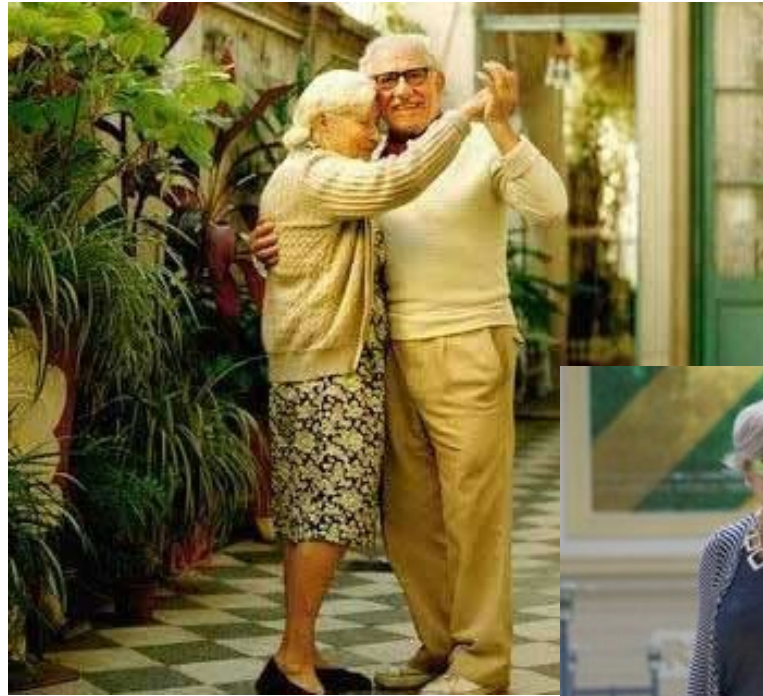


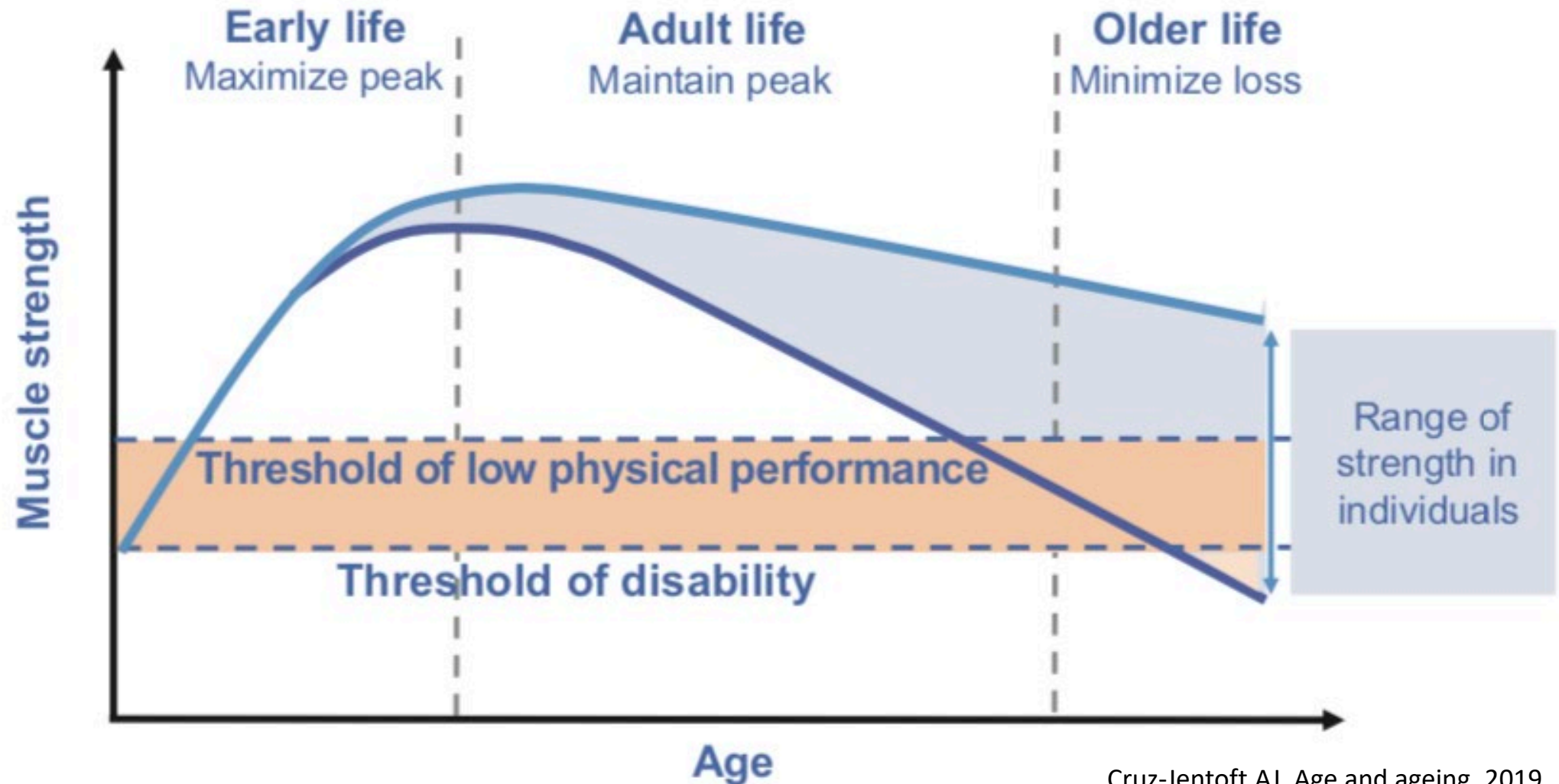
Prevención y detección del deterioro funcional en las personas con VIH

