ABSTRACT

Relationship Between Age and Activity of Daily Living With The Fall Risk of Patients in Geriatric Outpatient Installation RSUD Dr. Soetomo Surabaya

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Background: Elderly is the last stage for every individual due to aging of the body. Someone who has entered the old age will experience many setbacks in terms of physical function, psychology, and social. This setbacks may cause health problems and the most problems encountered by old people is falling down. Falling down is one of the physical problems that happened quite frequently and resulted in morbidity and mortality of old people. There are several factors related to falling down, among others are the increase in age and lack of independence in daily activities.

Purpose: This research has a purpose to examine the relationship between age and fall risk, also the relationship between activity of daily living and fall risk of patients in Geriatric Outpatient Installation RSUD Dr Soetomo Surabaya.

Method: This research is an observational analytical study with cross sectional approach, by collecting free variable data (age and activity of daily living) through interview and Barthel index score, dependent variable (fall risk) by direct observation using TUG test that analyzed by Rank Spearman correlation test that involved univariate and bivariate analysis. The number of samples with incidental sampling technique are 55 patients in Geriatric Outpatient Installation RSUD Dr Soetomo Surabaya for the period of August – October 2017.

Results: The result of univariate analysis from 55 samples showed that the highest distribution of age of research subjects was 76-80 years ie 15 patients (27.3%), with mean age 72,27 ± 7,360 year. The highest distribution of sex of the subjects of the study was female ie 32 patients (58.2%), while males were 23 patients (41.8%). The majority of research subjects walked without using a tool that is a number of 43 patients (78.2%). Most of the subjects were independent and light dependent in the ability to carry out activity of daily living according to the Barthel index score ie 20 patients (36.4%) .The Timed Up and Go Test test showed that most of the research subjects included high fall risk categories ie 41 patients (74.5%). Bivariate analysis showed that there was a correlation between age and fall risk (r = 0.334, p <0.05) and there was a relationship between activity of daily living with fall risk (r = 0.460, p <0.05 ) of patient in Geriatric Outpatient Installation RSUD Dr Soetomo Surabaya period August - October 2017.

Conclusion: There is a significantly low and equivalent relationship between age and fall risk and significantly low and unequal relationship between activity of daily living and fall risk of patients in Geriatric Outpatient Installation RSUD Dr Soetomo Surabaya for the period of August – October 2017.

Key Words: Elderly, Age, Activity of Daily Living, Fall Risk.