

# 介護保険サービスを利用した軽度者における要介護度変化の要因分析

- 福岡県（2002年～2003年）の介護レセプト、主治医意見書及びケアプランを用いて、無作為に抽出した介護保険サービスを利用する要支援及び要介護1の高齢者の要介護度の変化に関連する要因を検討した。（n = 1,736）
- 認知症の有無は有意に要介護度の悪化と関連していた（ $p < 0.001$ ）。利用者の希望をよく反映したケアプランは、要介護度の重度化予防に有意な効果が示された（ $p < 0.001$ ）。

Table 2 Changes in eligibility levels between 2003 and 2004 (N=1,736)

		April 2003		Total
		Assistance required	Care required level 1	
Assistance required	N	568	107	675
	%	72.8	11.2	38.9
Care required level 1	N	177	665	842
	%	22.7	69.6	48.5
Care required level 2	N	26	125	151
	%	3.3	13.1	8.7
Care required level 3	N	5	37	42
	%	0.6	3.9	2.4
Care required level 4	N	4	19	23
	%	0.5	2.0	1.3
Care required level 5	N	0	3	3
	%	0.0	0.3	0.2
Total	N	780	956	1,736
	%	100.0	100.0	100.0

Table 4 Factors associated with decline of independency level among the frail aged (N=1,736)

	B	SE	p-value	OR	95% CI of OR	
sex	-0.160	0.140	0.253	0.852	0.647	1.121
agecategory	-0.002	0.008	0.776	0.998	0.983	1.013
Live alone	0.106	0.131	0.418	1.112	0.860	1.438
Malignancy	-0.079	0.282	0.779	0.924	0.532	1.605
Diabetes	0.044	0.236	0.854	1.045	0.657	1.660
Dementia	1.189	0.145	<0.001	3.283	2.472	4.359
Heart diseases	-0.014	0.165	0.931	0.986	0.713	1.362
CVD	0.209	0.149	0.159	1.233	0.921	1.649
OMD	-0.091	0.141	0.520	0.913	0.692	1.205
Bone fractures	0.366	0.255	0.151	1.442	0.875	2.377
Assessment of Care plan						
Assessment	0.091	0.142	0.523	1.095	0.829	1.447
Long term goal	-0.300	0.159	0.060	0.741	0.542	1.012
Short term goal	-0.123	0.162	0.447	0.884	0.643	1.215
Services provided	-0.028	0.148	0.852	0.973	0.728	1.300
Monitoring	0.226	0.130	0.083	1.254	0.971	1.618
Care conference	0.247	0.127	0.051	1.281	0.999	1.642
Client's expectation	-0.821	0.217	<0.001	0.440	0.287	0.674
Self-independency	-0.342	0.213	0.108	0.710	0.468	1.079
Constant	-1.109	0.637	0.082	0.329892	0.095	1.150

Dependent variable: decline of dependency level (1: aggravated, 0: ameliorated or maintained)

Independent variables: Sex (Male=0, Female=1),

Age categories (40-49=0, 50-59=1, 60-69=2, 70-79=3, 80-89=4, 90-99=5),

Live alone (yes=1, no=0)

Prevalence of malignancy (no=0, yes=1), Prevalence of diabetes mellitus (no=0, yes=1),

Prevalence of dementia (no=0, yes=1), Prevalence of heart diseases (no=0, yes=1),

Prevalence of cerebro-vascular diseases (CVD: no=0, yes=1; including sequelae),

Prevalence of osteo-muscular disease (OMD: no=0, yes=1),

Evaluation result of each item of care plan (0-5=0, 5 and more=1).

(see text for the detail)