

CARACTERIZACIÓN DE LA FUNCIÓN COGNITIVA Y NIVEL DE FUNCIONALIDAD EN POBLACIÓN WAYUU DEL DEPARTAMENTO DE LA GUAJIRA

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RESUMEN

Introducción: El deterioro cognitivo comprende síntomas y signos asociados con una disminución progresiva de las funciones cognitivas, impactando negativamente la calidad de vida y la autonomía de las personas. Las comunidades indígenas experimentan una prevalencia más alta de deterioro cognitivo y demencia. Sin embargo, no ha sido estudiado adecuadamente en población indígena Wayuu.

Objetivo: Evaluar la función cognitiva y nivel de funcionalidad en indígenas Wayuu.

Métodos: Estudio analítico transversal. Se incluyeron 200 participantes: Wayuu colombianos (n=81), Wayuu venezolanos (n=19) y no Wayuu (Arijuna) (n=100) de los municipios de Uribia y Maicao del departamento de La Guajira. Se evaluaron variables sociodemográficas, clínicas, cognitivas y de funcionalidad. Se realizó un

análisis de regresión logística multivariada para evaluar factores asociados a trastorno cognitivo.

Resultados: Se observaron puntajes significativamente más bajos en pruebas neuropsicológicas de memoria, aprendizaje, autonomía, depresión y función cognitiva en la población Wayuu ($p < 0.01$). El 90% de los indígenas Wayuu reportaron trastorno cognitivo moderado. La etnia Wayuu (OR: 2.23, IC95%: 1.95–8.51, $p = 0.02$), antecedentes de epilepsia (OR: 5.5, IC95%: 1.88–16.1, $p = 0.006$) y residencia en Uribia (OR: 30, IC95%: 1.24–767, $p = 0.03$) fueron factores de riesgo. Valores normales de vitamina B12 (OR: 0.04, IC95%: 0.02–0.96, $p = 0.04$) y resultados normales en el test de Yesavage (OR: 0.24, IC95%: 0.09–0.65, $p = 0.004$) fueron protectores.

Conclusiones: Este estudio destaca la necesidad de abordar la epilepsia, depresión y la hipovitaminosis B12 en comunidades indígenas Wayuu para prevenir el deterioro cognitivo.

Palabras Claves: Función Cognitiva, Nivel de funcionalidad, Wayuu, Trastornos Cognitivos, Pruebas Neuropsicológicas.

Abstract

Introduction: Cognitive impairment encompasses symptoms and signs associated with a progressive decline in cognitive functions, negatively impacting the quality of life and autonomy of individuals. Indigenous communities experience a higher prevalence of cognitive impairment and dementia. However, it has not been adequately studied in the Wayuu indigenous population.

Objective: To assess cognitive function and level of functionality in Wayuu indigenous individuals.

Methods: Cross-sectional analytical study. Two hundred participants were included: Colombian Wayuu (n=81), Venezuelan Wayuu (n=19), and non-Wayuu (Arijuna) (n=100) from the municipalities of Uribia and Maicao in the La Guajira department. Sociodemographic, clinical, cognitive, and functionality variables were evaluated. Multivariate logistic regression analysis was performed to assess factors associated with cognitive impairment.

Results: Significantly lower scores were observed in neuropsychological tests of memory, learning, autonomy, depression, and cognitive function in the Wayuu population ($p < 0.01$). 90% of Wayuu indigenous individuals reported moderate cognitive impairment. Wayuu ethnicity (OR: 2.23, 95% CI: 1.95–8.51, $p = 0.02$), a history of epilepsy (OR: 5.5, 95% CI: 1.88–16.1, $p = 0.006$), and residing in Uribia (OR: 30, 95% CI: 1.24–767, $p = 0.03$) were risk factors. Normal values of vitamin B12 (OR: 0.04, 95% CI: 0.02–0.96, $p = 0.04$) and normal results in the Yesavage test (OR: 0.24, 95% CI: 0.09–0.65, $p = 0.004$) were protective.

Conclusions: This study highlights the need to address epilepsy, depression, and vitamin B12 deficiency in Wayuu indigenous communities to prevent cognitive impairment.

Key words: Cognitive Function, Functionality Level, Wayuu, Cognitive Disorders, Neuropsychological Tests.

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