

Brazilian Older Adults' Physical Activity Correlates: The 2019 National Health Survey

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Introduction

An increasingly popular belief holds that hyperpalatable foods, particularly those high in sugar content, can induce reward and cravings similar to addictive drugs. In the context of a sedentary lifestyle, excessive sugar consumption may result in a variety of health problems involving metabolic and psychiatric disturbances. Exercise has the potential to break this vicious circle by competing with other harmful factors. Duties can be as routine as taking blood pressure readings and interviewing patients about how they received their injuries and as crucial as assisting surgeries and monitoring patients in the OR. A sports medicine NP must be able to communicate effectively. You will communicate with your team members and patients every day to make sure the greatest treatment is given. You might be in contact with the patient's relatives as well as coaches. If you have poor communication skills, the patient's diagnosis or treatment may not be understood, which could result in additional injuries or unneeded time away from the sport. You need to be able to collaborate with others in order to provide excellent sports medicine care. The nurse, doctor, radiologist, physical therapist, occupational therapist, etc. may be on your team. This is strongly related to communication since effective teamwork and strong communication abilities result in exceptional, high-quality patient care. Professional advancement is essential [1-4].

Description

The fascinating challenge in the future would be to determine how large the therapeutic window for the beneficial exercise effects is in this cluster of psychiatric and metabolic disturbances involving addictions. More research is needed to mimic and investigate the effectiveness of exercise on these addictive behaviours. Specifically, dose-response studies will be conducted in which exercise will be administered ad persona, that is, at individually tailored levels of intensity, to determine the effectiveness of exercise. Usually nurse practitioners (NPs), sports medicine nurses assist doctors in the treatment of patients suffering from a variety of musculoskeletal injuries, such as muscle strains, joint sprains, torn ligaments, bone fractures, and dislocations. Sports medicine is a sector that's mostly open to advanced practise nurses with experience or a strong desire to work with an orthopaedic surgery team, despite not being a "formal" or "conventional" speciality for nurses. Patients can include amateur young athletes as well as professional athletes. The sports medicine nurse's responsibilities include gathering a patient's medical history, assisting the treating physician with their treatment plan, and instructing the patient on how to prevent further injuries. They provide physical examinations, record patient histories, and perform a number of other daily duties involving

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musculoskeletal health and strength. They frequently work together with doctors and nurses to give patients tailored care [5,6].

Conclusion

There are many different career options available for sports medicine nurses. You may work for a fitness club and provide members with medical advice, whether it be evaluating injuries or making suggestions on diet and exercise. You might work for an HMO or a company wellness programme. Both professional sports organisations and mid-level enterprises like collegiate athletic programmes frequently employ sports medicine nurses. You might be able to obtain employment with a school, but you might need to take classes on paediatric patients and working with kids in order to do so. If you are skilled in sports medicine, you may work with athletes in a hospital or rehabilitation centre and also treat regular patients for extra money. Calorie burning during exercise keeps weight reduction sustainable and avoids weight gain. High-density lipoprotein (HDL) levels rise when one is active, but harmful triglyceride levels fall. Your risk of cardiovascular disease and excessive blood pressure is decreased as a result. Preventing stroke, metabolic syndrome, type 2 diabetes, depression, arthritis, and some malignancies are additional advantages.

Acknowledgement

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Conflict of Interest

None.

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