Fátima Brañas
Servicio de Geriatría
Hospital Universitario Infanta Leonor
Madrid

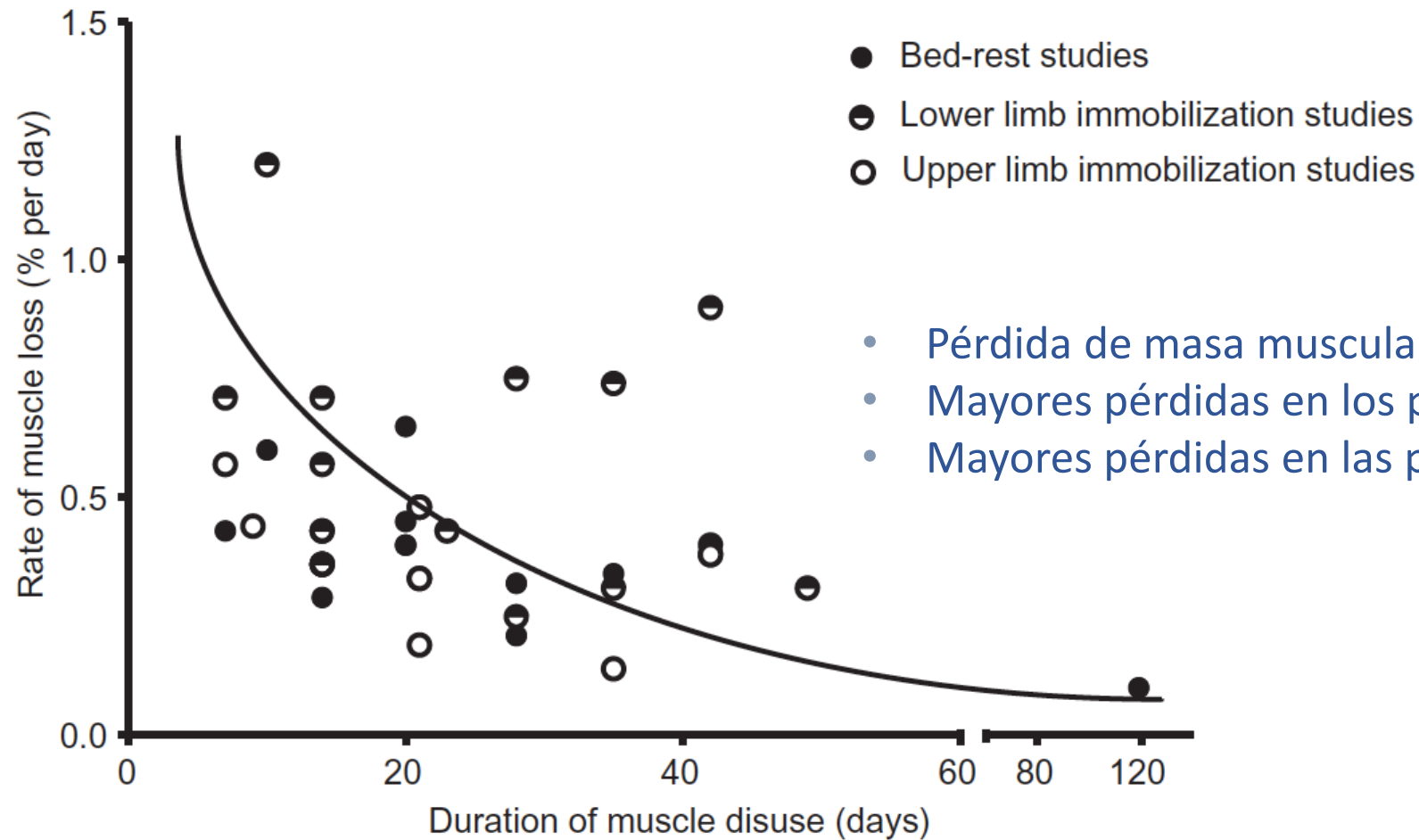




Impacto del envejecimiento en **la función física**

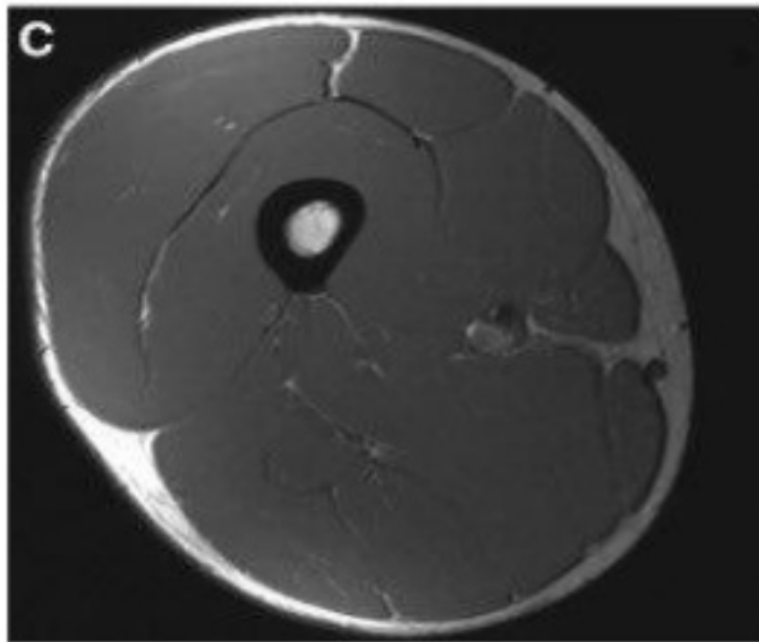


Es el desuso el responsable de la pérdida de masa muscular

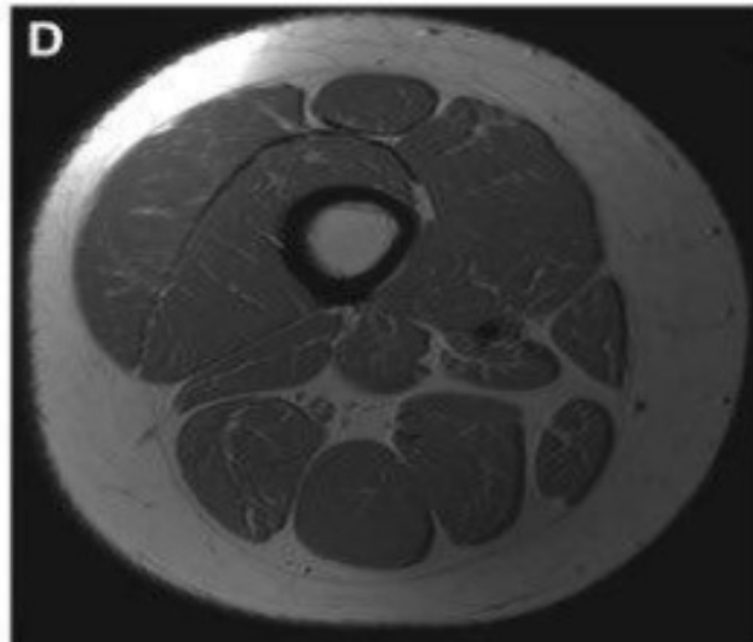


- Pérdida de masa muscular de ~0.5% por día de desuso.
- Mayores pérdidas en los primeros días de desuso.
- Mayores pérdidas en las piernas

