The influence of physical Activity on handgrip strength of elderly

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The global population aged 60 years and over will reach nearly 2.1 billion by 2050. During the aging process, the strength of the musculoskeletal system decreases and it is essential to be moderately physically active to prevent negative changes in muscle cells. ...
Elderly (VITOR QLSE). The following approaches were employed to devise and incorporate new items and dimensions into the scale: qualitative study, literature review, focus group and pre-test performed in 30 older adults. The VITOR QLSE was const ...
Some psychotherapeutic wisdom in the clinical care of the elderly patient

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Psychodynamic psychotherapy provides some key principles and cautionary notes which are relevant to the care of the medically-ill elderly patient. ...