

The Evaluation of Falls in the elderly subject in the Department of Physical Medicine: about 8 cases

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ABSTRACT

Introduction: Falls among elderly subjects is a public health problem whose origin is often multifactorial. A specialized assessment helps in identifying the risk factors and walking balance disorders in order to adapt the patient caretaking.

Objective: The purpose of this work is to detail specialized evaluation of falls in the elderly subject in the Department of Physical Medicine and Functional Rehabilitation (MPRF).

Material and methods: This is a prospective study that was conducted in May 2018 in the MPRF department of the Kassab Institute on women over 65 years, hospitalized for degenerative rheumatismal pathology with notion of giving-way of the knee or falling in the last six months.

For each patient, we looked for the fall risk factors, the signs of gravity and we carried out a specialized evaluation through tests: Get up and Go, Timed up and Go, Monopodal stance and Tinetti.

Results: We collected 8 patients, average age 75 years. More than 3 fall risk factors were identified among 7 patients, a notion of falling in the last 6 months among 6 patients.

The Get up and go test showed a significant fall risk on 2 items for 7 patients, the Timed up and go test was pathologic for all patients, the Monopodal Stance test was unstable for all patients and the Tinetti test showed a score <20/28 for 7 out of 8 patients correlated with a very high fall risk.

Conclusion: The fall's evaluation allowed us to identify the fall risk among patients and to better identify the anomalies. According to the evaluation, the care will be adapted to the patient's profile.