

“A Descriptive Study To Identify The Fall Risk Status Of Elderly In a Selected Hospital At Virudhunagar”

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Abstract

Background: Nearly one-third of senior people had a fall due to medical reasons and/or weakness. Falls may result in so many complications. In order to assess the fall risk assessment in the elderly, this study is done to assess the level of the fall risk status of the elderly in **the selected hospital**. **Objective:** The aim of the research was to assess the level of the fall risk status of old age people in a selected hospital at Virudhunagar. **Methodology:** Purposive sampling technique was used, and 50 old-age people participated. A fall risk assessment questionnaire was used for data collection. Descriptive statistical methods were used to organise, tabulate and analyse the data which was collected. **Results:** Major findings of the study were, among 50 elderly, 50% come under the category of low fall risk status, 36% come under the category of moderate fall risk status and 7% come under the category of high risk status. This study concluded that many elderly people come under the category of low fall risk status, and few elderly people come under the category of high-risk status.

Key words – Fall, Fall Risk, Elderly, Fall Risk Status

How to Cite this Article?

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Introduction:

A fall is meant as a sudden and unintentional change in the position that leads to the descent of a person to a lower surface or level, such as the ground (1). A fall or drop down is caused when

one's balance gets disturbed. Balance or stability is defined as the ability to maintain equilibrium by maintaining the centre of gravity over the base of support (2). The human being generally reacts by various postural adjustments to maintain balance, but this adjustment among the elderly is generally delayed or not enough, and it results in a fall (3)(4)(5). Balance disturbances can be sparked by two groups of causes: intrinsic factors brought about by inherent physical disorders such as visual impairment and postural hypotension, and extrinsic factors brought about by the environment and other factors such as a slippery floor. The intrinsic factors are correlated with age-related changes in the body (6).

Much research has been done related to assessing the intrinsic fall factors. Some factors, such as giddiness due to medicine, imbalance, syncope, postural instability, vision disturbances, and nervous disorders resulting in muscle weakness and sensorimotor disturbances, are considered related intrinsic fall factors (7).

Need For Study:

About 30% of those over 65 and 40% of those over 80 fall each year globally (8). After a fall, 52% of people fall again in the next year (9). Falls increase injury-related deaths (10). Falls cause 70% of accidental deaths in people over 75 (11). Fall causes 10% of seniors to be hospitalised, 6% of whom need surgery (12). Falling can cause physical injuries such fractures and social issues including isolation, loss of confidence, and psychological issues (13), (14), (15), and (16). The quality of life of older persons depends on their functional state, thus proper balance and physical activity checks are crucial (17). The functional ability and overall mobility of any person, especially the old, must be assessed and rated. Thus, the researchers seek to evaluate geriatric fall risk in a particular hospital.

Problem Statement:

A descriptive study to assess the level of the fall risk status of the elderly in **a selected hospital**.

Aim:

The aim of the study was to identify the level of fall risk among the elderly in the selected hospital.

Methodology

This study adopts a quantitative research approach. The non-experimental descriptive research design is chosen for this research. The setting is Virudhunagar Government Medical College Hospital at Virudhunagar. It is situated 5 kilometres away from Virudhunagar. It is a 600-bedded hospital in Virudhunagar district. The population who were selected are elderly who are admitted to hospital at Virudhunagar. The sample of 50 in number was selected. The purposive sampling technique is used for this study. The tool consists of two sections: section I covers demographic variables, and section II covers the fall risk assessment questionnaire. After that, investigators collected the data from the elderly by using a fall risk assessment questionnaire in person by the method of interview.

Results :

The findings were organized in the following section.

Section 1 :Classification of subjects based on the demographic and clinical variables

Section 2: Distribution of subjects based on the fall risk status .

