CHAPTER 5

CONCLUSION AND RECOMMENDATIONS

Conclusion

This descriptive correlational study was to describe perceived fall risk factors and falls preventive behaviors among the elderly in community and to examine the relationship between perceived fall risk factors and falls preventive behaviors among the elderly in community, Yala province.

The subjects were 400 elderly aged over 60 years old or older both male and female, must be well oriented, able to communicate, agree to participate in the study, and living in community, Yala province. The subjects were selected by cluster sampling. The instruments used in this study were developed by the investigator and were composed of 4 parts. There were part 1 Demo Characteristics, part 2 Health Related Demo Characteristics, part 3 Perceived Fall Risk Factors, and part 4 Falls Preventive Behaviors. The content validity of the instruments was test for clarity and appropriateness of content and language by five experts. Internal consistency of the Perceived Fall Risk Factors Questionnaire and Falls Preventive Behaviors Questionnaire were calculated reliability by Cronbach's alpha coefficient. The reliability of the Perceived Fall Risk Factors Questionnaire and Falls Preventive Behaviors Questionnaire were 0.84 and 0.88 respectively. Data were collected by interview method.

The SPSS program was used to establish the frequency, percentage, range, mean, and standard deviation. Pearson's product moment correlation was also used to analyze the data. The conclusions of this study are defined as follow:

1. The elderly in this study were more females than males (50.2 %and 40.8% respectively) with an age range of 60 –103 years. The mean age of the elderly was 70.5 years old and standard deviation of 7.58 years. Most elderly in this study were Buddhist (57.5%), married-live together (65.5%), and no education (51%). The most occupation of the elderly was agriculture (48.5%). The majority of the elderly felt they had sufficient income (82.2%). Most of them lived with their spouse and adult children (76.5%). (Table 3)

2. Most of the elderly in this study had underlying diseases (65%), whilst the remainder at least one (43.75%). The most common underlying disease of the elderly was Orthopaedic diagnosis (59.2%). Nearly half of the elderly in this study reported taking current medication (48%) and most of them take only one medication (73.96%). The most common medication that the elderly take was anti-hypertension (61.5%). Forty five point twenty-five percent of the elderly in this study reported they had eye problems and 60.22 % of them went to see the doctor for get eyes examination and treatment. Around 25.5% of the elderly in this study reported they had problem with their balance, gait, and musculoskeletal weakness and 48.04% of them used help equipment in movement. Only 13.3% of the elderly in this study had experience of falls in the last 6 months. The amounts of falls in the previous 6 mouth range from 1-15 with a mean 2.15 and standard deviation 2.12. About 33.96% of them reported locations of falls were around the home (outside) and the cause of falls was

trip/uneven steps (32.1%). Nearly half of the elderly in this study (40.75%) felt they were risk of falls with the most common reason were they get older (33.74%) and poor vision (9.8%).

3. The mean score of perceived fall risk factors among the elderly was equal to high level ($\overline{X}$ = 62.83). It was found that, 67% of the elderly had high level of perceived fall risk factors, 25% of the elderly had moderated level of perceived fall risk factors, and only 8 % of the elderly had low level of perceived fall risk factors.

4. The mean score of falls preventive behaviors of the elderly equal to moderated level ($\overline{X}$ = 84.25). It was found that, 55.5% of the elderly had moderated level of fall preventive behaviors, 35.5% of the elderly had high level of fall preventive behaviors, and only 9% of the elderly had low level of fall preventive behaviors.

5. There was a low positive relationship between perceived fall risk factors and falls preventive behaviors among elder living in community-dwelling ($r = 0.277$, $p < 0.01$).

Recommendations

The result of the study revealed that there was positive relationship between perceived fall risk factors and falls preventive behaviors. It represented that to support the elderly to have knowledge and to perceive the factors in falling more play an important role in preventive measure. Thus, it was important to bring these factors to be considered as a main principle to process in any project.

There are recommendations in three aspects of nursing practice, nursing education, and for further studies. Details are as follow:

The recommendation for nursing practice

1. It is suggest that nurses or health care providers should conduct the project / program to prevent falling for the community-dwelling elderly by stressing to the elderly of necessity in training which focus on the strength in body movement, the appropriate motion, the eyesight checking and also gave recommendation or suggestion to solve such problems according to safe and hazardous surrounding of the seniors. All in all we have to ponder in strengthen knowledge and experience for better perception including dispelling other aspects that were the obstacles in preventive behaviors.

2. Since the elderly lacked of taking good care of their health in concession and most of them have never been annual health checking program. Therefore, it as necessary to support in having health care project for the elderly in each community. One significant barrier for the senior was the difficulty in commutation to the hospital, so the suitable health care project should be in the form of home visiting / home health cares.

3. The results illustrated that the elderly generally fall in the house, garden, bathroom, and from the stair, therefore we should create a project in overhauling living environment for more safety and more economize. The project might begin from mutual cooperation in the community and also stimulate the folks to realize the value of safety first program that will benefit to all especially the senior citizen.

The recommendation for nursing education

There should be a curriculum concerning taking care of the elderly for specific purpose in all educational level, and persuasive procedure for supporting better perception in falling prevention. It is vital to have serious practice such as creating a fall

prevention program in the community specially focus on the exercising for health to increase flexibility and fitness. It is also very helpful to adjust the environment surrounding in the house and the moving area to be convenient and safe for the elderly.

The recommendation for further research

1. Further research should be conducted in the elderly groups, which had different environment from the subject group in this research such as the study area in the northern, eastern, middle or western part of the country; otherwise, in the urban area in order to understand the true character of perceived fall risk factors and falls preventive behaviors in the elderly.

2. The results from this study found a weak positive relationship between perceived fall risk factors and falls preventive behaviors. This can be explained that there might be other factors, which influenced with the falls preventive behaviors such as knowledge, attitude, social support, social network, etc. therefore, in a further study the other influencing factors to falls preventive behaviors should be investigated.