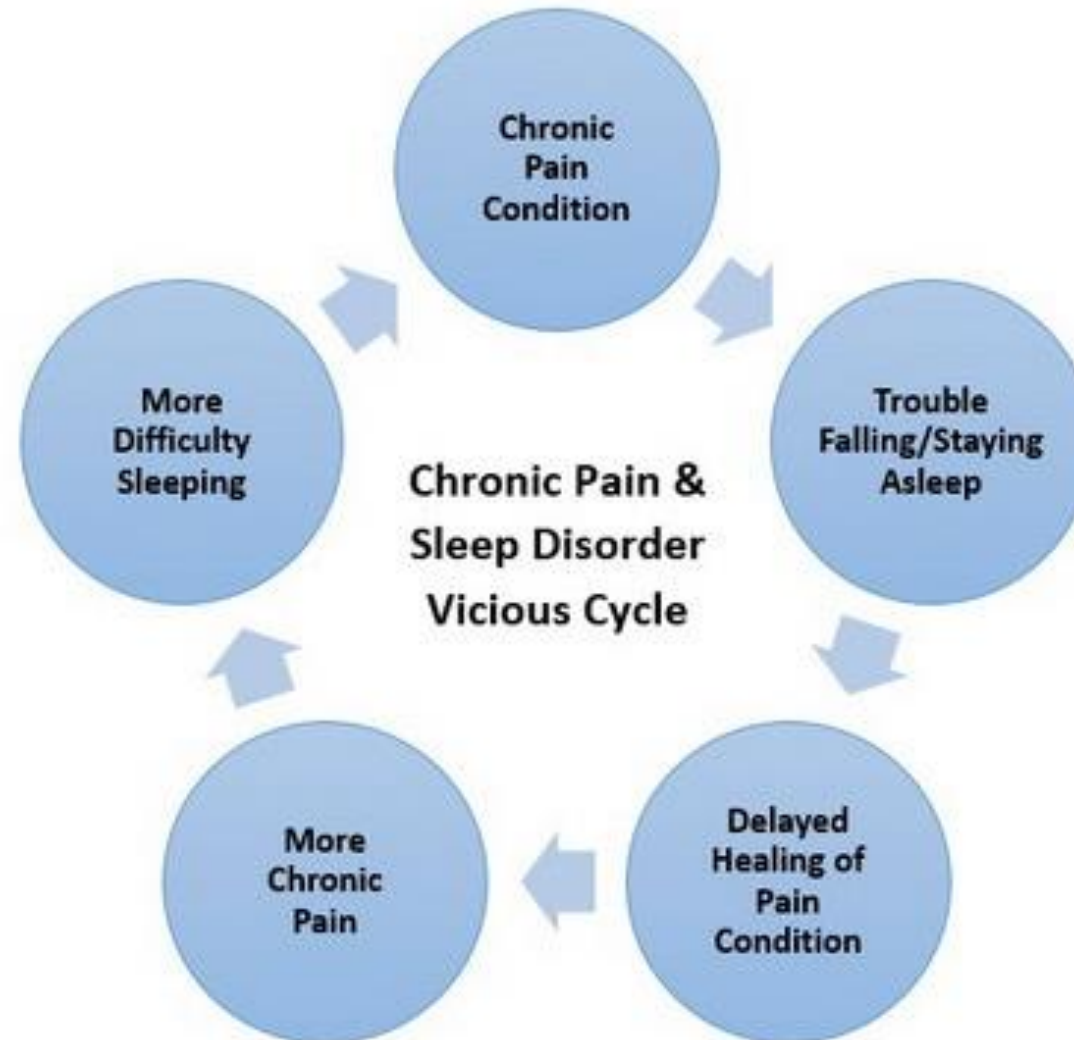




- ↑ low-grade inflammatory state
 - ↑ concentration problems
 - ↑ fatigue and sleepiness
 - ↑ memory impairment
 - ↑ muscle tension
 - ↑ headaches
 - ↓ intrinsic capacity
- ↑↑↑ risk of frailty
- ↑↑↑ risk of multimorbidity



Sleep and Chronic Pain





Mental health

- ↑ depression
- ↑ anxiety
- ↑ suicidal attempts
- ↑ cognitive impairment

- Patel et al. JCSM. 2018. doi: 10.5664/jcsm.7172
- Berkley et al. Geriatr Nurs. 2020. doi: 10.1016/j.gerinurse.2020.05.008.



Prima l'uovo o la gallina?

