



ISSN Print: 2394-7500  
ISSN Online: 2394-5869  
Impact Factor: 5.2  
IJAR 2017; 3(9): 506-508  
www.allresearchjournal.com  
Received: 13-07-2017  
Accepted: 14-08-2017

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## **A study to assess the knowledge regarding prevention of falls and safety measures among geriatric people in Narayana medical college hospital, Nellore**

**Sreekutty PT, VR Sarithareddy and Indira Arumugam**

### **Abstract**

**Introduction:** Elderly age group is most often prone for falls among the society. 3 millions of old age died due to environmental injuries including those resulting from falls on road, home and industrials. The majority of home falls 66% are attributed to carelessness of caregiver and about 20% of poor of human will be caused by a sufficiently strong outside force or emergency acting rapidly on an individuals and causing bodily and a mental injury. The fall related mortality rate increases with advanced age of those who fall and require hospitalization. Prevention of falls also requires education of the individual in all aspects of environmental hazards and the awareness that falling may be an indication of other underlying problems.

**Methods:** A Descriptive design was adopted for this study. The study was conducted in selected hospital, Nellore district. 50 samples were selected by using Random sampling technique by means of lottery method. Structured questionnaire were used to assess the knowledge regarding prevention of falls and safety measures.

**Results:** The study results shows that with regard to level of knowledge, 3 (6%) of geriatric have adequate knowledge, 7 (14%) of geriatric have moderately adequate knowledge and 40 (80%) of geriatric have inadequate knowledge regarding prevention of falls and safety measures.

**Conclusion:** The study concluded that majority of geriatric people in the Narayana hospital were had inadequate knowledge. So there is a need to improve knowledge and availability of information and practice about prevention of falls and safety measures among the geriatric people may help to reduce the mortality and morbidity rates among geriatric people.

**Keywords:** Prevention of falls& safety measures, elderly people, knowledge

### **1. Introduction**

Elderly age group is most often prone for more mortality and morbidity rate among the society. 3 millions of old age died due to environmental injuries including those resulting from falls on road, home and industrials. The majority of home falls 66% are attributed to carelessness of caregiver and about 20% of poor of human will be caused by a sufficiently strong outside force or emergency acting rapidly on an individuals and causing bodily and a mental injury. 50% will die within 1 year. The main causes of the falls during the old age are mainly due to the musculoskeletal system weakness. Most of the falls are caused due to this reason only.

The other causes of falls during the old age are Neurological disorders, ophthalmic disorders physically handicapped, cardiovascular disorders, Type of house and house materials and furniture etc. One third of people over the age of 65 fall at least one time each year. The fall related mortality rate increases with advanced age of those who fall and require hospitalization. Prevention of falls also requires education of the individual in all aspects of environmental hazards and the awareness that falling may be an indication of other underlying problems. Acute and long term care facilities need a well-developed prevention protocol tailored to their patients, staff and environment. Nutrition is the combination of dynamic process by which the consumed food is utilized for nourishment for structural and functional efficiency of every cell of the body, it helps to sustain the body and keep it healthy (HARIKA, 2016) [3]. Providing proper nutrition will helps in development of bone strength in geriatric people. Acute and long term care facilities need a well-developed prevention protocol tailored to their patients, staff and environment

**2. Objectives**

- To assess the knowledge regarding prevention of falls and safety measures among geriatric people.
- To find out the association between knowledge regarding prevention of falls and safety measures and selected demographic variables in geriatric peoples.

**3. Materials and Methods:**

A Descriptive design was adopted for this study. The study was conducted in selected hospital, Nellore district. 50 samples were selected by using Random sampling technique by means of lottery method. Structured questionnaire were used to assess the knowledge regarding prevention of falls among geriatric people

**3.1 Sample Size:** 50 samples were selected by using random sampling technique by means of lottery method.

Data were obtained by the following methods:

- A) Through questionnaire method by interviewing the samples for assessing their sociodemographic variables.
- B) Structured questionnaire were used to assess the knowledge regarding prevention of falls & safety measures among geriatric people

**3.2 Ethical Clearance:** There was no drug administration or invasive procedure involved in the study. A written Permission was obtained from the institutional authority and ethical committee. Written informed consent was obtained from samples who participated in the study and Confidentiality and anonymity of the subjects was maintained throughout the study (harika, 2015) [6].

