

Oral strength training exercises can effectively enhance the quality of life of elderly Dementia sufferers. (A summary)

Posted: 2008/10/17

Published Location: Yokohama, Japan, the National Medical Association National Insurance (National Health Insurance community medicine society Yokohama City Japan)

Researchers: Noriko Fukasawa *et al.*

Objective: by the use of oral strength training exercises to activate oral and whole body function, to improve the ability of daily life and enhance the quality of life.

Subjects: Japanese Lucky Garden elderly nursing home. 6 males and 11 females (degree of disability ~ Yosuke 5 degrees), aged 60 to 90 years old.

Research Methods:

1. Do strength training exercises oral cavity 3 times a day, 3 minutes at a time.
2. Caregivers observe and record the user's daily progress
3. Checkup once a month (checkup Project: Measuring the strength of lips closing, saliva examination, blood pressure, blood oxygen content, photographs,)

The results:

- ♥ All the participants have improved oral function, including those who almost could not get out of bed. After using the Patakara, wheelchair users can move on their own.
- ♥ Those who could not urinate and defecate on their own and needed diaper could take care of themselves after oral training and diaper use is no longer needed.
- ♥ Those who need to use painkillers did not require painkillers after oral training.
- ♥ Although the degree of improvement varies, all participants' physical health was significantly improved.

Conclusion: This study confirmed that the lip strength training device PATAKARA exercises the expression muscle to increase blood flow to the brain, thereby activating the effectiveness of the brain. This is of great significance in treatments, whether in geriatric care, nursing well-being, rehabilitation and other areas. Not only can this enhance the quality of life for patients, but also reduce the burden of family and nursing home care staff.

パタカラエクササイズ実施者の介護度認定結果の変化

対象者	要介護度(実施以前)	要介護度(現在)
1 (84歳 女性)	要介護5	要介護5
2 (92歳 女性)	要介護4	要介護4
3 (84歳 女性)	要介護1 	要支援2or要介護1
4 (85歳 女性)	要介護3 	要介護2
5 (68歳 男性)	要介護4 	要支援1
6 (70歳 男性)	自立	自立
7 (83歳 女性)	要介護5	要介護5
8 (84歳 女性)	要介護1 	要支援2or要介護1
9 (73歳 女性)	要介護2 	要支援1
10 (85歳 女性)	要介護3 	要介護2
11 (80歳 女性)	要介護1 	要支援2or要介護1
12 (82歳 男性)	自立	自立
13 (66歳 男性)	要介護2	要介護2
14 (86歳 女性)	要支援1	要支援1
15 (81歳 男性)	自立	自立
16 (80歳 男性)	要支援2	要支援2
17 (87歳 女性)	要介護4	要介護4