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A study to assess the effectiveness of client centered teaching on knowledge regarding fall prevention among senior citizens in selected old age home at Chennai

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Abstract

Falls are the most common threat to the health of older adults, as they cause loss in the quality of life and reduce their ability to remain independent. A study was conducted to assess the effectiveness client centered teaching on knowledge regarding fall prevention among senior citizens in selected old age home at Chennai. The study aimed to assess level of knowledge regarding fall prevention among senior citizens using Semi structured questionnaire. Pre experimental one group pretest and post test was conducted among 30 senior citizens by purposive sampling technique. After conducting the pretest, a planned client centered teachings on knowledge regarding fall prevention were given for the senior citizen on daily basis for 7 days, on the end of the last day posttest knowledge score was obtained using the same questionnaire. The study findings shows that, the pre-test knowledge score 14.37 (SD = 6.01), while in the post-test, the mean score increased significantly to 21.93(SD = 4.85). The paired t-test yielded a high t value of 9.987 (df= 29) at $p < 0.005$, this shows improvement in knowledge scores after the intervention which had a significant impact on enhancing awareness in senior citizens.

Keywords: Falls, older adults, quality of life, fall prevention

Introduction

Ageing is a natural phenomenon with opportunities and challenges. They are most valuable resource of our nation. According to census 2011, India has 104 million older people (60+ years), constituting 8.6% of total population. The proportion has increased to 10.1% in 2021 and further likely to increase to 13.1% in 2031. According to the Ministry of statistics and programme implantation (2021), Tamil Nadu had 13.6% of senior citizens and is projected to have the second highest proportion of people aged 60 and above after Kerala with 18.2% in 2021.

With increasing demographic ageing of the world, the health of the older is of great concern. As people get older, the likelihood of falls and the severity of injury resulting from falls is also being increasing. It is of little surprise that falling is often accepted as a natural part of the aging process.

According to the Centers of disease control and prevention (CDC) falls are the leading cause of fatal and nonfatal injuries in people age 65 and older. About one third of older patients over 65years of age are experiencing at least a fall in every year. Falls are not only seriously damaging the physical and mental health, it also declines the quality of life, lengthy hospital stay, increase in medical cost and cause major burden to the family members as well as the caretakers.

Falls and fall related injuries prevalent among older adults not only have devastating consequences for older adults in term of morbidity and mortality, but are also associated with high health care costs. Senior citizen those who are abandoned and residing in old age home falls does not only affect their physical health but also the mental health. They are over stressed and worried about the health and well being.

The senior citizens adopted various methods to protect themselves from falls in their daily life. Nevertheless, there is increase in number of fall due to risky behaviour and more self-confidence among older adults. Hence, fall prevention strategies are an important component

in the efforts to prevent falls. On this view, this study was aimed to evaluate the effectiveness of client centered teaching on knowledge regarding fall prevention among senior citizen.

Statement of problem

A study to assess the effectiveness of client centered teaching on knowledge regarding fall prevention among senior citizens in selected old age home at Chennai.

Objectives

- To assess the level of knowledge regarding fall prevention among senior citizen in selected old age home.
- To evaluate the effectiveness of client centered teaching on level of knowledge regarding fall prevention among senior citizen in selected old age home.
- To associate the level of knowledge on fall prevention among senior citizen with their selected demographic variables.

Hypothesis

H₁: There will be a significant difference between the pre test and post test level of knowledge regarding fall prevention among senior citizens after client centered teaching.

H₂: There will be a significant association between the level of knowledge regarding fall prevention among senior citizen at selected old age home with their selected demographic variables.

Methodology

The research approach selected for the study is Quantitative approach. The design selected for study is pre experimental one group pretest posttest design. The study is conducted in Akshaya old age homes at Valasaravakkam. Around 50 senior citizens were residing in the home. The sample size consists of 30 senior citizens who fulfill the inclusion criteria were selected by using purposive sampling

technique. The pretest knowledge scored was obtained by using semi structured questionnaire. A planned client centered teachings on knowledge regarding fall prevention were given for the senior citizen on daily basis for 7 days, on the end of the last day posttest knowledge score was obtained using the same questionnaire.