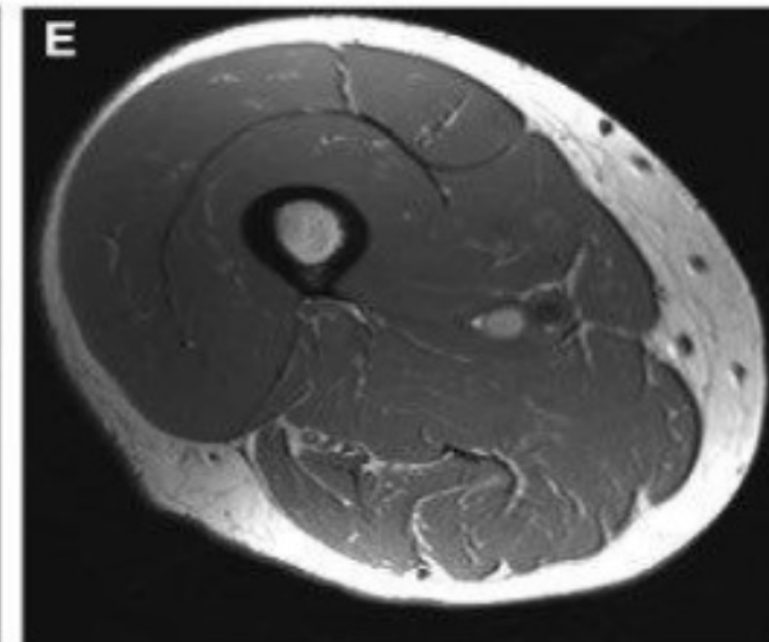




Male – 24 yrs
 Body mass – 76kg
 Fat mass – 10kg
 Fat free mass – 57kg



Male – 66 yrs
 Body mass – 81kg
 Fat mass – 57kg
 Fat free mass – 13kg
 Average daily steps = 3141
 PA >3MET per/day = 22mins



Male – 66 yrs
 Body mass – 79kg
 Fat mass – 34kg
 Fat free mass – 36kg
 Average daily steps = 12445
 PA >3MET per/day = 130mins



Supervivencia y función física

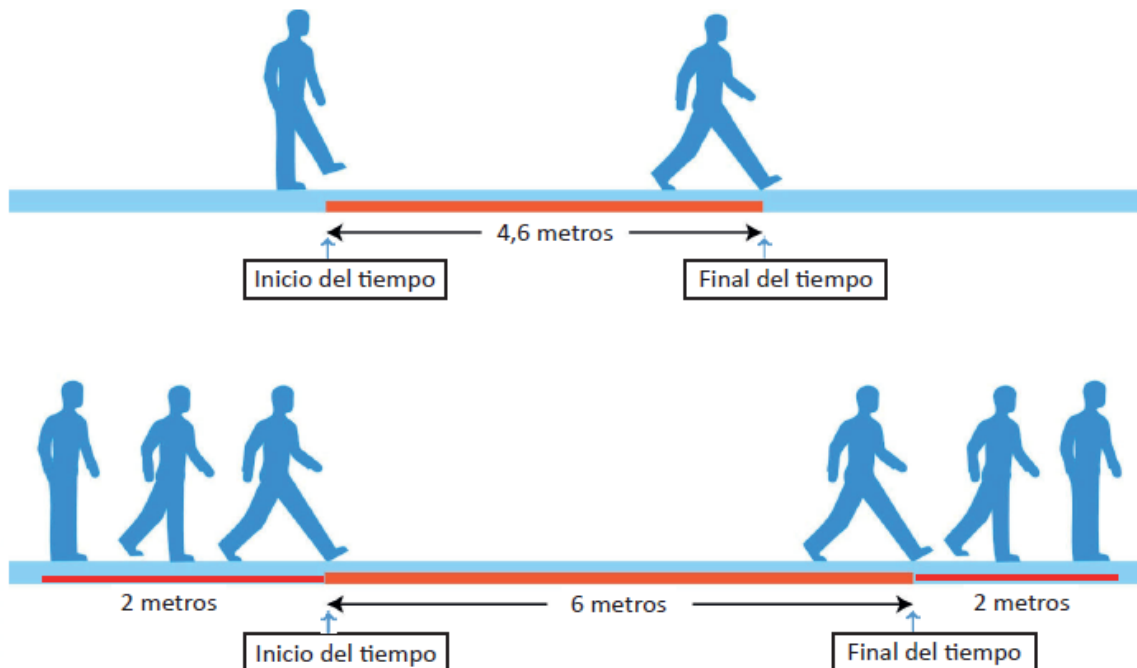
Life Expectancy in Years in Each Functional Status

Age	Initial Functional Category	Women				Men			
		Independent Years	Mobility-Disabled Years	ADL-Disabled Years	Total Years	Independent Years	Mobility-Disabled Years	ADL-Disabled Years	Total Years
70	Independent	10.0	4.0	2.7	16.7	8.5	2.6	1.0	12.1
	Mobility disabled	7.3	5.6	2.8	15.7	5.6	4.1	1.1	10.7
	ADL disabled	3.0	2.9	5.6	11.5	1.6	1.5	3.4	6.5
75	Independent	7.0	3.6	2.6	13.2	6.0	2.4	1.0	9.4
	Mobility disabled	4.0	5.2	2.8	12.0	2.9	3.8	1.1	7.9
	ADL disabled	1.1	1.8	5.3	8.2	0.5	0.8	3.1	4.4
80	Independent	4.7	3.2	2.4	10.3	4.1	2.2	0.9	7.2
	Mobility disabled	2.0	4.4	2.7	9.0	1.4	3.3	1.0	5.7
	ADL disabled	0.4	1.0	4.7	6.0	0.2	0.4	2.6	3.1
85	Independent	3.3	2.9	1.8	8.0	2.9	2.1	0.7	5.8
	Mobility disabled	1.0	3.6	2.3	6.9	0.7	2.8	0.9	4.4
	ADL disabled	0.1	0.5	4.0	4.6	0.0	0.2	2.1	2.3



