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VALORACIÓN DEL ADULTO MAYOR

Los hallazgos físicos más frecuentes en los pacientes de edad avanzada se han comentado a lo largo de los capítulos correspondientes a cada sistema corporal. El envejecimiento pone a una persona en mayor riesgo de desarrollar enfermedades crónicas y discapacidad. Sin embargo, los cambios fisiológicos no son lo único que requiere un abordaje especial en estos pacientes. Una gran parte de los adultos mayores son saludables, activos e independientes, a pesar de los cambios fisiológicos normales en su cuerpo. En realidad, se trata del mayor riesgo de presentar enfermedades crónicas y discapacidad que acompaña al envejecimiento. El término *adulto mayor frágil* describe la vulnerabilidad durante la vejez tardía (en general, más allá de los 80, 90 e incluso 100 años de edad), en la cual disminuyen la salud y la capacidad para funcionar de forma independiente y se padece mayor cantidad de discapacidades crónicas. La pérdida de la reserva fisiológica es la principal razón por la que los adultos mayores tienden a padecer más enfermedades y alguna discapacidad.

Valoración de enfermería del adulto mayor

Cuando la fisiología del envejecimiento se combina con alguna enfermedad, la valoración resulta complicada. En realidad, los signos y síntomas de la enfermedad suelen presentarse de manera diferente en las personas con edad avanzada. Los efectos adversos de los fármacos en esta población con frecuencia incluyen caídas, confusión,

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