Results and Discussion

The demographic variables are as follows
 Nearly half of the senior citizens 14(46.7%) were within the age range of 71-75 years, 12(40.0%) were within the age range of 60-65 years, remaining 4(13.3%) were within the age range of 66-70 years. In terms of gender, there were more males 17(56.7%) than female samples 13(43.3%). Regarding activity of daily living, more than half of the samples were able to perform activities by themselves 16(53.3%), while some required assistance 10 (33.3%), and a few were completely dependent 4(13.3%). In terms of co-morbidities, the most common were musculoskeletal disorders 14(46.7%), followed by hypertension 12(40.0%), diabetes mellitus 4(13.3%), and no cases of heart disease. Regarding the source, 15(50.0%) had already received information and the other 15(50.0%) not receive information.

The first objective was to assess the level of knowledge regarding fall prevention among senior citizen in selected old age home

In the pre-test, the most of senior citizens 19 (63.3%) had moderately adequate level of knowledge, 7(23.3%) had inadequate level of knowledge and remaining 4 (13.3%) had adequate level of knowledge. Whereas, after the implementation of the fall prevention strategy, a significant positive shift in knowledge levels was observed. The post-test results showed a remarkable improvement in knowledge levels with 17(56.7%) senior citizens achieved adequate level of knowledge, and 13(43.3%) attained moderately adequate level. This substantial improvement in knowledge levels underscores the effectiveness of the fall prevention strategy in enhancing awareness among senior citizens.

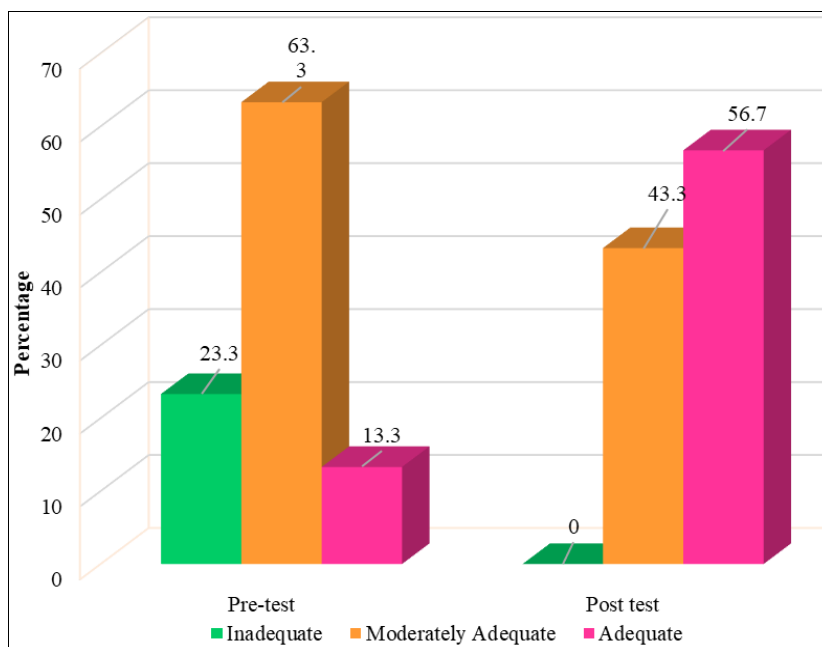


Fig 1: Knowledge score regarding fall prevention

The second objective was to evaluate the effectiveness of client centered teaching on level of knowledge regarding fall prevention among senior citizen in selected old age home

In the pre-test, the mean knowledge score was 14.37 with a standard deviation of 6.01, while in the post-test, the mean score increased significantly to 21.93, with a standard deviation of 4.85. The paired t-test yielded a high t value of 9.987 with 29 degrees of freedom, resulting in a significant p-value of 0.000, indicating statistical significance at $p < 0.05$.

