

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**VPLIV TELESNE DEJAVNOSTI NA PREPREČEVANJE PADCEV V
STAROSTI**

**THE IMPACT OF PHYSICAL ACTIVITY ON PREVENTING FALLS IN
OLD AGE**

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POVZETEK

Uvod: Starost je obdobje, ki nastopi po 65. letu starosti. Prinaša veliko novosti, na katere se je treba predhodno pripraviti. Zaradi upada fizičnih in kognitivnih funkcij v starosti se poveča tveganje za nastanek padcev in poškodb. Pomembno vlogo pri preprečevanju padcev ima redna telesna dejavnost. Z raziskavo smo želeli ugotoviti vpliv telesne dejavnosti starejših na preprečevanje padcev v starosti.

Metoda: Raziskava je temeljila na kvantitativni metodi raziskovanja – metodi deskripcije. Podatke smo pridobili s tehniko anketiranja. Za merski inštrument smo uporabili anketni vprašalnik, ki smo ga oblikovali na osnovi pregleda domače in tuje strokovne literature. Uporabili smo neslučajnostni (priložnostni) vzorec, v katerega smo vključili 100 starejših v starosti 65 let in več, ki živijo v domačem okolju in nimajo demence.

Rezultati: 38 % anketiranih je redno telesno dejavnih, 7 % pa je telesno dejavnih 3 ure in več na teden. Za telesno dejavnost največkrat izberejo hojo. 55 % starejših, ki so sodelovali v raziskavi, je v zadnjem letu padlo. Najpogostejša lokacija padca je bila v kopalnici ob vstopu v kopalno kad oziroma tuš kabino ali ob izstopu iz nje. Največ padcev se je zgodilo zvečer. 78 % anketiranih starejših se je ob padcu poškodovalo, 40 % anketiranih starejših pa je po padcu potrebovalo operativni poseg. 82 % starejših, ki je v zadnjem letu padlo, ima strah pred ponovnim padcem.

Razprava in sklep: Telesna dejavnost je ena pomembnejših dejavnikov, ki v veliki meri vplivajo na preprečevanje padcev in s tem poškodb. Pri motiviranju starejših za redno telesno dejavnost ima pomembno vlogo medicinska sestra. Njena vloga v promociji zdravja se bo v prihodnje okrepila – predvsem skozi njeno delo v ambulantah družinske medicine in centrih za krepitev zdravja. Z ozaveščanjem o pomembnosti telesne dejavnosti v starosti bo medicinska sestra pripomogla k izboljšanju stopnje zdravstvene pismenosti med starejšimi.

Ključne besede: telesna dejavnost, starejši, starost, padec, medicinska sestra.

SUMMARY

Introduction: Age is a period that occurs after the age of 65. It brings lots of novelties on which we have to be prepared for beforehand. Due to the decline in physical and cognitive function in old age, the risk of falls and injuries increases. Regular physical activity plays an important role in preventing falls. With our research, we wanted to find out the impact of physical activity on preventing falls in old age.

Method: The research was based on a quantitative research approach using the method of description. We collected data using the survey technique. The measuring instrument was a survey questionnaire, which was designed on the basis of a review of the national and international scientific literature. We used convenience sampling, which included 100 older adults aged 65 and over who live in the home environment and do not have dementia.

Results: 38% of the respondents are regularly physically active, and 7% of them are physically active for 3 hours and more per week. Their usual physical activity is walking. Last year, 55% of the older adults who participated in the survey fell. The most common location of the fall was in the bathroom while entering or exiting the bathtub. Most of the falls occurred in the evening. 78% of the respondents suffered fall-induced injuries, and 40% of the respondents needed surgery after the fall. 82% of the older adults who fell in the past year have a fear of falling again.

Discussion and conclusion: Physical activity is one of the most important factors that have a significant impact on preventing falls and thus injuries. A nurse plays an important role in motivating the elderly to be physically active. In the future, her role in health promotion will be strengthened - primarily through her work in family medicine clinics and health promotion centers. By raising awareness of the importance of physical activity in old age, the nurse will help to improve the level of health literacy among older adults.

Key words: physical activity, older adults, old age, fall, nurse.