

Risk Factors for Falls in Adult Stroke Patients: A Comprehensive Model

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Introduction

- Falling is a major complication in stroke patients
- Falling can cause fractures, head trauma, even death

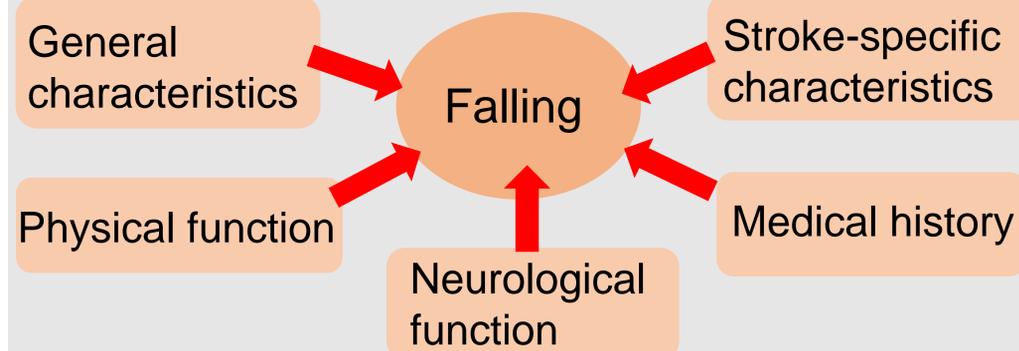
Purpose

- To build a comprehensive model that can explain risk factors for falls in stroke patients

Search Strategy

- Searched CINAHL, Pubmed, Scopus, and PsycINFO
- Keywords: stroke, fall, factor, influence, characteristics
- **Inclusion criteria:**
 - (a) published in English 1980-2017
 - (b) full text available
- **Exclusion criteria:**
 - (a) duplicate articles or citations
 - (b) abstracts only

Results



< A comprehensive model of fall risk factors >

Category	Risk factors
General characteristics	<ul style="list-style-type: none"> • Old age • Living with household members
Physical function	<ul style="list-style-type: none"> • Impaired mobility • Lower extremity muscle weakness • Hemiplegia • Decreased motor skill
Neurological function	<ul style="list-style-type: none"> • Impaired balance • Impaired cognitive function
Stroke-specific characteristics	<ul style="list-style-type: none"> • Affected left side of the body • Longer duration since a stroke • Acute stage of a stroke
Medical history	<ul style="list-style-type: none"> • Previous fall history • Having comorbidity • Polymedication

< The risk factors of falls in stroke patients >

Synthesis of Evidence

- Seventeen studies met criteria
- Used theory synthesis strategy
 - Step 1: specified the focal concept
 - Step 2: examined the relationships between factors and falling
 - Step 3: combined the relationships
- Twenty-one fall risk factors were sorted into five categories based on attribute similarities

Implications

- Nurse may develop care plans to prevent falls by focusing on the specific risk factors

References

- Chin, L. F., Wang, J. Y. Y., Ong, C. H., Lee, W. K., & Kong, K. H. (2013). Factors affecting falls in community-dwelling individuals with stroke in Singapore after hospital discharge. *Singapore Medical Journal, 54*, 569–575.
- Cho, K., Yu, J., & Rhee, H. (2015). Risk factors related to falling in stroke patients: a cross-sectional study. *Journal of Physical Therapy Science, 27*, 1751–1753.