

**FAKULTETA ZA ZDRAVSTVENE VEDE V CELJU**

**DIPLOMSKO DELO**

**VZROKI IN POSLEDICE PADCEV PRI STANOVALCIH V  
SOCIALNOVARSTVENEM ZAVODU**

**CAUSES AND CONSEQUENCES OF FALLS AMONG RESIDENTS IN  
A SOCIAL WELFARE INSTITUTION**

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**Študijski program: VISOKOŠOLSKI STROKOVNI ŠTUDIJSKI  
PROGRAM ZDRAVSTVENA NEGA**

**CELJE, 2023**

## POVZETEK

**Uvod:** Padci sodijo med naraščajoči problem javnega zdravja. Vzroki za nastanek padcev so biološki, vedenjski in okoljski ter socialno-ekonomski. V starosti nad 65 let so padci glavni vzrok za nastanek najresnejših poškodb, ki ogrožajo nadaljnje življenje stanovalcev. Namen raziskave je ugotoviti najpogostejše vzroke in posledice padcev pri stanovalcih v posebnem socialnovarstvenem zavodu.

**Metoda:** Uporabili smo kvantitativno metodo, metodo deskripcije in tehniko analiziranja dokumentov. Za zbiranje empiričnih podatkov smo uporabili tehniko analiziranja dokumentov, kot instrument pa smo uporabili kontrolne liste za pregled stanovalcev po padcu. V vzorec smo vključili 253 dokumentacij stanovalcev v letu 2019 in 172 dokumentacij stanovalcev posebnega socialnovarstvenega zavoda, pri katerih se je padelec zgodil v letu 2020 in za katere je bilo posredovano Poročilo o neželenem dogodku – padcu. Podatki so bili analizirani s programom Microsoft Office Excel 2010.

**Rezultati:** V letih 2019 in 2020 je bilo 163 (41 %) stanovalcev, ki so padli, starih med 71 in 80 leti. Pred padcem sta bila 302 (75 %) stanovalca pokretna. Največ padcev, 172 (43 %), se je zgodilo pri hoji. Najpogostejši vzrok za padelec pri 129 (25 %) stanovalcih je splošna telesna nemoč oz. slaba gibljivost. Posledica padca je bila pri 85 (18 %) stanovalcih bolečina. Največ padcev, 169 (42 %) se je zgodilo v popoldanski izmeni. 184 (46 %) padcev se je zgodilo v sobah stanovalcev. Najpogostejša aktivnost zdravstvene nege po padcu stanovalcev pa je bila v 263 (49 %) primerih opazovanje stanovalca.

**Razprava in sklep:** Največ padcev stanovalcev se zgodi pri hoji in v popoldanskem času. Takrat so stanovalci vse bolj utrujeni, na enotah pa je manj zaposlenih kot v dopoldanskem času. Stanovalce je potrebno spremljati in spodbujati k aktivnosti in samostojnosti, samo tako bodo ostali dolgo zdravi in v dobri kondiciji. Za učinkovito ocenjevanje nevarnosti oz. ogroženosti za padce v posebnih socialnovarstvenih zavodih je treba poenotiti vprašalnike za ocenjevanje padcev, saj ima sedaj vsak svoj interni vprašalnik za vodenje neželenih dogodkov.

**Ključne besede:** padci, vzroki, posledice, stanovalci, socialnovarstveni zavod.

## SUMMARY

**Introduction:** Falls are becoming increasing problem in public health system. The causes can be biological, behavioural, environmental and socio-economic. In population aged 65 and older, falls are the main cause of serious and life-threatening injuries. The aim of this research was to determine the main causes and consequences of the falls among the residents in special social welfare institution.

**Method:** In our research we used quantitative and descriptive research method and document analysis technique. Empirical data was collected by using document analysis technique and control sheets were used as a research instrument reviewing the residents after the fall. The research pattern included 253 control sheets in 2019 and 172 control sheets in 2020. The research pattern included the falls that were reported as an adverse event. The data was analysed by using Microsoft Office Excel 2010.

**Results:** Between 2019-2020 there were 163 (41%) residents who fell and whose age was between 71 and 80 years. Before the fall 302 of them (75%) were mobile. The majority of the falls, i.e., 172 (43%), took place during walking. The main cause in 129 cases (25%) was general physical weakness or poor flexibility. In 85 cases (18%) the main consequence of the fall was the pain. He majority of the falls, i.e. 169 (42%), took place during the afternoon shift. 184 (46%) took place in the rooms of the residents. The most common care plan after the fall of the residents was in 263 cases (49%) patient observation.

**Discussion and conclusion:** The majority of falls takes place during the walking in the afternoon. It is the time of the day when residents feel more tired and there are less employees available to them than during the morning shift. The residents should be observed and encouraged to participate in activities which would enable them to stay independent and in good shape longer. At the moment every institution uses its own questionnaire, therefore it is necessary to standardize questionnaires for fall assessment and provide effective fall hazard assessment in special social welfare institutions.

**Keywords:** falls, causes, consequences, residents, social welfare institute.