Velocidad de la marcha

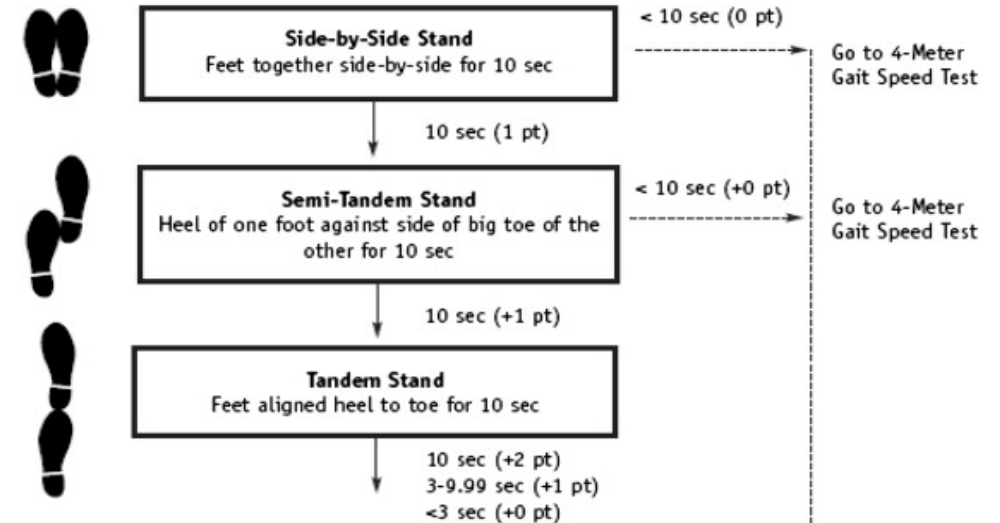
Detección



Short Physical Performance Battery (SPPB)

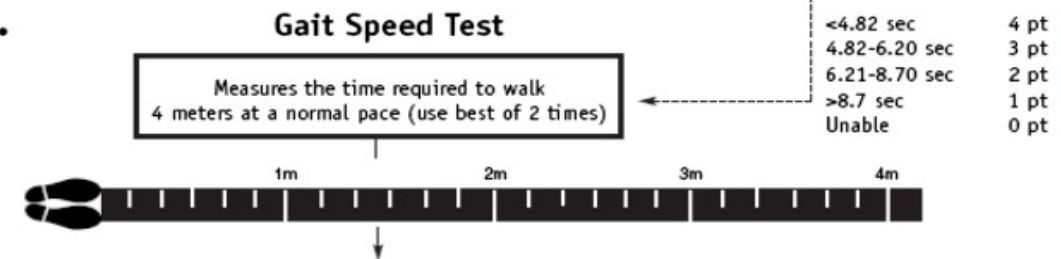
1.

Balance Tests



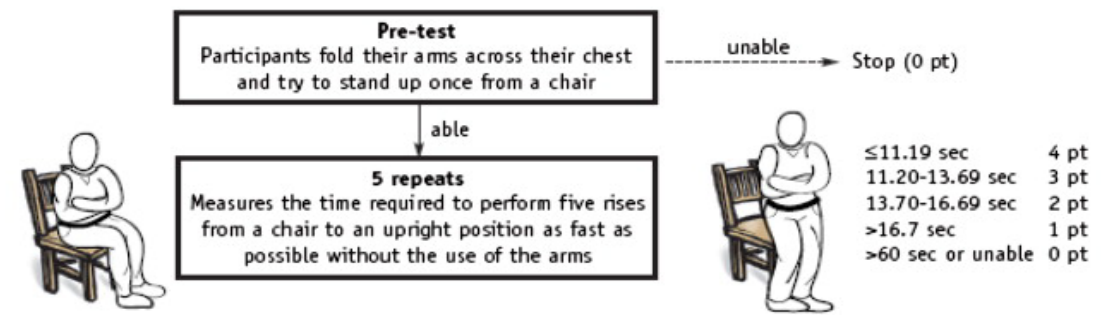
2.

Gait Speed Test



3.

Chair Stand Test



Guías de actividad física de la OMS

At least **150 to 300** minutes moderate-intensity aerobic physical activity

or

at least **75 to 150** minutes vigorous-intensity aerobic physical activity

or an equivalent combination throughout the week

The infographic features a clock icon, silhouettes of people exercising, and a progress bar with five circles (two yellow, three grey) representing the weekly goal.

For additional health benefits:

On at least **2** days a week

muscle-strengthening activities at moderate or greater intensity that involve all major muscle groups.

The block includes a calendar icon, a large number '2', and a progress bar with five circles (two yellow, three grey).

On at least **3** days a week

varied multicomponent physical activity that emphasizes functional balance and strength training at moderate or greater intensity.

The block includes a calendar icon, a large number '3', and a progress bar with five circles (two yellow, three grey).

