

Effect of a Fall Prevention Program on Falls among Elderly People

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Abstract

This quasi-experimental study was to examine effects of a fall prevention program for elderly people applying Orem's Self-care Deficit Theory. Sixty elderly people in Sa Yai Som District, Suphanburi Province, aged 60-75 years, which a risk of falling were invited to participate in this study. There were 30 participants in experimental group and 30 participants in comparison group. The fall prevention program in 8 weeks consisted of enhancing awareness, giving support, enhancing self-care capability and creating environment modification, all of which were designed to improve the effect of self-care capability on fall prevention. The comparison group received conventional care as part of the routine work of the Sub-district Health Promotion Hospital in their community. Data was collected before and after the intervention included socio-demographic data and effect of self-care capability on fall prevention. Data analysis was performed using percentage, mean, standard deviation, paired t-test and independent t-test.

Results revealed that, at the post-test the experimental group had significant higher self-care capability effect on fall prevention scores than the pre-test score ($p < 0.001$). In addition, the self-care capability on fall prevention scores of the experimental group were greater than those comparison group ($p < 0.001$).

The fall prevention program for elderly people could be adopted by sub-district health promotion hospital personnel to promote the effect of self-care capability on fall prevention for elderly people at home and in the community.

Keywords : Fall Prevention, Elderly People