**4. Results**

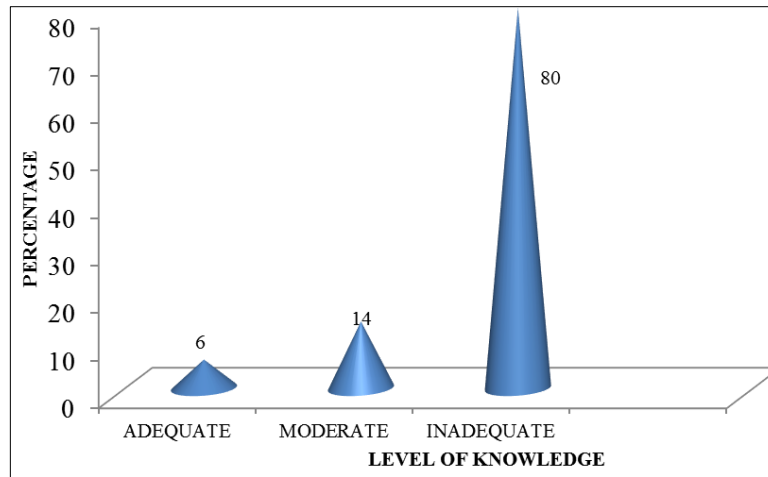
**Table 1:** Distribution of Demographic Variables among geriatric people (N=50)

S.no	Demographic Variables	Geriatric people (N=50)	
		f	%
1	Age in years		
	a) 60-69 years	42	84
	b) 70-79 yrs	8	16
2	Education		
	a) Illiterate	39	78
	b) Primary	8	16
	c) Secondary	3	6
3	Occupation		
	a) Home maker	44	88
	b) Government employee	3	6
	c) Private employee	2	4
	d) Retired	1	2
4	Family Income		
	a) <Rs. 5000/-	43	86
	b) Rs.5000-7000/-	7	14
5	Gender		
	a) Male	27	54
	b) Female	23	46
6	Type of family		
	a) Joint family	39	78
	b) Nuclear family	11	22
7	History of previous falls		
	a) Yes	44	88
	b) No	6	12
8	Source of information		
	a) Friends and family	16	32
	b) Other	34	68

**Table 2:** Level of Knowledge regarding prevention of falls and safety measures among geriatric people (N=50)

S.no	Level of Knowledge	f	%
	Adequate	3	6
1	Moderately adequate	7	14
2.	Inadequate	40	80
	Total	50	100

Table 2 Shows that regarding the level of knowledge, 3 (6%) of geriatric have adequate knowledge, 7 (14%) of geriatric have moderately adequate knowledge and 40 (80%) of geriatric have Inadequate knowledge regarding prevention of falls and safety measures



**Fig 1:** Percentage distribution of geriatric people based on level of knowledge regarding prevention of falls and safety measures.

**Table 3:** Distribution of mean and standard deviation of level of knowledge scores

Criteria	Mean	Standard deviation
Level of knowledge	12.6	4.38

Table 3 Shows that with regards to level of knowledge scores the mean value is 12.6 and the standard deviation is 4.38

**4. Discussion**

The aim of the present study was to assess the knowledge regarding prevention of falls and safety measures

**Findings of the Study Based On Objectives**

**Findings related to level of knowledge regarding prevention of falls and safety measures**

Table no.2 Shows that regarding the level of knowledge, 3 (6%) of geriatric has adequate knowledge, 7 (14%) of geriatric have moderately adequate knowledge and 40 (80%) of geriatric have Inadequate knowledge regarding prevention of falls and safety measures

Dimpell harson (2012) conducted a descriptive study on knowledge of safety measures in geriatric peoples. The study was conducted In Cambridge. The sample size was limited to 500geriatric peoples. He used direct interview method to collect the data. The objective of the study was to know the level of knowledge among geriatric peoples. The results of the study show that 73% of the geriatric peoples have adequate knowledge about safety measures and 24% of them have moderate knowledge.

**Findings related to Association between the level of knowledge of geriatric people with their selected socio demographic variables.**

There is a significant association between the level of knowledge and the socio demographic variables like Age, family income and occupation, at P=0.001 level.

Keitzan (2010) conducted a non-experimental study on prevention of falls and safety measures in Mysore. The sample size of the study was 850 geriatric peoples of age 65- 85 years. He conducted interview for collection of data. The objective of the study was to reduce the falls among geriatric peoples. The results of the study shows that 50-70% of falls can controlled by more supervision by their care givers of geriatric peoples and more than 70% of falls can be controlled by proper use of safety measures.

**5. Conclusion**

The study concluded that majority of geriatric people in the Narayana hospital were had inadequate knowledge. So there is a need to improve knowledge and availability of information and practice about prevention of falls and safety measures among the geriatric people may help to reduce the mortality and morbidity rates among geriatric people.

**6. Recommendations**

On the basis of the findings of the study, recommendations are:

- The similar study can be conducted to a large number of samples in different settings.
- The study can be conducted in multiple setting such as hospital, rural community and urban community.
- A comparative study can be done on knowledge of geriatric peoples regarding prevention of falls and safety measures in the rural and urban community area.
- Education program me can be designed to create awareness among geriatric peoples

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