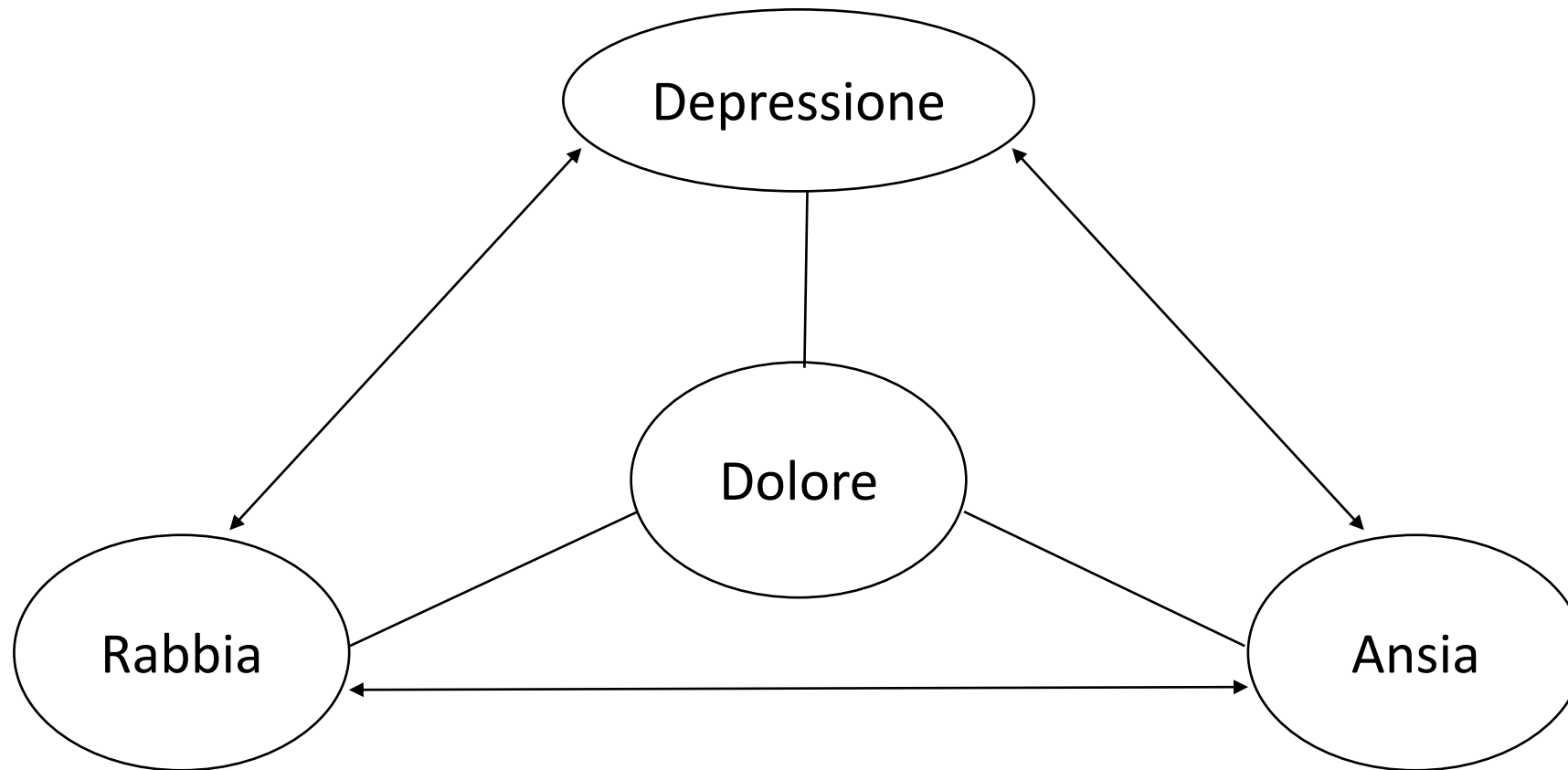
- Stress;
- Anxiety;
- Overthinking;
- Intrusive thoughts;



