

*Risk Factors for Recurrent Falls in
Community-Dwelling
Older Adults:
A Prospective Multi-Centre Study*



*Barbara Chan
Occupational Therapist I
Prince of Wales Hospital
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Objectives



- ❧ *To describe the consequences of falls*
- ❧ *To identify factors associated with recurrent falls for community-dwelling older adults.*
- ❧ *This study was a part of a larger multi-center study on Community Occupational Therapy Falls Reduction Program involving the Occupational Therapy Departments and A&E Departments of PWH, QMH and PMH.*

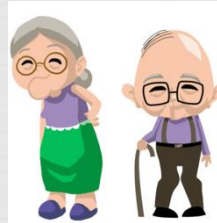


Methodology



Inclusion criteria

- Older adults aged ≥ 65
- Residing at home
- Ambulatory
- Phone MMSE ≥ 15
- Admitted A&E (PWH / QMH / PMH) due to fall



12-month follow-up
Bi-weekly phone interview on recurrent fall by research helpers

Baseline information

- Socio-economic data
 - Medical issues
 - Mobility level
 - ADL
 - Characteristics of fall
 - Functional tests
(Timed up & go test / Visual acuity test)
- by medical consultants (A&E) & occupational therapists*



Discharge from hospital

- Phone Barthel Index (BI)
- Frenchay Activities Index (FAI)
- Chinese Geriatric Depression Scale (GDS)

by research helpers

Home visit

Randomly allocated to intervention and control groups to provide home visit by occupational therapists / research helpers



Results



Sample = 167

Daily exercises ≥ 30 minutes: 67.7%

Female: 70.0%

Independent ADL: 92.2%

Mean age: 78.3 years

Fall at daytime (0800- 1400): 13.2% - 20.4%

Indoor fall: **living room** (14.4%)

Outdoor fall: **road** (16.8%)

Outdoor walker: 88.0%

The most common activity at the time of falls: **performing self-care activities** (29.3%)
Intrinsic factors: 52.7%



Recurrent falls: 7.2% in 6 months, 11.4% in 9 months.

Phone BI score predicts 51% risk of recurrent fall; together with **performing physical exercises** increases to 74%.

Conclusions



- ❧ *Falls at daytime and falls associated with self-care activities* were commonly found in community-dwelling older adults.
- ❧ *Higher Barthel index scores and physical activity levels* were found to be *predictors of recurrent falls* amongst community-dwelling older adults.
- ❧ *Further studies investigating*
 - ❧ *The correlation between ADL, physical activity levels, and falls*
 - ❧ *Both intrinsic and extrinsic factors for falls*