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The role of nurses in the prevention of falls in geriatric patients

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The main cause of injury in geriatric age is falls - a sudden unintended position changes due to various barriers - both physical and mental. Among people over the age of 75 falls could have serious health consequences and in the worst case can even lead to death. Other serious consequences of falls are among other fractures of the forearm, femur and spine. They can also leave stigma on the psyche of the patient which will make him to fear while doing activities and going out of the house. The role of the nurse is to improve the patient's physical and adjustment of preventive tasks to factors that may cause the fall. To evaluate the risk of falls, we can use the following tests: The Timed Get-Up and Go Test, The Dynamic Gait Index, The Step Test, Stops Walking When Talking, The Performance-Oriented Mobility Assessment, The Four Square Step Test, The One Leg Standing Test, Functional Reach Test and Test Berg. The majority of surveyed nurses working in the profession are of 21-30 years of age. Health care services to patients in the geriatric are among the most frequently performed. Falls among the elderly are common and therefore, nurses assess the risk of falls by means of special scales, among which the most common is the scale of Tinetti and not the scale of Berg. The main risk factors for falls in geriatric patients are imbalance. According to the respondents, the main environmental factor increasing the risk of falls is incorrect bed height. Respondents believe that for assessing the risk of falls, neurological examination should be performed.

Biography

Marta Rogowska is a student of Nursing from Poland. She is studying on the second year at State University of Applied Sciences in Plock. She belongs to the scientific circle of health promotion. She participates regularly in scientific conferences and is actively involved in promoting the university.

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