**Pastillas
Y Cirugías**

**Cambios en el estilo de
vida**





 **frontiers** | Frontiers in **Public Health**

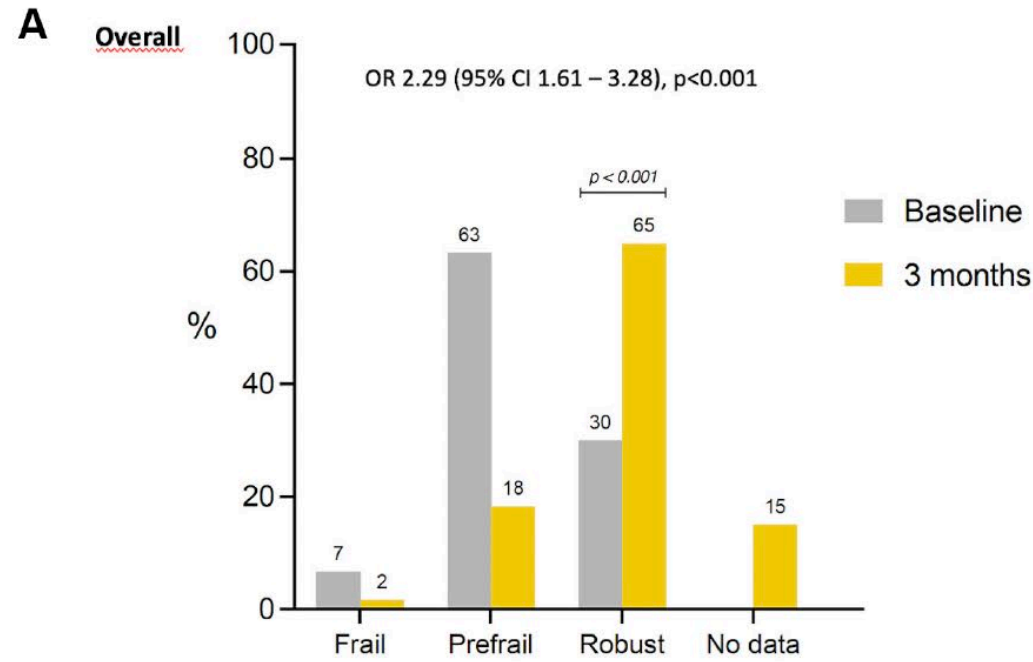
2024

A 12-week multicomponent exercise program enhances frailty by increasing robustness, improves physical performance, and preserves muscle mass in older adults with HIV: MOVihNG study

Fátima Brañas^{1,2,3*}, Jorge Díaz-Álvarez⁴,
Jesús Fernández-Luna⁵, Brian D. Vásquez-Brolen¹,
Rafael García-Molina^{6,7}, Elena Moreno^{4,8}, Pablo Ryan^{2,3,8,9},
Javier Martínez-Sanz^{4,8}, Laura Luna^{4,8}, Marta Martínez^{1,3},
Fernando Dronda⁴ and Matilde Sánchez-Conde^{4,8}

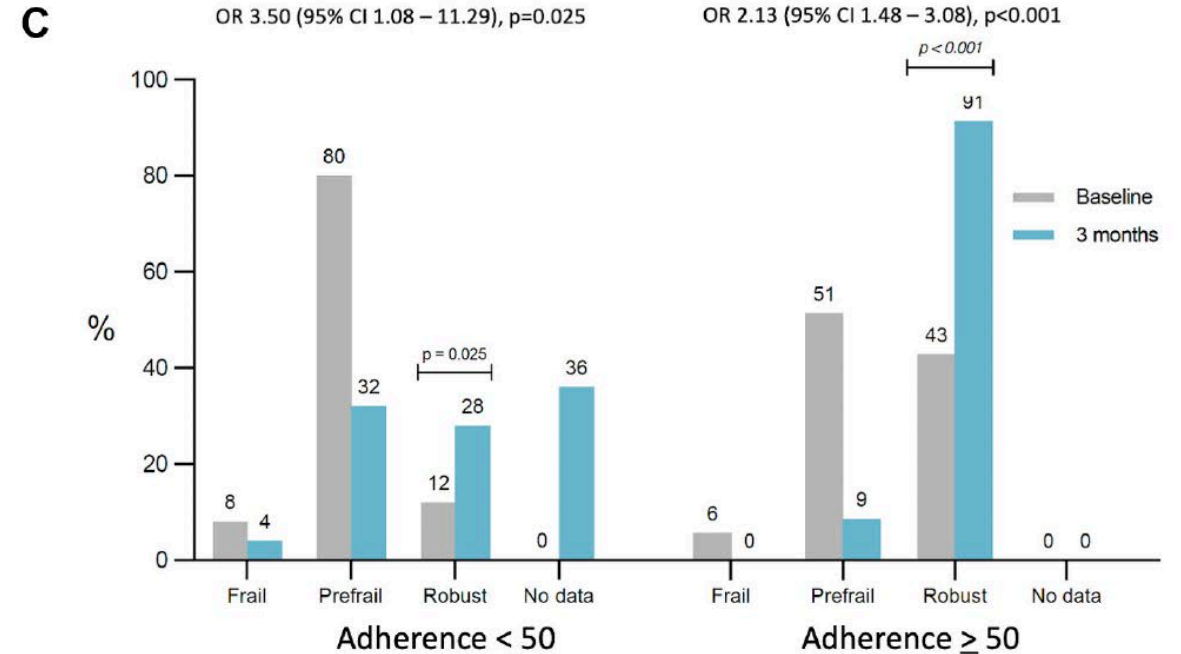
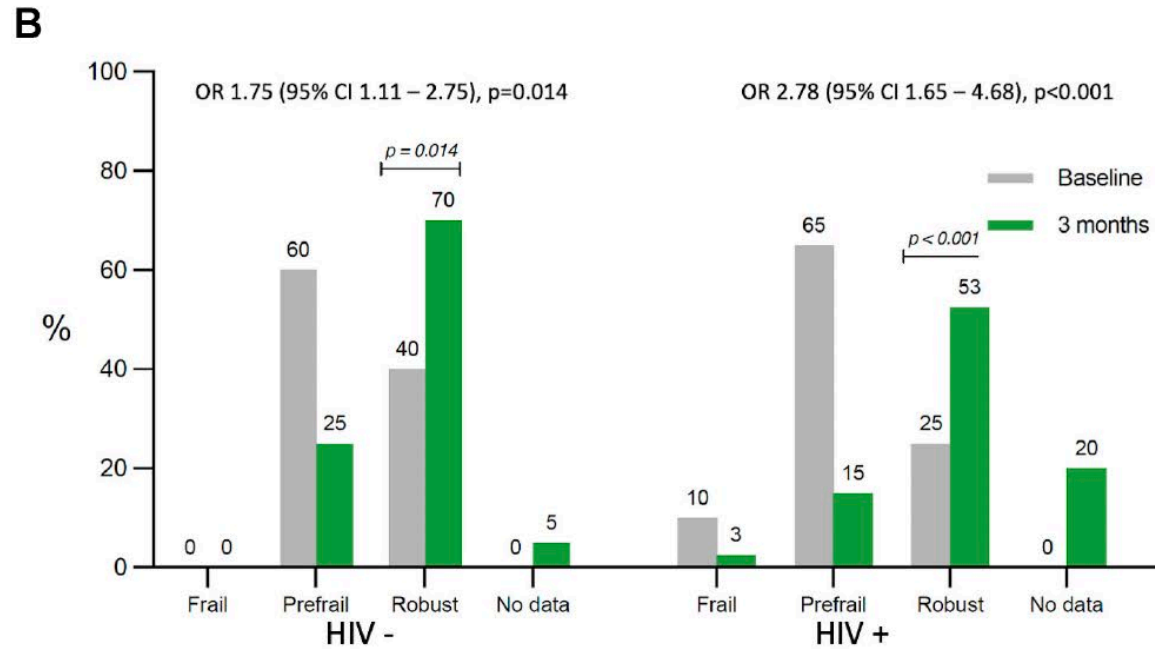


