



WEB OF SCIENCE

The recovery treatment for geriatric patients with osteoporosis during a pandemic

Claudiu Elisei Tanase^{1,3}, Diana Oprea^{1,2}, Aurelia Romila^{1,2}

Editor: Constantin MUNTEANU, E-mail: office@bioclima.ro



Balneo and PRM Research Journal

DOI: <http://dx.doi.org/10.12680/balneo.2021.452>

Vol.12, No.3 September 2021

p: L111

Corresponding author: Claudiu Elisei Tănase, E-mail: tanaseclaudiumd@gmail.com

1. Faculty of Medicine and Pharmacy, “Dunarea de Jos” University, Galati, Romania
2. Emergency County Clinical hospital “Sf. Andrei”, Galati, Romania
3. Clinical Emergency Hospital for Children “Sf. Ioan”, Department Rehabilitation, Galati, Romania

Abstract

Introduction: Osteoarticular degenerative disease it is one of the most important health issues nowadays. For an aging population, osteoporosis represents a problem that needs to be addressed as fast as possible and needs to be diagnosed as such. It appears that over 70% of the persons that are past 65 years of age suffer from osteoporosis and if there is a lack of treatment or the patient is unaware of the importance of a recovery treatment this will lead to irreversible consequences. In a study that was published in IJTR it was demonstrated that 50% of the patients interviewed were unaware of the importance of a recovery treatment for osteoporosis and the consequences that will result from the lack of it. This is a problem that needs to be addressed as soon as possible since recording to the literature osteoporosis is implicated in over 8.9 million fragility fractures worldwide. This numbers can drastically worsen in a pandemic. Being sedentary and physically inactive during a lockdown will only make the situation worse especially for the geriatric patient that is already more susceptible to infections than the average person.

Methods: A patient was confirmed with osteoporosis in June 2019. She was not made aware of the importance of a recovery treatment and because of the lockdown that followed her situation worsen. January 2021 she was hospitalised in the orthopaedics and traumatology ward with limited motor functions in her right knee for which was necessary arthroplasty with total knee replacement.

Conclusion: The fact that it was so easy to confirm a study published in IJTR that showed over 50% of people diagnosed with osteoporosis are unaware of the gravity of not following the recovery treatment should make us look for a solution sooner rather than later. Especially for the geriatric patient the interdisciplinary team should work hand in hand to come up with the best treatment options. And because of the Covid pandemic and the lockdown we have to be prepared to deal with a geriatric patient that suffers from osteoporosis. A lifestyle that is sedentary and doesn't include daily physical activities because of restrictions is not an option for this type of patient.

Key words: osteoporosis, pandemic, recovery