

## **Effects of nailcare on bio-defense function of elderly people in a Japanese nursing home**

**Megumi Ttsutsumitani, Namiko Ogawa, Aya Wakabayasi, Yuko kase, Hatsuko Kawana, Takuya Tsujiuti, Kazuhiko Machida**

*Area of health Science and Social Welfare, Graduate School of Human Sciences, Waseda University*

To study the effects of nail care on bio-defense function of elderly people in a Japanese nursing home, twenty-three women were divided into the intervention group of mean age of  $88.5 \pm 10.5$  years and the control group of age of  $83.5 \pm 14.5$  years. To the invention group, nail-care were conducted for two months.

All subjects were asked the answer to the questionnaire tests of WHO QOL, Stress and PGC moral scale pre and after the intervention term. In addition, the capacity of circulating neutropils to ingest bacteria (phagocytosis) and to produce superoxide (by nitroblue tetrazolium reduction method) were measured also.

The present analyses revealed that the results of all questionnaires and neutrophils function were significantly higher in the intervention group than in the control group. These results showed that the performance of nail-care gave a big satisfaction to elderly people.