lead to insomnia

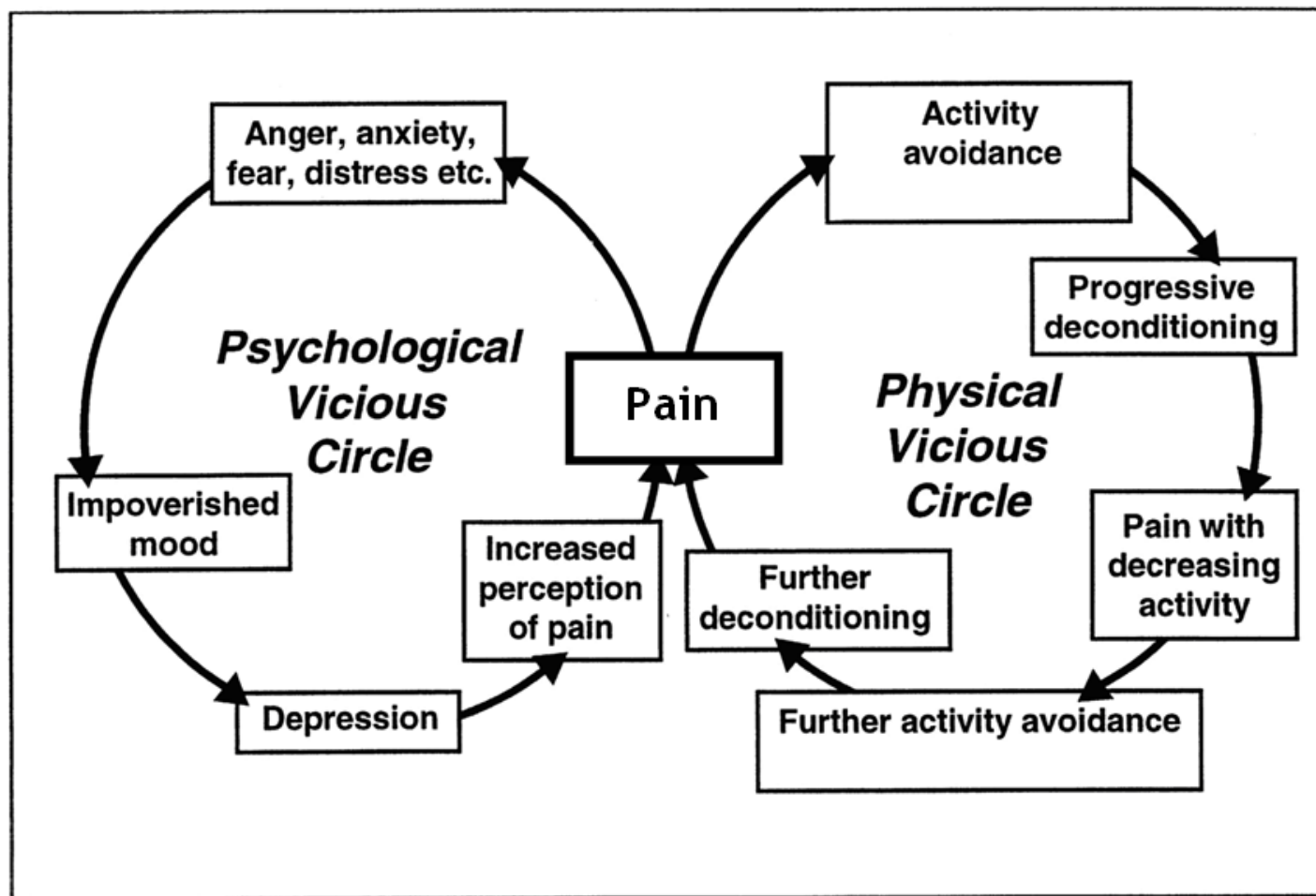


Stato emotivo e dolore



