

Session Summary:

Recent Advance of Wearable Watch for Frailty

The use of wearable devices in health promotion and medical care for the elderly is becoming a focus of attention. Wearable devices can monitor lifestyle habits such as walking, physical activity, nutrition, body temperature, and sleep, as well as medical information such as heart rate, respiratory rate, and oxygen saturation, which is expected to improve lifestyle habits and detect frailty, dementia, heart disease, and postoperative complications. This symposium will introduce the project for utilizing digital devices such as smartwatch for frailty detection, which has started by the Tokyo Metropolitan Institute for Geriatrics and Gerontology, and review the previous studies on wearable devices in the older adults. We hope to discuss with the speaker and the audience the problems and perspectives of research on wearable devices for the elderly.