

EVALUATION OF THE SATISFACTION OF OLDER ADULTS WITH A KNEE ARTHROPLASTY AFTER A GROUP EXERCISE PROGRAMME

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Background and Aims

Knee arthroplasty is the most frequently performed lower limb surgery in older adults. Adherence to physical exercise programme has been shown to contribute significantly to improved functionality, quality of life and perception of safety, factors that are closely associated with high levels of satisfaction among individuals undergoing this type of surgery. Aims: To analyse the satisfaction of older adults with knee arthroplasty with a group exercise programme.

Methods

A descriptive observational study involving 36 older adults who took part in a group exercise programme supervised by a physiotherapist. The programme lasted a total of 15 sessions, held three times a week, with sessions lasting 30 minutes each. Individuals who took part in the programme in an aquatic environment were excluded from the study. For data collection, a characterisation questionnaire was applied, including specific questions about the participants' satisfaction with the programme.

Results

The sample showed a homogeneous gender distribution, with an average age of 70.3 years (SD = 5.3). Most of the participants were retired (94%; n=34) and 33% (n=12) perceived their state of health as good. The participants attributed benefits to the exercise programme in terms of functionality and safety in activities of daily living. The majority (97.2%) perceived an improvement in quality of life. However, only 25% considered the duration of the sessions to be adequate. It is important to note that all respondents reported being satisfied with the programme.

Conclusion

The programme shows satisfaction among older adults in terms of functionality, safety and quality of life. However, its duration doesn't seem to show satisfaction. These data reinforce the importance of the user experience as an indicator of quality in healthcare.

Keywords: Exercise, Physiotherapy, Functionality, Safety