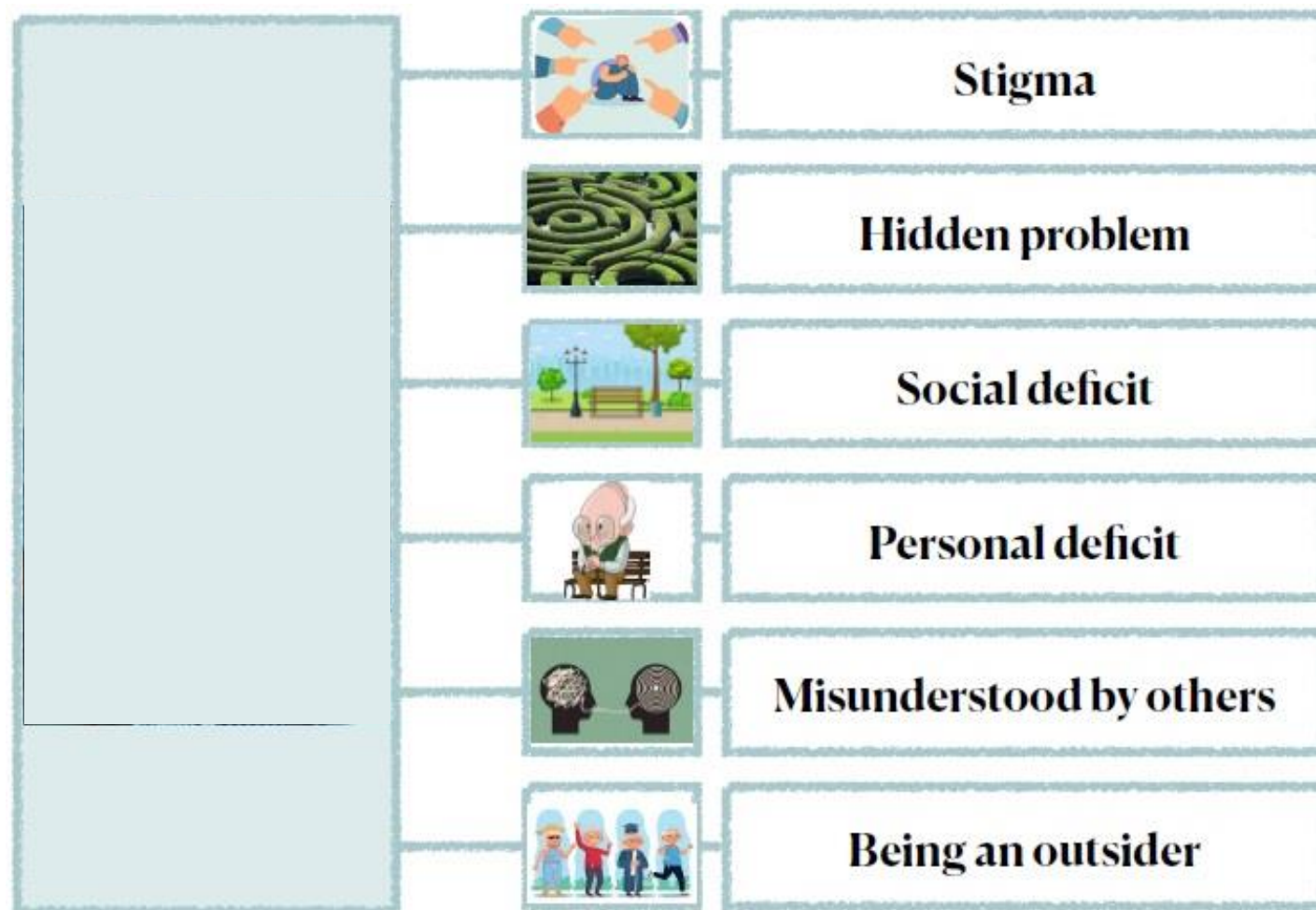


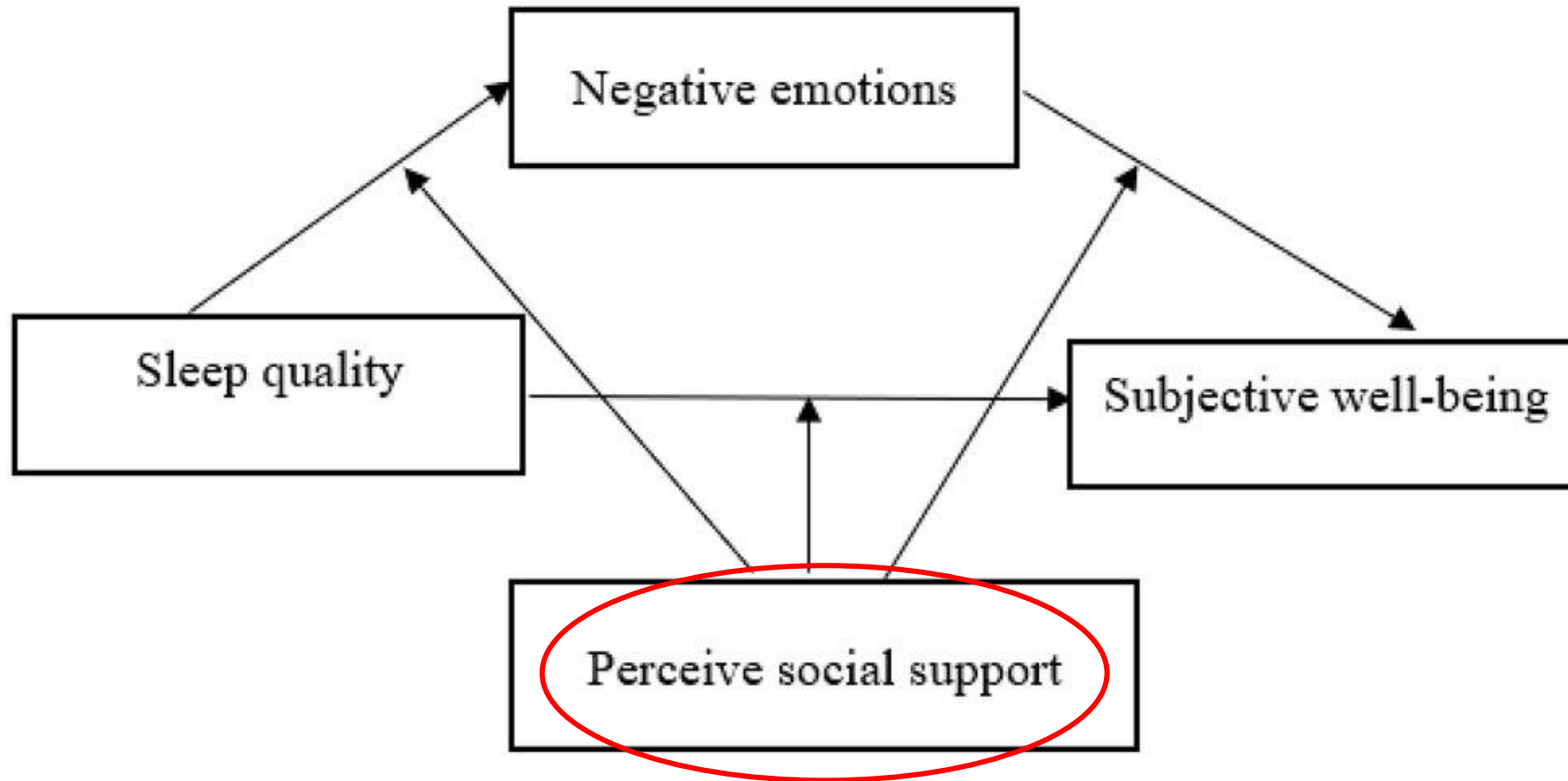
Ansia e dolore cronico

