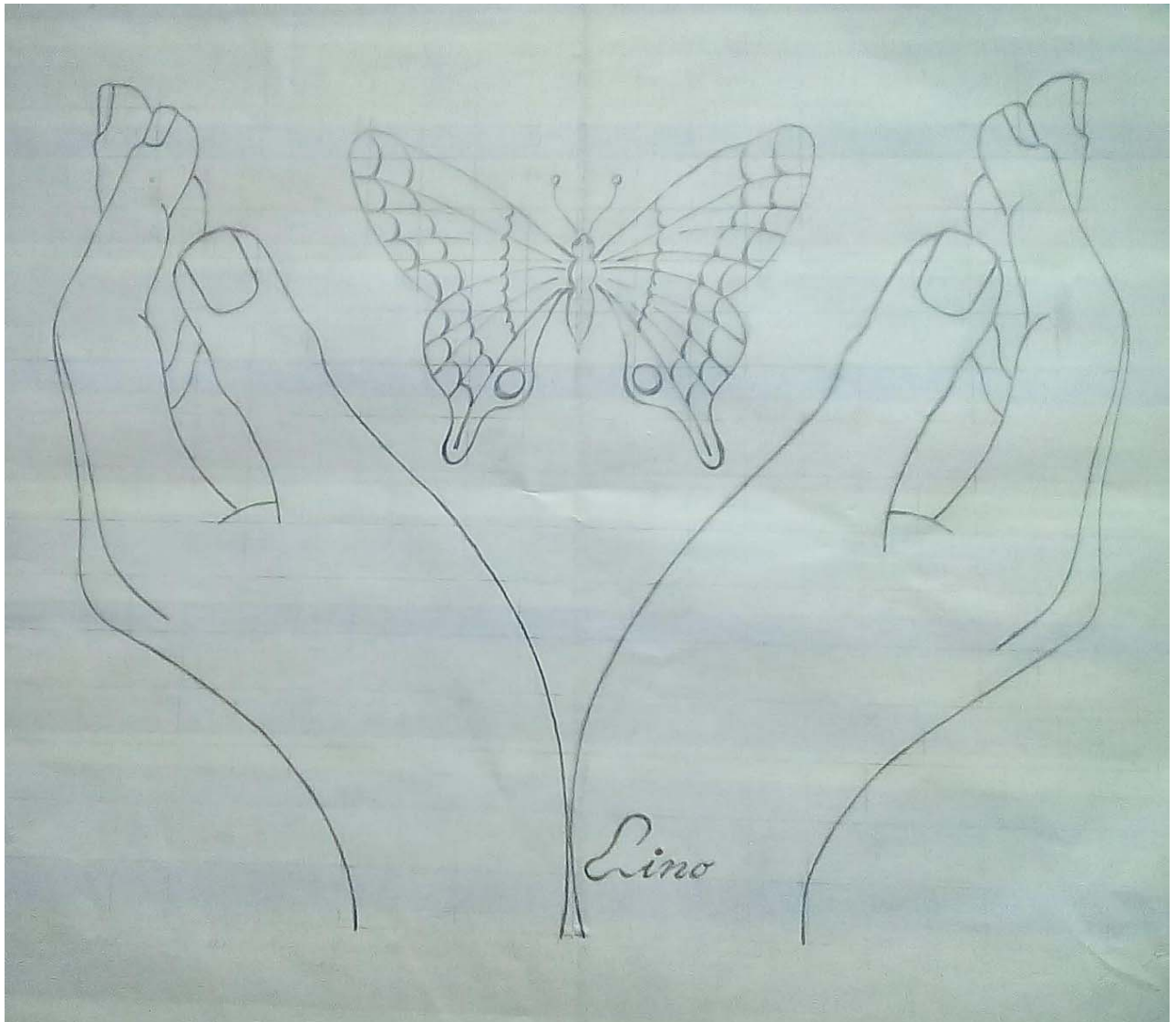


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EFFECTIVENESS OF TREATMENT WITH OIL BASED ON HAZELNUT EXTRACTS IN PATIENTS WITH SENILE DERMATOSIS THROUGH EVALUATION OF BIO-IMPEDANCE METRIC PARAMETERS: MEDICAL AND NURSING ASPECTS.

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KEYWORDS: Senile Dermatitis, Bioelectrical impedance..

ABSTRACT:

Background: Dehydration in the elderly is a very frequent condition that often determines the appearance of comorbidities. The most frequent symptoms of dehydration are dry mouth, eyelid fissures, whitish tongue; the presence of asthenia and/or drowsiness, the presence of confusional states often directly related to electrolyte alterations (sodium and potassium); the presence of widespread and muscle cramps and finally, the presence of gastrointestinal symptoms such as nausea, vomiting and/or constipation due to alteration of the intestinal transit. **Aim:** The aim of our study project is to evaluate the effect of topically applied hazelnut oil in elderly patients suffering from senile dermatosis and skin dehydration. For the evaluation of the rehydrating effect, the bio-impedance evaluation was used (measurement of resistance and reactance). **Materials and Methods:** Our study included 21 subjects over the age of 75 years old, 15 women and 6 men, who voluntarily accepted to undergo bioimpedance assessment with 4 electrodes for measuring skin resistance and reactance. All patients were asked for informed consent to carry out the screening procedure and to process personal data. The patients enrolled in the study underwent bioimpedance evaluation with a 4-electrode detection system (Akern) for the detection of skin conductivity (Resistance and Reactance) before and after topical application of hazelnut oil. **Results:** the analysis of the data revealed a statistically significant variation in the value of skin resistance (486.800 vs 532.200 with $P < 0.001$) and a statistically significant variation in the value of skin reactance (58.533 vs 64.333 with $P = 0.026$) between the value of the T score and the bioimpedance parameters taken into consideration. **Discussion:** The data included in the previous table suggest that the treatment with hazelnut oil applied topically in patients suffering from senile dermatosis associated with dehydration determines a statistically significant increase in the values of skin resistance, index of a greater hydration of the skin favoring the passage of current during bioimpedance test. A similar result was observed by analyzing the modifications of the skin reactance values, i.e. after the treatment, the increase in the skin reactance values was highlighted with statistically significant P values (Tab. 1). The data from our study

allow us to state that the treatment with hazelnut oil results in a statistically significant improvement in the degree of skin hydration of the treated patient. The confirmation is given by the values of the indices calculated by means of bioimpedance which are reported, for completeness, in table 1. **Conclusions:** The pilot study we carried out allowed us to confirm the efficacy of the treatment with hazelnut oil in elderly patients suffering from senile dermatosis associated with dehydration. The bioimpedance analysis provided us with a numerical evaluation of the variations in the values of skin resistance and reactance measured before and after treatment. **Limitations of the study:** The enlargement of the study sample and a stratification by age group could allow to extend the statistical significance of the analyzed data of the group of population subjected to the study to all subjects belonging to the geriatric age.

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