

Fall Risk in Older Adults: Literature Review

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As individuals start to age, many problems can start to happen, and fall risks are significant. Fall risk assessments in the elderly are critical and can predict and prevent future falls. There are at least 28 – 35% of falls each year for 65 and up (Severo et al., 2018). These studies are analyzing assessments and fall risks happening during this age group. The literature review will focus on the main points following factors on fall risks in the elderly.

Quantitative falls risk assessment in elderly people: results from a clinical study with distance-based timed up-and-go test recording

When assessing the elderly for fall risk, nurses look for many different things. Nurses look for when evaluating fall risk. There is at least one fall a year for the age group 65 and up (Ziegl et al., 2020). A risk factor for this age group is their gait. When aging starts to occur, their balance becomes unsteady, and they cannot catch their balance. They then put the older adult patients into two categories depending on their fall type: non-fallers and fallers. This study shows how the timed Up-and-go test will evaluate 39 individuals' gait and balance (Ziegl et al., 2020). The timed up-and-go test will feature several activities for the participants to do. They will stand up from a chair to walk three meters, turn around, and then walk back. This test can successfully be presented into practice by healthcare for individuals who have a high fall risk and can be performed at home (Ziegl et al., 2020). Using the time up-and-go test can assess risk factors occurring in the elderly due to gait and balance.

Key Points (note that the key points are flush to the far left)

The most critical information in the article is testing the gait and balance for predicting a fall risk. The ages of the participants were 65 and up. They were competent to give consent. And

the timed up-and-go test is a straightforward way to evaluate the elderly risk of falling (Ziegl et al., 2020). To test the time, they brought in an ultrasonic sensor that sticks to the chair and records the time it takes to do the tasks. These recordings were measured six times a week for 15 weeks (Ziegl et al., 2020). After doing the studies, the statistical data was sent directly to a PC. If they fell, they would be listed in the fallers category, and then if the participants did not fall, they are in a non-fallers category (Ziegl et al., 2020). These key points were the most important in this case study on fall risk assessment in older adults.

Assumptions

Statistical analysis implemented the study data into a bell curve of time and distance graph of the TUG test (Ziegl et al., 2020). The bell-shaped curve and the linear line fitting graph show the difference between fallers and non-fallers. The statistical significance between fallers and non-fallers was a $p < 0.05$ for a normal distribution fitting and $p < 0.02$ for linear regression testing (Ziegl et al., 2020). After analyzing the data and looking at the graph, it was apparent that the curve for non-fallers had more smooth curves than the fallers did (Ziegl et al., 2020). With the assumption that TUG could predict falls and then testing the hypotheses, they found that it could help predict falls for patients with fall risk.

Deficit/Conclusion

In conclusion, this article explains that by testing gait and balance through a quantitative case study, the timed up-and-go test has proven its statistics feasible in effect with patients in a nursing home (Ziegl et al., 2020). By accepting the author's reasoning that TUG could be used with patents to predict future falls, I would agree. The implications in this research would have to be that when predicting fall risks in older adults, this test helps predicts a future fall in a clinical

setting. If nursing fails to accept this line of reasoning, the implications will not gain another asset in predicting falls in older adults. Although they have many different aspects when considering a fall risk, this would add another way to test fall risk and prevent falls in the future. An older adult's gait and balance as they age is a deficit that the time up-and-go test could detect.

Risk factors for fall occurrence in hospitalized adult patients: a case-control study

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

A prospective cohort study of the risk factors for new falls and fragility fractures in self-caring elderly patients aged 80 years and over

Here add in a summary of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Be sure to cover all aspects within the rubric. Be sure to use double space and to tab over for your first line of a new paragraph.

Key Points

Paragraph goes here discussing the key points of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Assumptions

Paragraph goes here discussing the assumptions of the article. Follow the MEAL paragraph formatting and use Grammarly.com.

Deficit/Conclusion

Paragraph goes here discussing the conclusion of the article. Follow the MEAL paragraph formatting and use Grammarly.com. Do you accept the authors' line of reasoning? What are the implications for this article? If nursing fails to accept this line of reasoning, what would the implications be?

Conclusion

Write a conclusion here in your overall paper. Follow the MEAL paragraph formatting and use Grammarly.com. Provide a summary/conclusion of the analysis of all three articles.

Discuss how the information can improve:

- Patient outcomes
- Nursing practice
- Evidence-based practice/Quality Improvement efforts
- Healthcare as a whole

References

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