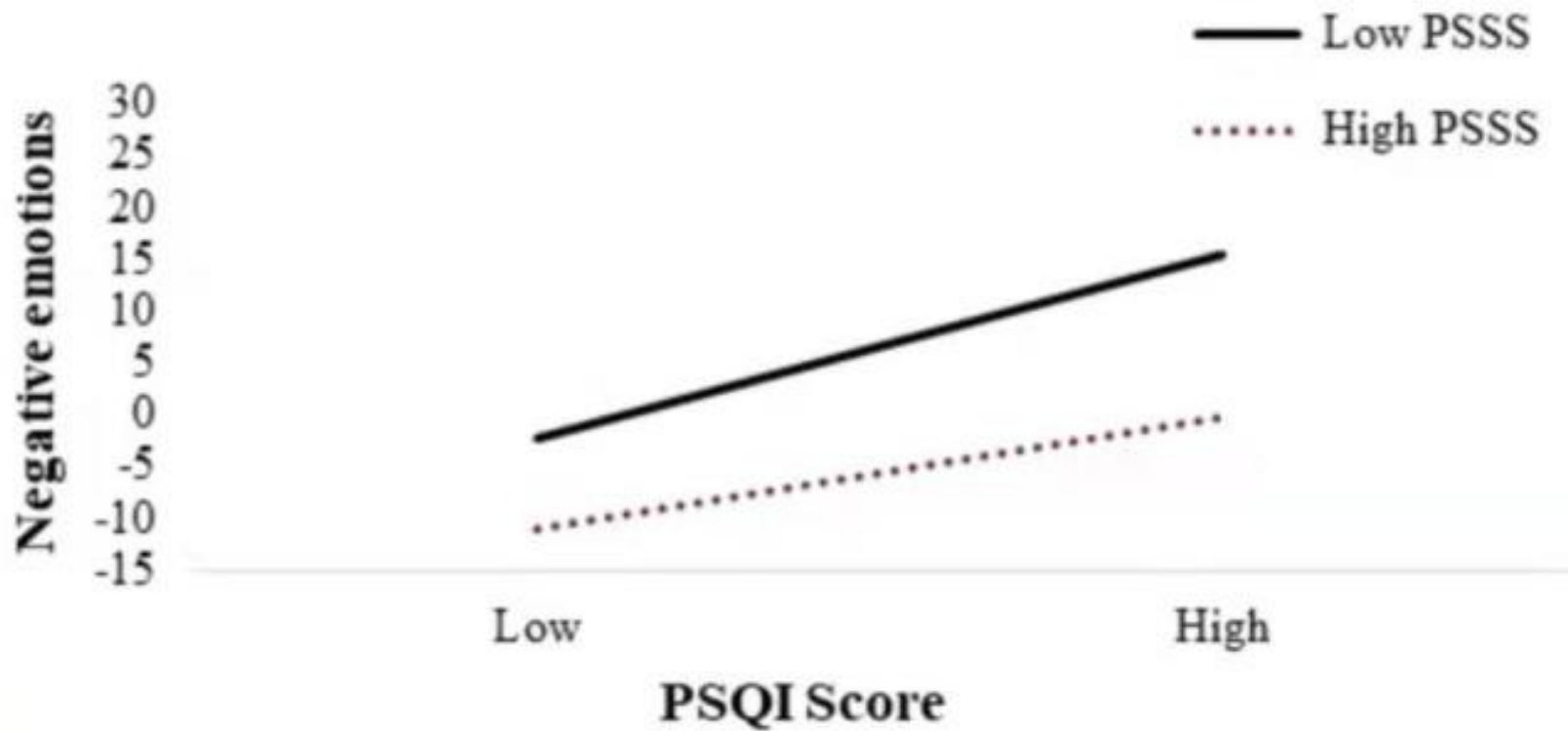




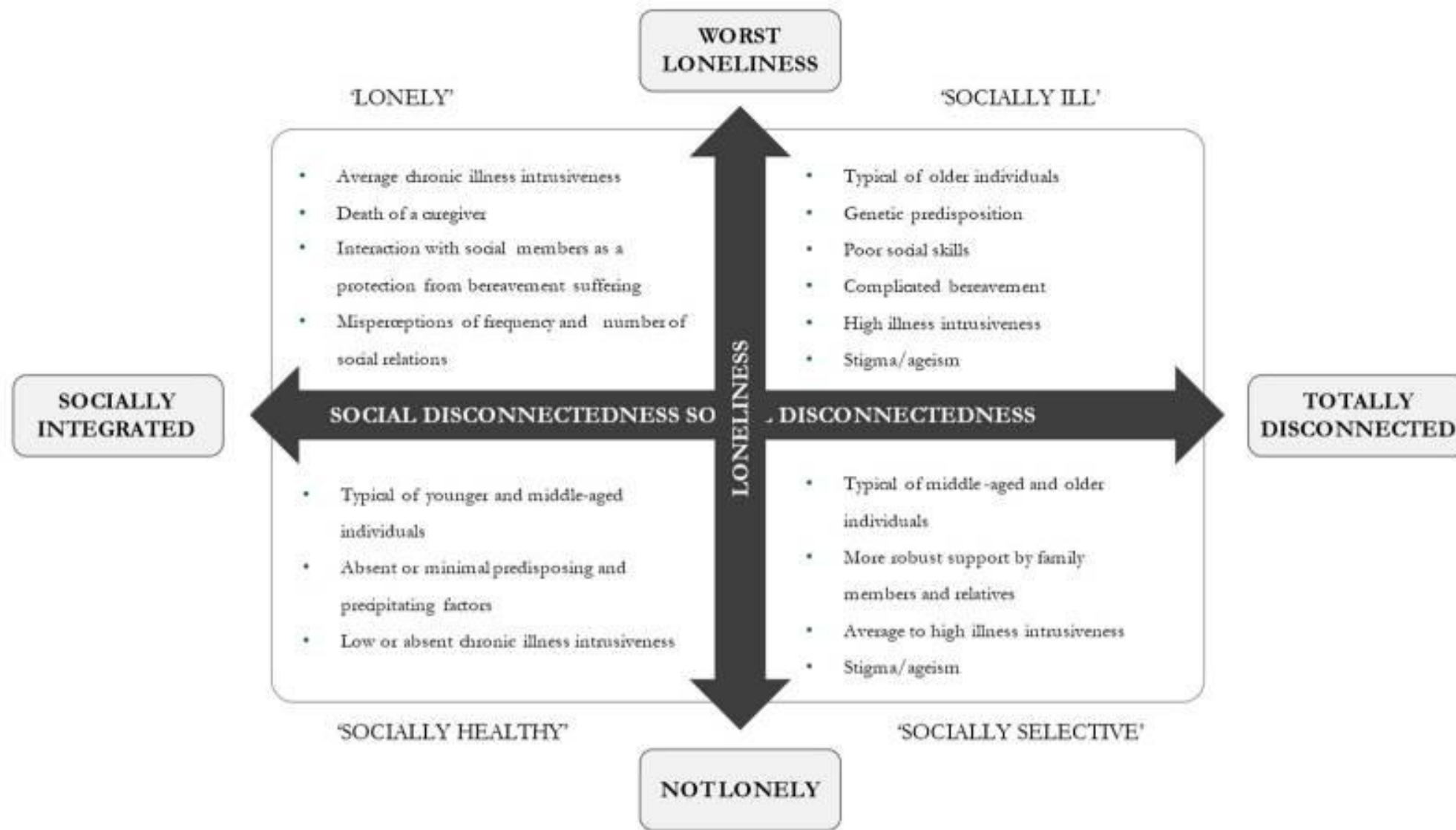
Social health







PSQI: Pittsburgh