

Study on the effect of community legal consciousness health management on cognitive function of senile patients

Pingyun Ma

Zhengzhou University, Zhengzhou 450001, China

Background. Senile asthenia is an old-age syndrome. Patients have increased vulnerability due to degenerative changes in the body and a variety of chronic diseases. Senile asthenia involves multiple bodily system functions of patients and is a pre-disease state. Its incidence shows an upward trend with the increase in the age. This study takes community health service as the breakthrough point to explore the role of community legal awareness health management in improving the cognitive function of elderly frail patients, hoping to provide references for improving the health level of elderly frail patients.

Subjects and Methods. 660 elderly patients who were hospitalized at our hospital from June to December 2021 were selected as the study objects and were randomly divided into the management intervention group and the general group, with 30 cases each. Both groups of patients were given basic disease treatment and in-hospital rehabilitation guidance, while the management intervention group increased community legal awareness of health management services at community health service stations. The cognitive function of patients was evaluated by Mini Mental State Examination (MMSE). The senile weakness, cognitive function score, and quality of life of the two groups of patients were compared and analyzed.

Results. It can be seen from the comparison of the cognitive function scores of the two groups of patients that the cognitive function level of the management intervention group is significantly higher than that of the conventional group. The cognitive function score of the management intervention group after treatment is 26.46 ± 2.39 points, and that of the conventional group after treatment is 23.58 ± 2.41 points. The difference between the two groups is statistically significant ($P < 0.05$). As shown in Table 1.

Conclusions. Carrying out community legal awareness health management services can effectively improve the cognitive function level of the elderly and weak patients, and promote the improvement of the quality of life of the elderly and weak patients. Publicizing legal awareness to the elderly and weak patients and carrying out community health and health management services can help the elderly and weak patients solve their life problems in time. Legal awareness management education with disease prevention and health education can promote cognitive function training and improvement of the elderly and weak patients.

Table 1. MMSE scores of two groups of patients before and after treatment

Mode	Management intervention group	General group	<i>t</i>	<i>P</i>
Before treatment	22.54±2.37	22.56±2.29	1.305	>0.05
After treatment	26.46±2.39	23.58±2.41	6.398	<0.05
<i>t</i>	6.454	2.743	-	-
<i>P</i>	<0.05	>0.05	-	-

Effects of special sports training on autonomic nervous regulation

Jinyong Ye^{1,2}

¹Emilio Aguinaldo College, Manila 1007, Philippines and ²Chengyi University College, Jimei University, Xiamen 361021 China

Background. Sports is one of the most traditional health rehabilitation programs in China. With wide applicability and low side effects, it plays a very good role in strengthening the body. In sports theory and practice, professional physical fitness training content can effectively inhibit the occurrence of corresponding diseases and has a good preventive effect on some diseases. Therefore, the regulating effect of physical training on human autonomic nervous function is evaluated through special sports training. The relationship between physical training and the human body and mind is verified through the sports professional training test, which provides effective support for the promotion and application of sports health therapy in the medical field.

Subjects and Method. 160 students majoring in physical education in a sports college were selected as the research objects of this experiment. The physical functions of the experimental subjects were healthy, and the purpose and method of the experiment were clarified. The students were divided into an experimental group and a control group, with 80 students each. The autonomic nervous function of the experimental subjects was tested by the Japanese postural blood pressure reflex method, and the test was evaluated by the Japanese physiologist pig feeder's neuromodulation method. The students in the experimental group had more than 8 hours of physical training every week, while the students in the control group were not allowed to do any physical training during the test time. The experimental period is half a year, and the parameters such as blood pressure, heart rate, lying-sitting blood pressure, heart rate, and other parameters of the experimental subjects are tested and recorded. All data in the experiment were statistically analyzed by Excel2016, and the data chi-square test value was calculated.

Results. The data in Table 1 are the detection results of the autonomic nerve function characteristics of the two groups of people during exercise. The autonomic nervous system is the basic motor nerve unit of the human viscera. Its function is to regulate the secretion of internal organs and effectively maintain