ABSTRACT
THE CORRELATION OF BERG BALANCE SCALE AND THE HISTORY OF FALL AMONG GERIATRIC PATIENT IN GERIATRIC CENTER OF DR. SOETOMO GENERAL HOSPITAL

Introduction: Fall is the global major problem in geriatrics as it causes physical and physiological impairment, social isolation, and even leads to mortality. Berg Balance Scale is the relevant screening method which is commonly used in medical practice as a standard examination to postural change, balance, and fall risk.

Objectives: This study aimed to determine the correlation between Berg Balance Scale and history of falls in geriatric patients at the Geriatric Center of General Hospital Dr. Soetomo Surabaya, Indonesia.

Material and methods: This research study used cross sectional analytic descriptive design with retrospective observational approach. The number of subjects is 66 with the criteria ≥ 60 years old, did not suffer from hemiplegic stroke, and did not use walking aids. The subjects with these criteria were interviewed to know the gender, age, fall history from the past 12 months, level of education, and comorbidity. Then the subjects carried out an IMT measurement, and Berg Balance Scale assessment. Statistical analysis was done with Spearman’s test. P value of < 0.05 was considered statistically significant.

Results: There was significant correlation between Berg Balance Scale and history of falls (p=0.023) with the correlation level value -0.280 which means inverse with weak correlation.

Conclusion: There was correlation between Berg Balance Scale and history of falls with the weak correlation level. Subsequent studies need to add and select samples with a uniform distribution of characteristics, so the results obtained can represent the entire elderly population at the Geriatric Center of General Hospital Dr. Soetomo Surabaya, Indonesia.

Keyword: geriatrics, Berg Balance Scale, history of falls