Sleep Quality Index
PSSS: Perceived Social Support





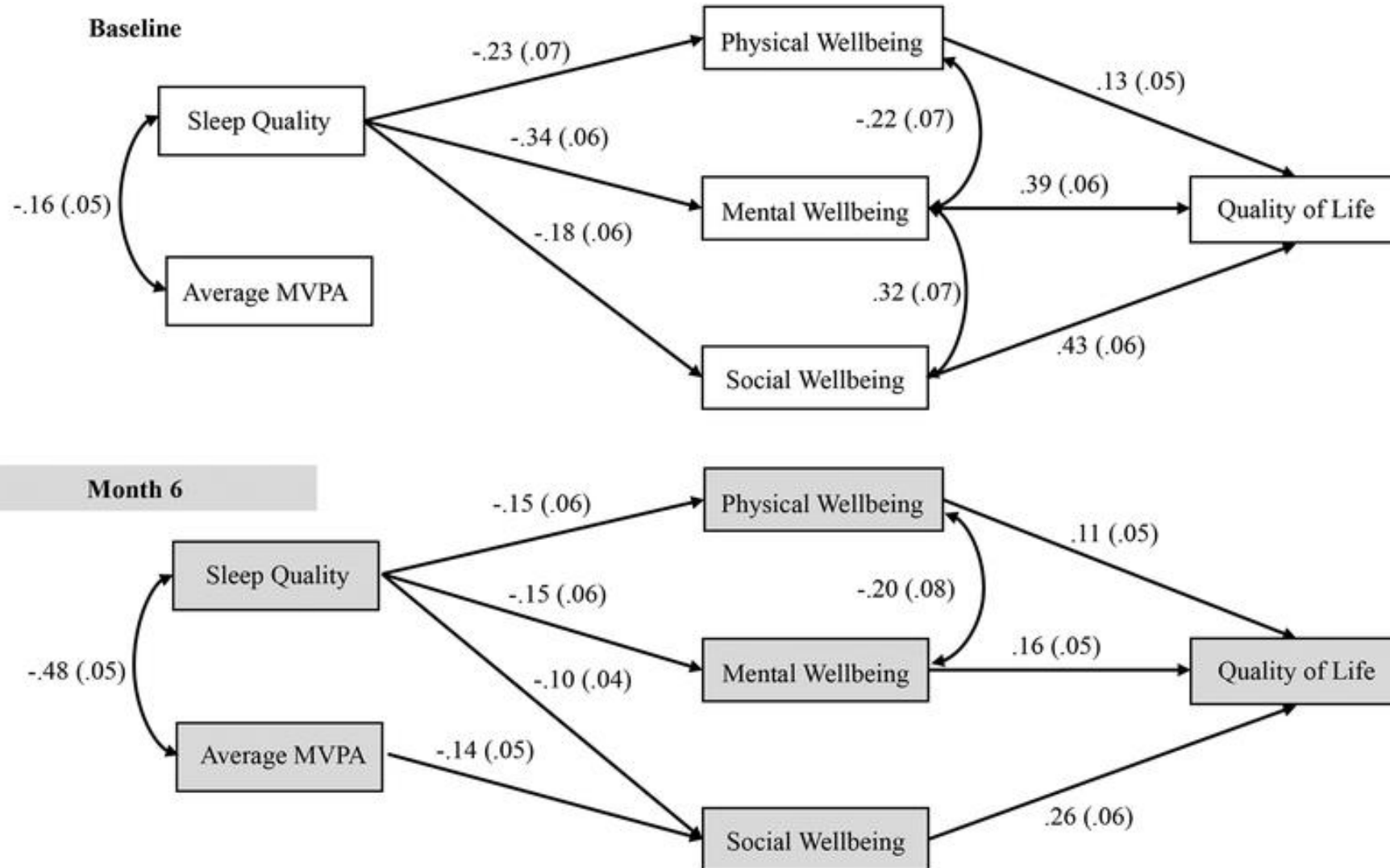
Functional health

Self-Care

"Process of maintaining health through health promoting practices and managing illness"

