



ORIGINAL RESEARCH PAPER

Physiotherapy

PREVALENCE OF RISK OF FALL IN ELDERLY PATIENT IN VIKHE PATIL MEMORIAL HOSPITAL

KEY WORDS: Fall risk assessment tool, hospitalized elderly patient, risk of fall, modified fall efficacy scale.

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ABSTRACT

BACKGROUND : Falls are the leading cause of fatal and non-fatal injuries among the adult aged 65 and above. Elderly patients with emergency service admission, at medical units and/or long stay were more frequently included in a risk group for falls. Thus patient assessment for the risk of fall become essential for planning intervention strategy. Thus purpose of my study is to find out prevalence of risk of fall in elderly patient who are hospitalized for more than one month.

METHOD : Observational study conducted at vikhe patil memorial hospital. There were 100 elderly individual included in the study by convenient sampling technique. Individual with the age group 60–80 year those are admitted in hospital. Written consent was taken from each and every subject. Then John Hopkins fall risk assessment tool and Modified fall efficacy scale was explained and result was calculated.

RESULT : Out of 100 subjects 6% elderly patient are at high risk of fall, 41% elderly patient are at moderate risk and 44% elderly patient are at increase severity of fall.

CONCLUSION : From the result it is concluded that elderly hospitalized patient are at risk of fall.

INTRODUCTION :

Fall is an event that results in a person's inadvertently coming to rest on the ground or lower level or without loss of consciousness of injury. This excludes fall from major intrinsic event (seizure, stroke, and syncope) or overwhelming environmental hazard. Moreover it lead to hospitalization and increase cost and burden on the society and even lead to death.

Falls are the sixth leading cause of death in older adults. There are two types of risk factors which is responsible for the fall in the elderly population. They are intrinsic factors and extrinsic factors. Intrinsic factors include poor balance, weakness, foot problems, visual impairment, cognitive impairment. Extrinsic factor include poor lightning, slippery surface, obstacles, loose carpet, no safety equipment.

Falls are the leading cause of fatal and non-fatal injuries among adults aged 65 and above (older adults) 5,1. During 2014, approximately 27,000 older adults died because of falls; 2.8 million were treated in emergency departments for – related injuries, and approximately 800,000 of these patients were subsequently hospitalized^{5,2}.

Fall lead to moderate to severe injuries. Visceral – problems, incontinence and depression were fall protective factors whereas problem with the transfer, the use of assistive walking aids, and age were fall risk factors^{4,2}.

Elderly patients with emergency service admission, at medical units and / or long stay were more frequently included in the risk group for falls.

Thus purpose of my study is to find out risk of fall in elderly patient hospitalized for more than one month.

METHODOLOGY :

Study design : Observational study

Study set up : Vikhe patil memorial hospital

Sample technique : Convenient sampling

Sample size : 100

MATERIAL :

- 1) Fall risk assessment tool
- 2) Modified fall efficacy scale
- 3) Consent form
- 4) Data collection sheet

INCLUSION CRITERIA :

- 1) Elderly population of age 60 to 80
- 2) Subjects admitted for more than 1 month

EXCLUSION CRITERIA :

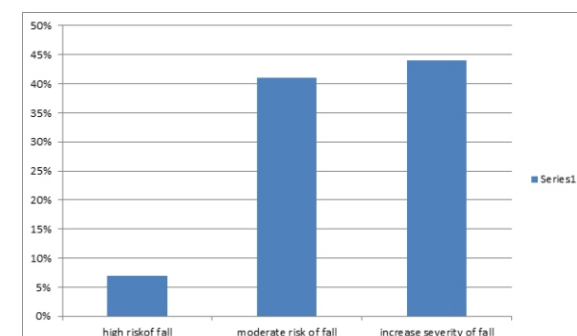
- 1) Patient not willing to participate
- 2) Patient admitted in ICU

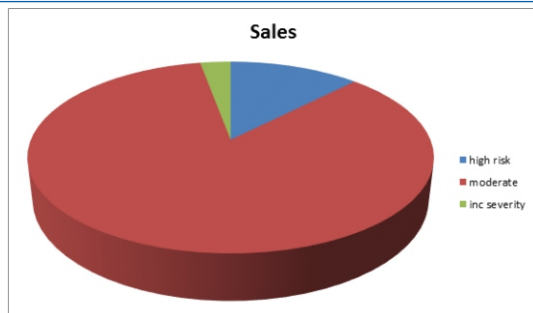
DATA ANALYSIS AND GRAPHICAL PRESENTATION :

Total no of patients:

	High risk of fall	Moderate risk of fall	Severity of fall	Total
No of patient	6	41	44	91
Percentage	6%	41%	44%	91%

	High risk of fall	Moderate risk of fall	Increase severity of fall	Total
No of patients	6	41	44	91
Mean	15.333	9.243	4.342	
Std. deviation	1.633	2.300	1.858	
P - value	>0.10	>0.10	>0.10	





RESULT :

Out of total 100 subjects in vikhe patil memorial hospital, 6 patients are at high risk, 41 patients are at moderate risk and 44 patients are at increase severity of fall.

According to fall risk assessment tool and modified fall efficacy scale, out of 100 total subjects, 6 patients are at high risk giving prevalence of 6%, 41 patients are at moderate risk giving prevalence of 41% and 44 patients are at increase risk of fall giving prevalence of 44%.

DISCUSSION :

The aim of our study is to find "Prevalence of risk of fall in elderly patient hospitalized in vikhe patil hospital." Fall is an event that results in a person's inadvertently coming to rest on the ground or lower level or without loss of consciousness of injury. There are two types of risk factors which are responsible for the fall in elderly population.

There are intrinsic and extrinsic factors. Intrinsic factors include poor balance, weakness, foot problems, visual impairments, cognitive impairments. Extrinsic factors include poor lighting, slippery surface, obstacles, loose carpet, no safety equipment.

Elderly patients admitted in hospital are frequently included in the risk of fall. Thus we concluded that factors such as age, mobility component, patient care equipment, transportation, crossing road, taking shower, history of previous fall and hospital stay. These are some factors which are responsible for fear or risk of fall in elderly patients.

CONCLUSION :

From our study we concluded that among 100 total subjects 6 patients are at high risk, 41 patients are at moderate risk and 44 patients are at increase severity of fall and common factors responsible for risk of fall are age of patient, mobility component, patient care equipment, transportation, crossing road, walk around and in house, bathing or taking shower.

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