

SHORT PAPER

# Prevention of Bed-bound in the Elderly: A Literature Review

Chaeyoon CHO<sup>1)</sup> Minji KIM<sup>1)</sup> Chaewon LEE<sup>1)</sup> Masahiro KOHZUKI<sup>1)</sup>

1) Department of Internal Medicine and Rehabilitation Science Tohoku University Graduate School of Medicine

## ABSTRACT

Aging is associated with a marked increase in bed-bound, as evidenced by decreased in physical activities and psychological aging. However, it is not enough to research about improvement of bed-bound elderly, even not clearly defined about bed-bound. In this study, we defined about bed-bound from the literature survey on the bed-bound patients, and we discussed about the most effective bed-bound intervention.

There are many various complications of bed-bound but most common complications are cerebrovascular disease, musculoskeletal disease and disuse syndrome. In regard to prevention of bed-bound, risk factors control is primarily very important. Exercise therapy is a common prevention with three disease; cerebrovascular disease, musculoskeletal disease and disuse syndrome. Regular physical activity is known to have a positive effect on physical and mental health more than activities of daily living (ADL) intervention. Therefore, exercise therapy is more effective than ADL intervention in bed-bound patients, so it is need to developed comprehensive preventions focus on exercise program for bed bound patients.

<Key-words>

bed-bound, elderly, complications of bed-bound, prevention of bed-bound

Received  
January 7,2014

Accepted  
February 12,2014

Published  
February 28,2014

chocy1127@med.tohoku.ac.jp (Chaeyoon CHO)

Total Rehabilitation Research, 2014, 1:87-94. © 2014 Asian Society of Human Services