Section – 1

Table – 1: Dissemination of participants based on the demographic and clinical variables:

(n=50)

S.No	Demographic and clinical variables	No.of.Participants	Percentage (%)
1.	Age		
	A.60-69 yrs	26	52 %
	B.70-79yrs	18	36 %
	C.>80yrs	6	12%
2.	Sex		
	A.Male	20	40%
	B.Female	30	60%
3.	Education		
	A.No Formal Education	19	38.%
	B. Primary School	14	28%
	C. Secondary School	15	30 %
	D.Graduate	2	4%
4.	Living situation		
	A.Alone	14	28%

	B.With family C.Nursing home	36 0	72 % 0%
5.	Marital status A. Married B. Unmarried c. Widowed d. Divorced	36 0 14 0	72% 0% 28% 0%
6.	Occupation A. Retired B. Employed C. Self Employed	22 12 16	44 % 24 % 3 2%
7.	Socio economic status A .High B. Middle C. Low	0 26 24	0% 52% 48%
8	Use of assistive devices		
	A. Yes B. No	20 30	40 % 60%
9 .	Medical history A.Yes B.No	33 17	66% 34 %
10.	History of falls A. Yes B. No	18 32	36 % 64 %
11.	Cognitive impairment A. Dementia B. Alzheimer Disease C. Nil	0 4 46	0 % 8 % 92%
12.	Vision and hearing impairment A.Yes B. No	20 30	40% 60%

Table 1 shows that Among the elderly age group, 26 subjects (52%) are aged 60 to 69 years.s. Regarding sex, 30 (60%) were female. The majority of the subjects, 19 (38%), belong to no formal education. Regarding living situation, most of the elderly, 36 (72%), are living with family. Regarding marital status, 36 (72%) are married. Regarding occupation, 22 (44%) of them are retired. Regarding socioeconomic status, 26 (52%) were in the middle category. 20 (40%) of the subjects come under the category of use of assistive devices. Regarding medical history, 33 (66%) had medical illnesses. 18 (36%) elderly had a history of falls. Regarding cognitive impairment, 4

(8%) had Alzheimer's disease. Regarding visual and hearing impairment 20 (40%) had visual and hearing impairment.

Section II

Table 2: Distribution of participants based on the level of fall risk status

(n=50)

S.No	Fall Risk Status	Number	Percentage (%)
1	Low	25	50 %
2	Moderate	18	36 %
3	High risk	7	14%
	Total	50	100%

The data that was presented in Table 2 shows that, out of 50 elderly people, 50% come under the category of low-fall risk status, 36% come under the category of moderate-fall risk status, and 7% come under the category of high-fall risk status.

Discussion

Among the elderly age group, 26(52 %) most of subjects age is 60- 69years .Regarding Sex , 30(60%) were in female .Majority of the subjects 19(38%)belongs to no formal education . Regarding living situation, most of the elderly 36(72%)are living with family .Regarding marital status , 36(72%) belongs to married .Regarding occupation ,22 (44%)most of them are retired . Regarding socioeconomic status , 26 (52%) were in middle catagory . 20(40%) of subjects comes under the category of use of assistive devices .Regarding medical history , 33(66%) were having medical illness . 18 (36%) elderly had the history of falls . Regarding cognitive impairment 4(8%) had alzeimers disease .Regarding visual and hearing impairment 20(40%) were having visual and hearing impairment.

The objective is to assess the level of the fall risk status of elderly in selected hospital:

Present study represented the level of the fall risk status of elderly in selected hospital:

It was evident that , out of 50 elderly, 50% comes under the category of low fall risk status, 36 % comes under the category of moderate fall risk status and 7% comes under the category of high risk status.

Ethical Clearance:

- The researcher got permission from the concerned authority.
- Oral permission was got from the participants.
- Anonymity and privacy were obtained throughout the study.

Conclusion:

This research was done to identify the level of fall risk status of the elderly in selected government hospitals. This present study was conducted at Virudhunagar Government Medical College Hospital at Virudhunagar. Descriptive research design was selected. A non-probability purposive sampling method was used, and 50 subjects participated. A fall risk assessment questionnaire was used to identify the level of fall risk status of the elderly. The detailed data was calculated, arranged and interpreted by descriptive statistics. This study concluded that among 50 elderly, 50% come under the category of low fall risk status, 36% come under the category of moderate fall risk status and 7% come under the category of high risk status.

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