

# **Objective assessment of activities of daily livings and instrumental activities of daily livings using PhysioFlow**

## **Lecturer:**

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**Time:** 13:00-15:30

**Room:** 201

**Minimum number of participants:** 1 person is the minimum number of participants.

**Estimated capacity:** 10 people are maximum number of participants

**Participation fee per person:** Free of charge

## **Learning Objectives**

The purpose of this lecture is to present a method for assessing ADLs and IADLs using PhysioFlow.

## **Outline**

Cardiovascular disease (CVD) is the leading cause of mortality worldwide, accounting for 16% of all deaths. It is the second leading cause of death in Japan and its incidence is expected to continue to increase in the future. Recurrent CVD decreases activities of daily living (ADLs) and instrumental activities of daily living (IADLs). Therefore, it is important to assess ADLs and IADLs in patients with CVD. Cardiopulmonary exercise testing and portable expiratory gas analysis are sometimes used to assess ADLs and IADLs. However, they differ from real-world environments. Therefore, it is necessary to conduct new ADLs and IADLs assessments that reflect the actual environment. The method we have developed can be applied to ADLs and IADLs using the noninvasive impedance cardiac output meter PhysioFlow (Manatech, Inc.) (PhysioFlow) is useful.

In this workshop, explanation of PhysioFlow, preparation and use of PhysioFlow, actual evaluation of PhysioFlow, and viewing and interpreting PhysioFlow results.