

VISOKA ZDRAVSTVENA ŠOLA V CELJU

DIPLOMSKO DELO

**DEJAVNIKI TVEGANJA ZA NASTANEK PADCEV PRI
STAROSTNIKI**

RISK FACTORS FOR FALLS IN THE ELDERLY

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POVZETEK

Uvod: Starejše med vsemi nezugodami najbolj ogrožajo padci, saj se njihova pogostost s starostjo le še povečuje. Prvi padeč močno poveča tveganje za ponovne, zato je zelo pomembno poznavanje dejavnikov tveganja za nastanek padcev v starosti, ker s preventivo lahko padce preprečimo in s tem preprečimo tudi poškodbe starejših. Z raziskavo smo želeli preučiti najpogostejše dejavnike tveganja za padeč pri starostnikih.

Metoda: Raziskava je temeljila na kvantitativni tehniki dela, uporabili smo deskriptivno metodo. Kot instrument smo uporabili anketni vprašalnik, izdelan izključno za potrebe te raziskave. Anketne vprašalnike smo razdelili med 90 članov Društva upokoencev Teharje, ki so stari 65 let in več. Vrnjenih in pravilno izpolnjenih je bilo 82 vprašalnikov, kar predstavlja 91 % realizacijo vzorca. Podatki, pridobljeni z raziskavo, so bili analizirani, obdelani in prikazani s pomočjo računalniškega programa Microsoft Word in Microsoft Excel.

Rezultati: Ugotovili smo, da je padlo 66 (80,5 %) anketiranih starostnikov. 22 (26,8 %) starostnikov je kot vzrok za padeč navedlo, da so se spotaknili. Ob padcu se je poškodovalo 57 (86,4 %) starostnikov in 28 (42,4 %) jih je za vrsto poškodbe navedlo zlom. Po poškodbi je pomoč pri izvajanju osnovnih življenjskih aktivnosti potrebovalo 40 (48,8 %) starostnikov in pri večini je nesamostojnost trajala določen čas. Podatki kažejo, da se 38 (46,3 %) anketiranih starostnikov po padcu lahko normalno giblje.

Razprava in sklep: Z rezultati raziskave smo ugotovili, da je večina starostnikov vsaj enkrat že padla. Medicinska sestra ima pri prepoznavanju dejavnikov tveganja za padeč in pri preprečevanju padcev pomembno vlogo. Delovati mora zdravstveno-vzgojno, ker je preventiva izrednega pomena. Preprečevanje padcev pri starostnikih se začne že v mladosti z uveljavljanjem zdravega načina življenja in okolja, v starosti mora biti preventiva usmerjena na dejavnike tveganja, ki so specifični za posameznega starostnika, in na dejavnike okolja, v katerem starostnik živi.

Ključne besede: starostnik, staranje, padeč, tveganje za padeč, vzrok padca, preprečevanje padcev, zdravstvena vzgoja.

SUMMARY

Introduction: Falls are the most common accident to affect the elderly, and their frequency increases with age. Falling once substantially increases an elderly person's chance of falling again. Therefore, it is important to understand the risk factors causing falls in old age, and to develop prevention strategies. Preventive actions allow us to lower the frequency of falls among the elderly, as well as to minimize the health risks they pose. The intention of this research was to study the most common risk factors for falls among the elderly.

Method: In this research, we leveraged quantitative methods, as well as the descriptive method of work. Our primary instrument was an inquiry questionnaire prepared exclusively for the needs of this project. The questionnaires were distributed to 90 inhabitants of a retirement community in Teharje who were at least 65 years old. 82 questionnaires were correctly filled out and returned to us, which represents a 91% sample response rate. The data gathered in this research were analyzed, processed and presented by means of the computer programmes Microsoft Word and Microsoft Excel.

Results: We found that as many as 66 (80,5%) subjects in our sample had sustained a fall. 22 (26,8%) of them mentioned tripping to be the proximate cause of their fall. In 57 (86,4%) cases falls resulted in injuries, and as many as 28 (42,4%) subjects reported suffering a fracture. After the incident, 40 (48,8%) subjects needed help to carry out their basic daily activities. Most of the subjects were dependent on help only temporarily. Our data show that 38 (46,3%) subjects in our sample eventually regained full movement.

Discussion and conclusion: The findings of the research suggest that falls are very prevalent among the elderly population. A nursing professional plays an important role in recognizing risk factors for falls and in adopting prevention strategies. Among such strategies, health education is of vital importance. Falls prevention in the elderly begins as early as in their youth by promoting a healthy way of living and by establishing a safe environment. In older age, prevention should be directed to the risk factors that are specific to each individual older person, and to the hazards of the environment in which a person lives.

Key words: old age, falls, risk factors, falls prevention, health education