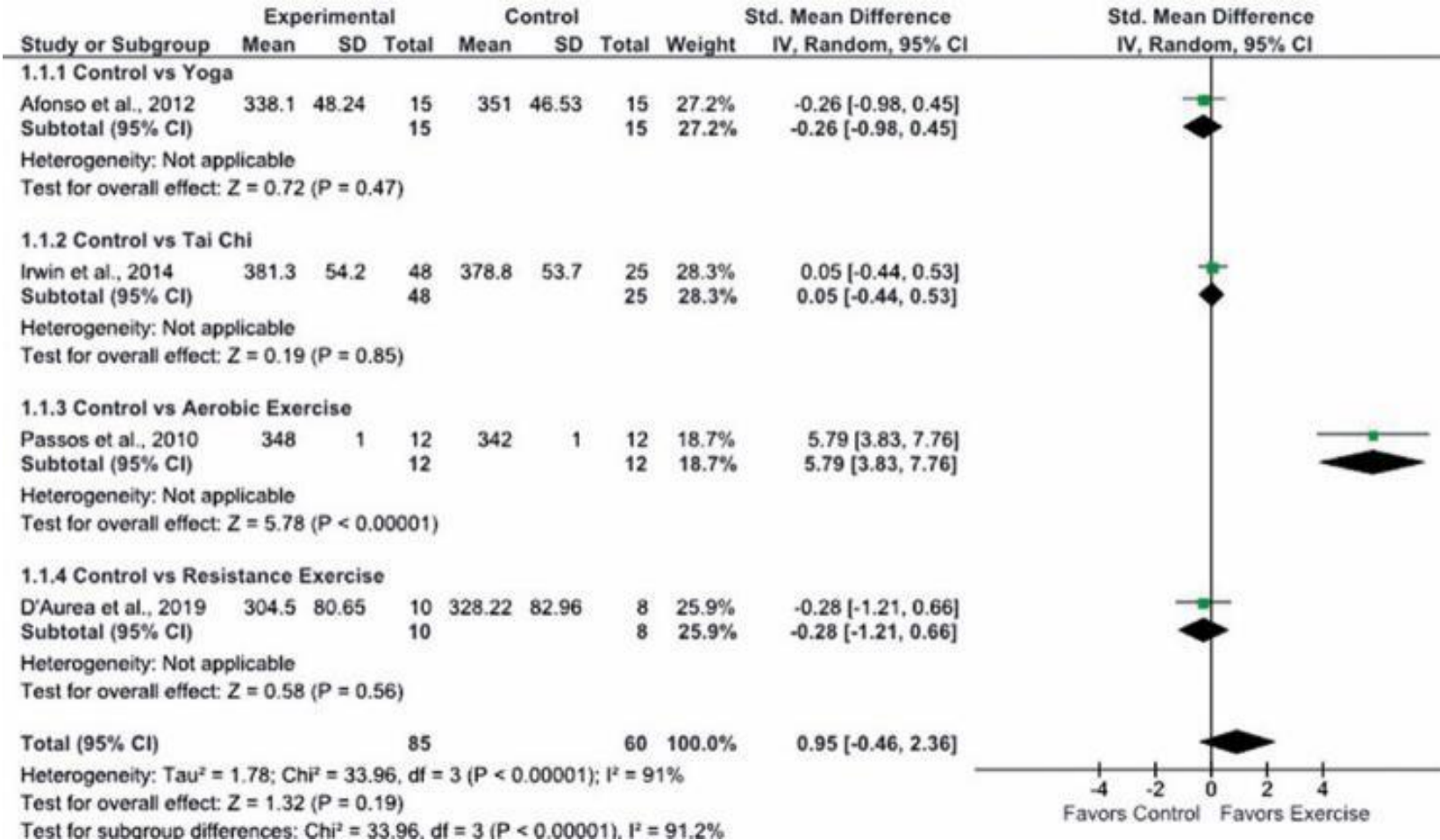


- Riegel et al. ANS Adv Nurs Sci. 2012. doi: 10.1097/ANS.0b013e318261b1ba
- Riegel & Weaver. Eur J Cardiovasc Nurs. 2009. doi: 10.1016/j.ejcnurse.2009.06.003





Which type of exercise?



D'Aurea. Einstein (Sao Paulo). 2022.
doi: 10.31744/einstein_journal/2022AO8058.