Fragilidad



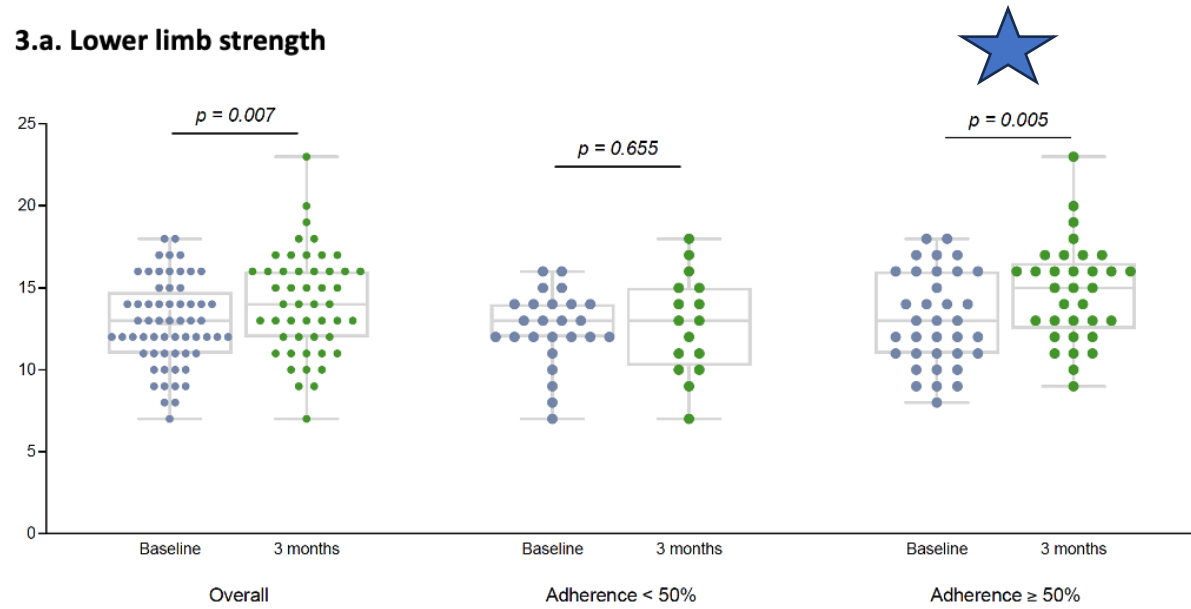
By HIV status

By adherence

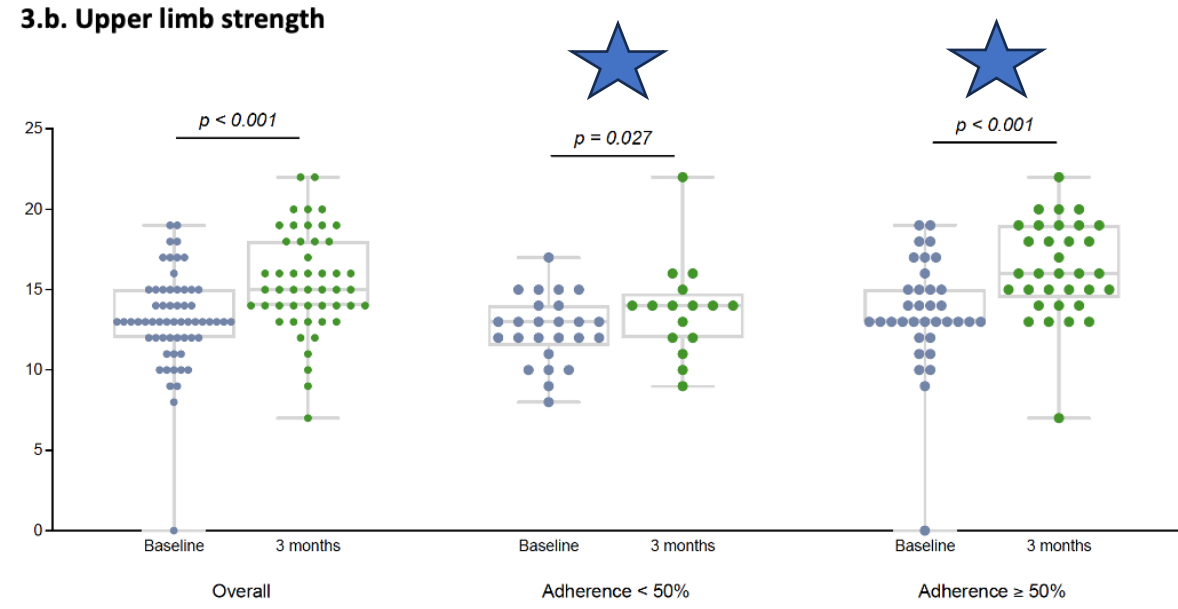


Rendimiento físico (12s)

