

■ 原著

ロコモコーディネーターのロコトレ指導による 介護度進行抑止効果

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要旨 超高齢社会と医療介護費用の経時的膨張を背景に, Japan Stop the Locomo Council (SLOC) 全国ストップ・ザ・ロコモ協議会は自治体が進める介護予防事業を円滑に進めるうえで, エビデンスに基づいたロコトレを指導するインストラクターの育成が不可欠と判断し, ロコモコーディネーター制度を創設し, 活動を続けている。

今回 SLOC が検証した過去 2 度の追跡研究の結果から, LC 指導下のロコトレによる介護度の進行抑止効果について改めて検討したので報告する。

Abstract INTRODUCTION: The loco coordinator (LC) system was established by SLOC Japan Stop the Locomo Council to provide safe and evidence-based locomotion training to users and volunteers in response to requests from local governments.

METHODS: We report the outcome of two previous follow-up studies conducted by SLOC to examine the deterrent effect of the LC system on the progression of nursing care level.

RESULTS: The higher and more sustained the level of care at the start of the instruction, the more useful locomotion training proved to be, and the LC instruction group proved to be significantly better than the non-instruction group in terms of physical function assessment.

DISCUSSION: Many of the group at risk for long-term care would be able to slow the progression of nursing care level if they continued locomotion training with appropriate supervision.

CONCLUSION: As background of a super-aged society and the expansion of medical care costs over time, LC trained by SLOC is an excellent instructor system. It can act as a link between the local government and the salon, helping to control the progression of nursing care levels and reduce health care costs.

Key words : ロコモコーディネーター (locomo coordinator/LC), 介護度 (nursing care level), ロコトレ (locomotion training)
