

研究業績 英文表記

和文	
表題	地域在住高齢者が毎日外出するために必要となる心身機能の特徴
著者名	藤原和彦, 大田尾浩, 八谷瑞紀, 久保温子, 釜崎大志郎, 坂本飛鳥, 大川裕行
所属	西九州大学リハビリテーション学部リハビリテーション学科
英文	
Title	Characteristics of Mental and Physical Functioning Associated with Daily Outings among Elderly Individuals
Author	Kazuhiko Fujiwara, Otao Hiroshi, Mizuki Hachiya, Atsuko Kubo, Taishiro Kamasaki, Asuka Sakamoto, Hiroyuki Okawa
Affiliation	Faculty of Rehabilitation Sciences Nishikyushu University
Abstract	<p>This study examined the physical and cognitive abilities that older adults in the community require to engage in daily outings. The participants were 75 elderly individuals in a health class who took part in a physical fitness test. A logistic regression analysis was conducted, with the "going out" status as the dependent variable and each measurement as the independent variable. The results showed that the 30-second chair-stand test (CS-30) score (odds ratio [OR]: 1.17, confidence level [CL]: 1.04–1.32, $p = 0.008$), timed up and go (TUG) test score (OR: 2.11, CL: 1.02–4.36, $p = 0.043$), and Mini-Mental State Examination [MMSE] score (OR: 0.63, CL: 0.44–0.92, $p = 0.015$) were associated. These findings suggest that it is essential for older adults in the community to maintain optimal CS-30, TUG, and MMSE scores to ensure that they can engage in daily outings.</p>
keyword	older adults, daily outings, physical and cognitive abilities

※本データの英文表記は実際の論文上の表記とは異なります。