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Socio-demographic and lifestyle influences on falls among the elderly persons living in Gatanga Sub-county, Murang'a County, Central Kenya: A cross-section study Version 2

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Version 2

Oct 13, 2018

Working

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ABSTRACT

An estimated third of the elderly people worldwide sustain falls every year, which contributes to over 20% of injuries in this age group. In central region of (Mount) Kenya, despite increasing awareness on the condition, the magnitude, socio-demographic and lifestyle factors leading to falls in the elderly are not well known.

The main objective of this study was to investigate the prevalence of falls, their outcomes and the factors influencing their occurrence among the elderly persons living in Gatanga Sub-county, Murang'a County, central region of Kenya. An analytical cross-sectional study design was used. Using systematic random sampling, 420 out of 9146 study participants were identified and interviewed at home. Using a structured interview form, data was collected on socio-demographic, socio-economic, lifestyle and medical factors, and fall or non-fall status from September 2016 to August 2017. Statistical analysis was done with STATA 13.0 to establish the distribution and characteristics of falls.

The prevalence of falls amongst the elderly in this region is high at 42%. The farming lifestyle involving crop farming and animal husbandry, socio-economic factors and medical illnesses are significantly associated with falls. To reduce the occurrence of falls, it requires understanding of the underlying factors leading to falls and integration of relevant preventive measures that reduce the risk of falls in specific communities of the elderly.

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S1 Appendix 1_ Interview form _ Falls Elderly Study.docx

XLS
Falls Elderly Gatanga_Dataset.xls

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We use this protocol in our group and it is working