

VALIDATION AND STANDARIZATION OF A MULTIMEDIA PROGRAM RELATED TO THE PHYSICAL FUNCIONALITY MEASURMENT FOR THE TEACHING OF GERONTOLOGY

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Physical functionality is a fundamental indicator of health conditions in aging, hence the importance of the precision and reliability of its measurement. Thereby, teaching of the physic functionality evaluation of the older adults takes place through a demonstrative practice, without a manual that guarantees the reliability of the measurement. For this reason, at the Universidad Nacional Autonoma de Mexico, Campus Zaragoza, a consensus validation process started with the participation of eight experts gerontologists to establish the physical functionality measure protocol in aging. In the same way, a multimedia program was designed to show graphically the most reliable technique for the measurement of: i) daily life basic activities through Barthel's scale and Katz's index; ii) daily life instrumental activities with Lawton & Brodys's scale; and iii) daily life advanced activities with Nagi-Rosow & Braslau's scales. The multimedia program to evaluate physical functionality will be very useful for the teaching of Gerontology. Grant: DGAPA, UNAM PAPIIME PE303209.