# FACTORS INFLUENCING FALL
# AMONG ELDERLY IN THANLYIN TOWNSHIP

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# Abstract

Falls are a major cause of morbidity and mortality among elderly people and Preventing the risk factors is also important in managing fall. The aim of the study is to find out proportion of fall among the elderly in Thanlyin Township and to assess the influencing factors leading to fall. It was cross sectional descriptive study which used systemic sampling on 200 elderly people residing in Thanlyin Township.

Among 200 elderly respondents, 27% experienced fall in their life time. Within one year, 265%, of elderly respondents experienced fall. Falling outside the house occurred 62.3% and the rest 37.7% fell inside. The reasons of fall were slip (35.8%), loss of balance (15.1%) and weakness of the limb and dizziness (13.2%) respectively. Among those elderly with history of fall, (79.25%) resulted in injury and (57, 14%) took treatment at home in injured elderly. Twenty eight out of forty two got completely cured. Sixty percent of elderly respondents had habit of going out daily and 54% gave history of regularly taking medicine, regarding the life style of elderly respondents, seven elderly persons have been drinking alcohol until now. The respondents (61.5%) always had a care giver to take care of them and (2.5%) lived alone. Percentage of elderly respondents who needed walking aid was (12,5%) and (365%) took regular exercise during their leisure time, According to the housing condition, 34.5% of respondents lived in two or more storied building, (51.5%) lIsed carpet or mat in their houses, 72,5% of home had uneven flooL The percentages of places of latrines and bathing inside and outside of the house were nearly equal. Presence of watery or slippery areas at or around latrines was 20.5% and 29% was at or around bath places. Sign of regular cleaning or brushing of

latrines and bath places was found in 69.5% of houses and 42% had muddy or slippery places in compound. Nearly 100% of the respondents' houses had adequate natural lightning.

As for the association between socio-demographic characteristics and fall, statistical significant association was found between age and sex of respondent and fall. The age group of 71-80 years were the most falling age group (45.3%) and female showed more falling experience than male (67.9% Vs 32.1 %). Statistically significant association was also found between fall and elderly respondents who took antihypertensive drugs. T\early sixty percent of elderly who experienced fall gave history of taking antihypertensive drugs regularly. There were no statistically significant association found between fall and the other findings such as self reported diseases, alcohol drinking status, presence of care taker, need of walking aid, taking of regular exercise and housing conditions.

As the older population 1S getting bigger, fall in elderly become problem nowadays. However the prevalence and risk factors of fall in elderly of Myanmar are still need to research. The information gained from this study might be helpful in planning and implementation of preventive strategies against fall in elderly.