

Paper Category:	Prevention and public health
Paper Title: (Arial Font; 14 Pt Size)	Frailty index study: a study of the components of fatigue
Abstract Body: (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> • Background • Objectives • Method • Results • Discussions and Conclusions
<p>Background and Study Objectives This study was conducted to see if fatigue in Frailty could be evaluated using an objective index, and to search for factors that influence fatigue.</p> <p>Methods Observational study Measurement: Age, Gender, Location, autonomic nerves system (ANS), body composition Correlation analysis of (1) sense of fatigue (presence/absence/level of fatigue) and (2)ANS activity/body composition among elderly people living in the community who participate in local salons and festivals will be conducted.</p> <p>Results 1 (1) Each index of autonomic function declines with age. However, the stress index LF/HF did not change with age. 2) There is a significant correlation between the level of fatigue and muscle mass and lean body mass. Correlation with water content tends to be significant.</p> <p>Result 2 1) There is a correlation between fatigue level (0-5) and TP ($r=0.61$, $p=0.045$). There is a correlation between LF ($r=0.64$, $p=0.033$) 2) No significant correlation between fatigue level and body composition 3) There is a significant correlation between ccvTP and body composition only for whole body muscle score ($r=-0.52$, $p=0.047$)</p> <p>Discussions and Conclusions The difference between the results 1 and 2 may be due to the measurement environment of the subjects. Results 2 was conducted in a small community hall in a small area, which may have resulted in lower HF. All subjects in Results 1 were robust. Results 2 included 1 subject with Alzheimer's disease and 1 subject requiring support. Result1 showed a correlation between subjective fatigue and autonomic nervous system and body composition. However, when the subjects were observed under magnified conditions, some factors did not correlate. Since the autonomic nervous system and body composition change daily and over time, and there are issues regarding the stability of the results, we plan to investigate and analyse the subjects' health levels in more detail in the future.</p>	