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Study of falls prevention in older adults living alone: Contributions to the definition of the risk profile

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Falls are internationally known as a critical event and usually reported as an incident of lack of security responsible for the increase of mortality and morbidity. These events may occur in multiple contexts, frequently at home and evidence has shown that living alone also comprises a high risk of falling. To aim is to develop an App to collect data and to calculate the risk of falling in older adults living alone. Exploratory and descriptive study, including several work packages: to explore the state-of-the-art for the conception of the instrument/measurement scale which will be the basis for the development of the App to be used to collect data and to calculate the risk of falling of older adults living alone; to develop the App and to test and retest the App. The participants will be recruited from the community dwelling between October 2018 and January 2019. All ethical principles of Helsinki declaration will be adopted. The development of a new approach through an App based on information technologies to prevent falls in older adults living alone, promoting social and clinic benefits, will have a positive impact in the well-being and quality of life of older people by diminishing the number of falls, and consequent morbidity and early mortality factors and health and social costs. It is expected that this App implies a positive impact, considering preventive health and the definition of policies which promote healthy aging and a significant reduction of costs.

Biography

Odete Araújo (PhD; MSc; RMN) is Professor at the School of Nursing of the University of Minho. PhD in Nursing, Master in Gerontology and specialization in Mental Health Nursing. Her research interests are focused on the development of a pilot program organized in accordance with the Medical Research Council's Framework for Complex Interventions. In addition, she participated in several national and international projects regarding ageing, falls prevention; frailty; informal caregiving and mental health. Odete is member of the European Academy of Nursing Sciences (EANS), integrated the REFLECTION Research Network Programme in 2013 and is also member of the AGE platform (EU). She is author and reviewer of international and national journals in nursing field as well as reviewer in international conferences concerning health and education in nursing.

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