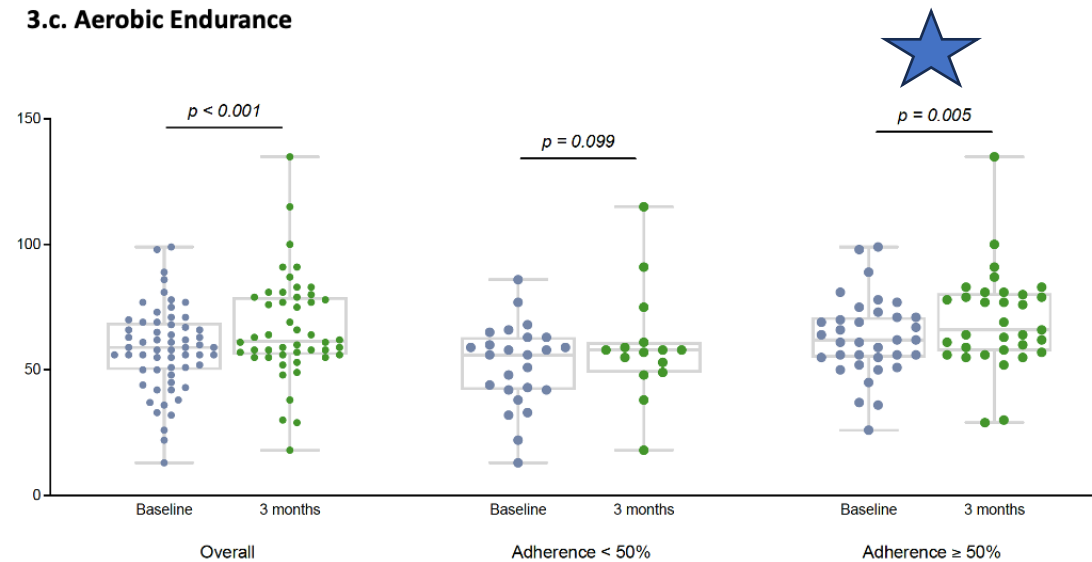
3.a. Lower limb strength



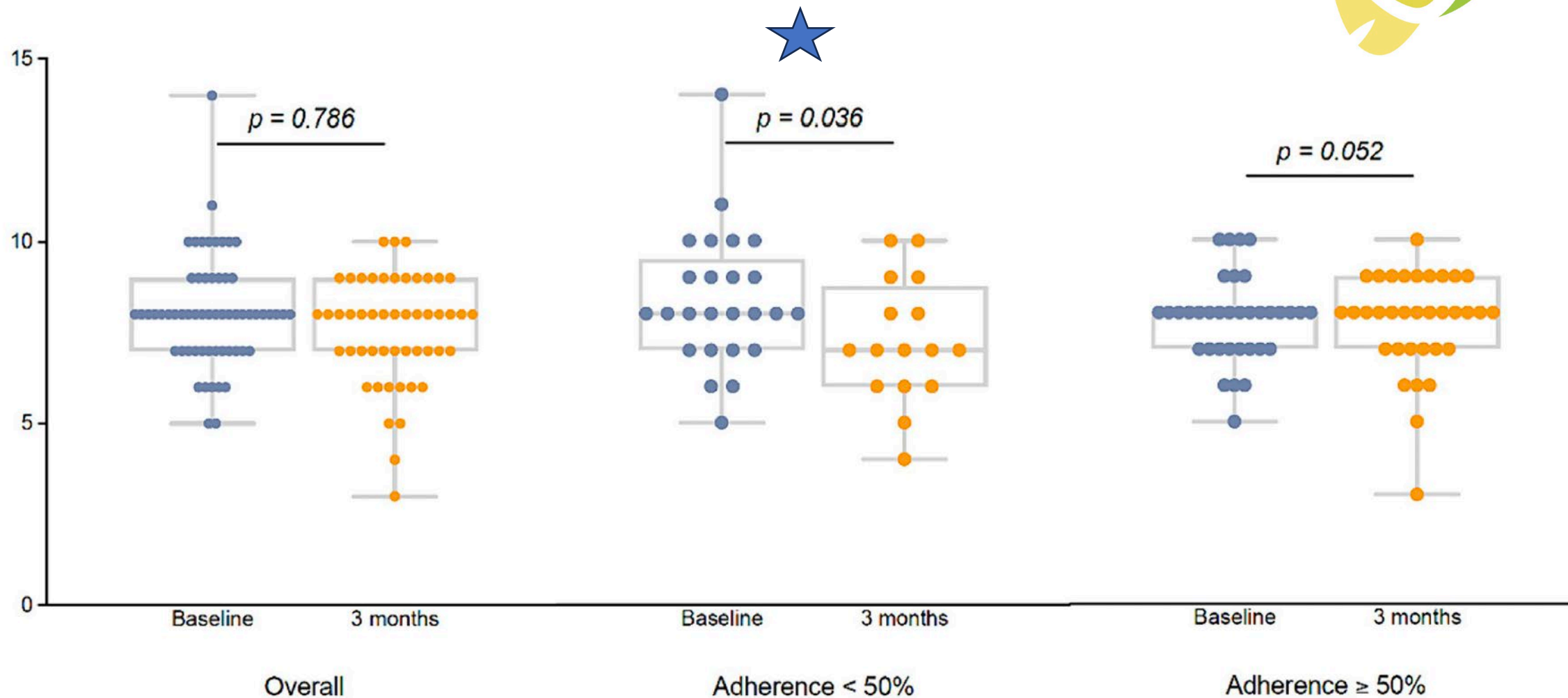
3.b. Upper limb strength

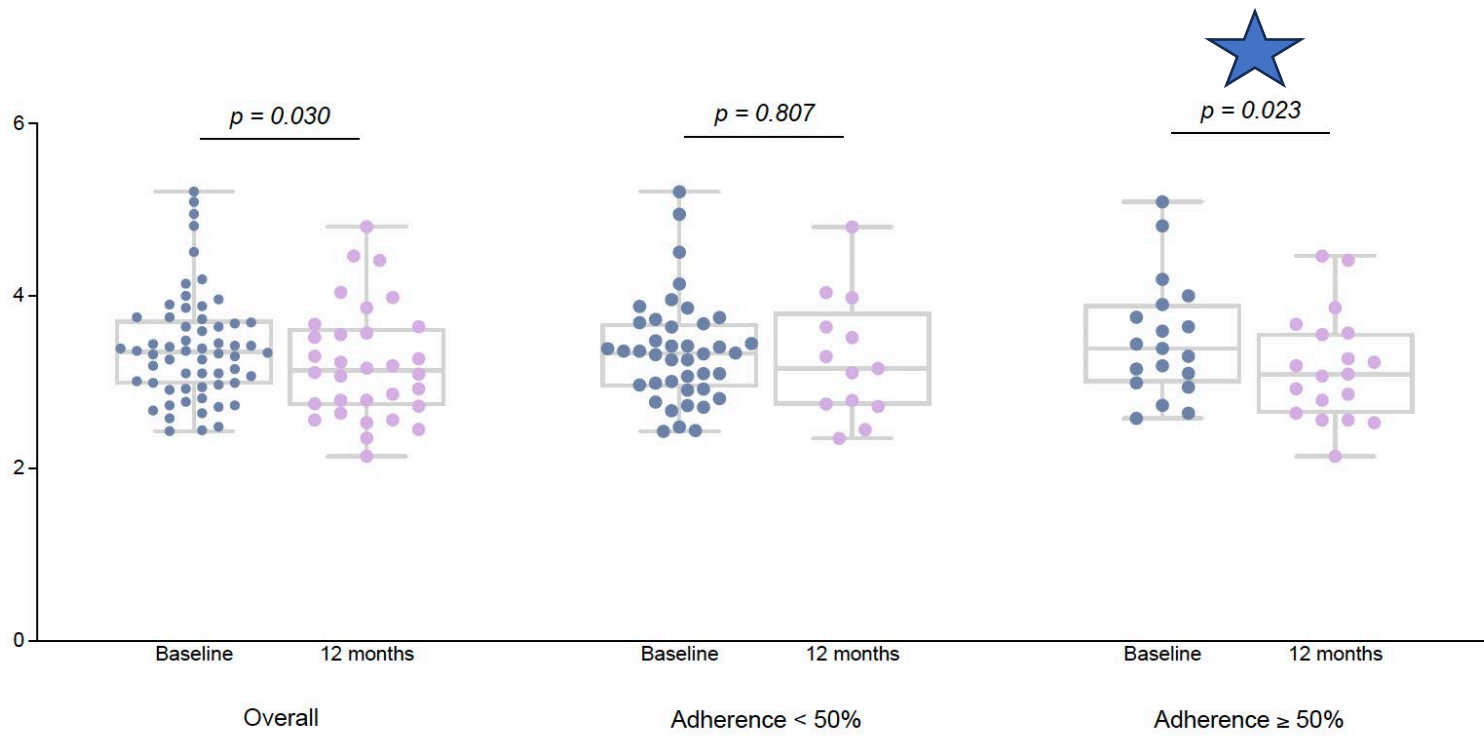


3.c. Aerobic Endurance

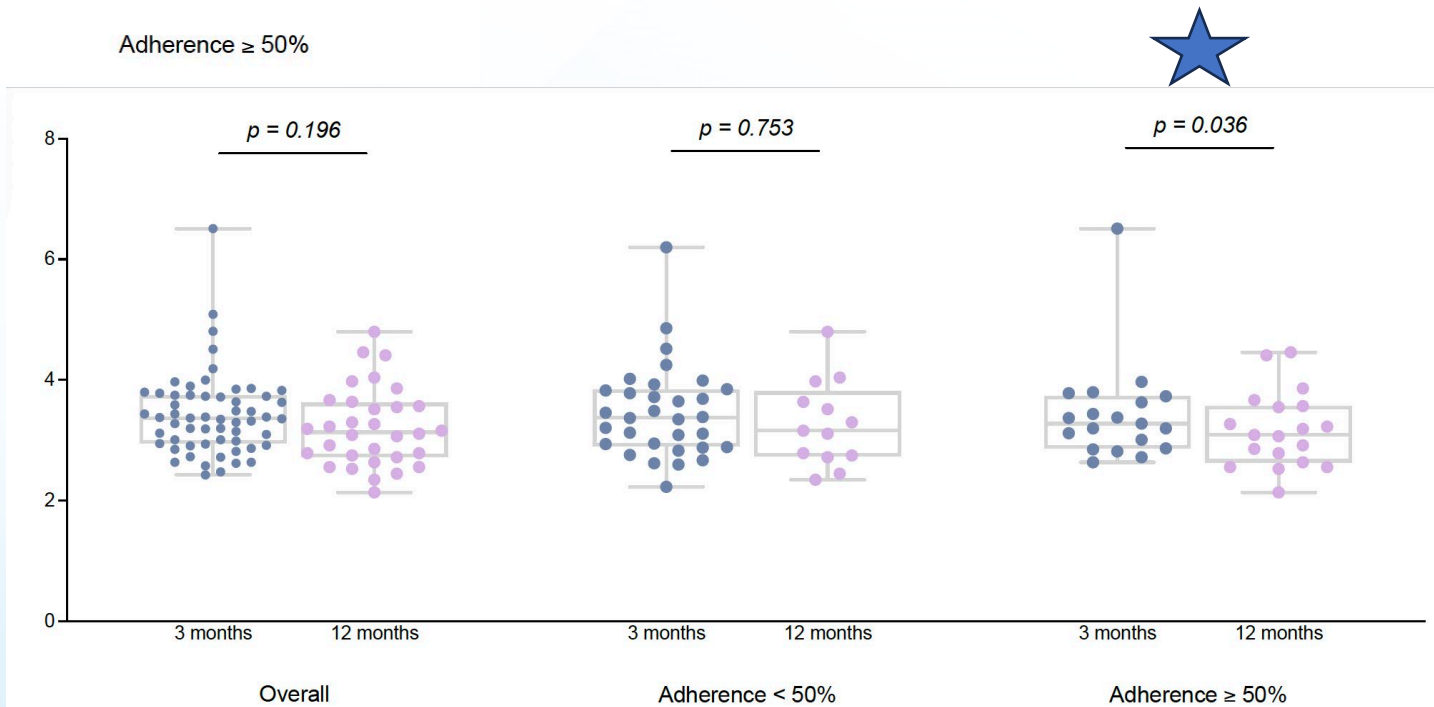


Masa muscular (12s)





Función Física (12m)



Mensajes para llevar a casa

- El deterioro funcional tiene un impacto directo en la **calidad de vida** y en la **esperanza de vida**.
- **Es el desuso** el responsable de la pérdida de masa muscular
- La función física y la potencia muscular **se pueden preservar** en la vejez
- El **ejercicio físico** es la intervención que ha demostrado revertir el deterioro funcional
- El programa **MOVihNG** ha demostrado mejorar la función física en las personas mayores con VIH





Muchas Gracias

OVINHNG

