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## Risk factors related falling and management in older adults

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The world is aging very fast. Aging is not a disease or disability, even though significant numbers of the elderly suffer from disabilities. There are multiple chronic diseases that may be associated with aging. Older people frequently fall. This is a serious public health problem, with a substantial impact on health and healthcare costs. A fall can be defined as a sudden, unintentional change in position causing an individual to land at a lower level, on an object, the floor, or the ground, other than as a consequence of sudden onset of paralysis, epileptic seizure, or overwhelming external force. Risk factors of falling include the following (in general): Intrinsic factors include effects of aging on gait, balance, and strength; acute medical conditions and chronic diseases, inactivity, behavioral symptoms and unsafe behaviors and medication side effects. Extrinsic fall risk factors include environmental hazards; unsafe equipment and; unsafe personal care items. Examples of specific extrinsic risk factors include poor lighting; cluttered living space and uneven floors, wet areas, unstable furniture, improper footwear and hard-to-manage clothing. The speech objectives are instructed to knowledge risk factor related falling and its management in care of older people. This speech offers topics in geriatric rehabilitation, especially the principles of falls management. At the conclusion of the speech, the audiences would understand issues related to the common problems seeing in geriatric population, especially gait and balance problems and falls and a point of view of a physiotherapist and apply this knowledge to an interdisciplinary approach to older people care.