This suggested a substantial improvement in knowledge scores after the intervention, demonstrating that the intervention had a significant impact on enhancing awareness in senior citizens.

Statistically there was a significant difference between the level of knowledge regarding fall prevention strategies among senior citizens at selected old age home. Hence, H_1 was accepted

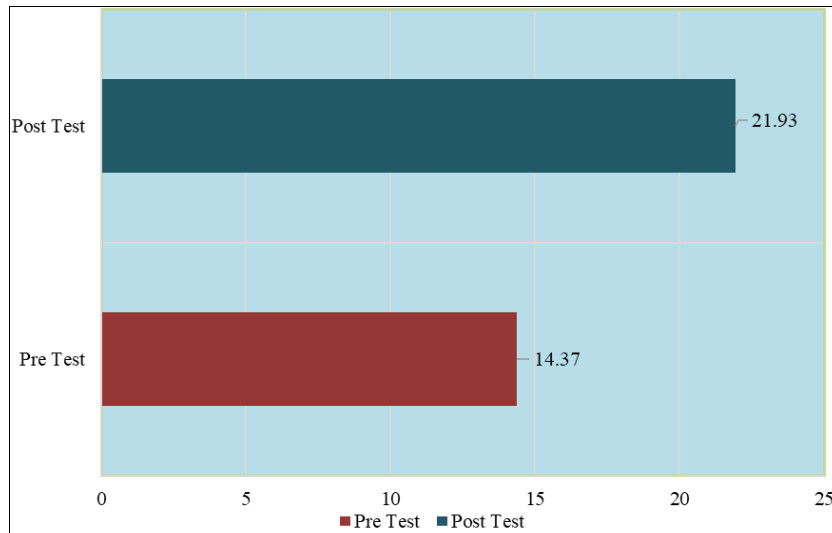


Fig 2: Mean Score of level of knowledge regarding fall prevention

The third objective was to associate the level of knowledge on fall prevention among senior citizen with their selected demographic variables

The finding reveals that there was no significant association between the selected demographic characteristics such as age, gender, activity of daily living, co-morbidity and source with post-test level of knowledge regarding fall prevention

among senior citizens.

Statistically, there was no significant association between the level of knowledge regarding fall prevention strategies among senior citizen at selected old age home with their selected demographic variables. Hence, H_2 was rejected

Table 1: Association between the post-test level of knowledge regarding fall prevention among senior citizens with their selected demographic variables using chi-square test

Sl. No.	Demographic Characteristics	Level of Knowledge		χ^2 value	DF	Significant value
		Moderately Adequate	Adequate			
Age in Years						
1	60-65 Years	3	9	2.802 NS	2	0.246
	66-70 Years	2	2			
	71-75 Years	8	6			
Gender						
2	Male	8	9	0.222 NS	1	0.638
	Female	5	8			
Activity of Daily Living						
3	By self	7	9	0.119 NS	2	0.942
	With Assistance	4	6			
	Complete Dependence	2	2			
Co-morbidity						
4	Musculoskeletal Disorder	6	8	2.123 NS	2	0.346
	Diabetes Mellitus	3	1			
	Hypertension	4	8			
Source						
5	Yes	5	10	1.222 NS	2	0.269
	No	8	7			

NS - Not significant at $p < 0.05$ * - Significant at $p < 0.05$

Conclusion

The study findings shows that there is increase in level of

knowledge regarding fall prevention among senior citizens. Thus, client centered has shown substantial improvement in

knowledge and had a significant impact on enhancing awareness in senior citizens. The result of this study can be used as teaching programme to enhance the knowledge regarding fall prevention among senior citizen. Various teaching programs can be given to senior citizen improve the level of knowledge and prevent the falls and fall risk behaviour in their lifetime.

Conflict of Interest

Not available.

Financial Support

Not available.

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