



UNIVERSIDAD AUTÓNOMA DE COAHUILA

FACULTAD DE ENFERMERÍA

"DR. SANTIAGO VALDES GALINDO"



Falls in the Elderly and Its Relationship With the Characteristics of the Foot

Pedro Enrique Trujillo-Hernandez, MSN: enrique_trujillo1702@hotmail.com

Sandra Cecilia Esparza-Gonzalez, PhD

María de los Angeles Villarreal-Rey, PhD

Raul Adrian Castillo-Vargas, MSN

Background

The falls in the elderly population are one of the main geriatric syndromes, due to their high prevalence and an important health problem, due to the high number of complications, incapacity and even death of the elderly. The importance of this geriatric syndrome relies on the function of the most reliable indicator of fragility in the elderly. Especially if they are repeated, they should be considered as indicators of a situation of tendency towards disability, and are both the result and the cause of various pathologies (1).

The World Health Organization in 2012 defines the fall as any involuntary event that causes the person to lose his balance and precipitates the person to the ground or other firm surface that stops him (2). Falls are the world's second leading cause of death from accidental or unintentional injuries. An estimated 424,000 people worldwide die from falls each year, with more than 80 per cent of those deaths occurring in low- and middle-income countries. Those over 65 are those who suffer more fatal falls. Each year 37.3 million falls occur whose seriousness requires medical attention. Preventive strategies should emphasize education, training, the creation of safer environments, the prioritization of fall-related research and the establishment of effective policies to reduce risks.

Progressive deterioration of the osteoarticular system leads to osteopenia, a distension of the capsule-ligamentous structures and a decrease in dorsal ankle flexion and mobility of the interosseous joints. These alterations will provoke structural modifications, triggering a kind of stretching of all muscle-ligamentous structures, which will lead to an increase in predisposition to falls and their complications, a growing tendency to chronic osteoarticular pain and a limitation in functionality, increasing Levels of dependency.

It is important to achieve the maximum functionality of the foot and try to restore the highest possible level of independent activity. It is necessary to help the elderly person to have a good walking, involving him in the care of their feet, since many of their ailments can become chronic and require a periodic attention of the podólogo. If they are not treated, they could lead to progressive deterioration leading to loss of normal gait, instability, falls and the creation of physical, psychological, familial, social and economic burdens.

Objective

Determine if podological conditions are related to falls in the elderly.

Specific objectives:

1. To define the prevalence of foot pathology in older adults belonging to the DIF of the city of Saltillo Coahuila.
2. To identify the socio-demographic variables of podological pathology.
3. To analyze the functional and cognitive status of older adults.
4. Apply assessment scales to participants to assess their cognitive status, risk of falls, functional status, and nutritional status.
5. Make a correlation of the data obtained.

Methodology:

The type of design that will be used for this research will be descriptive correlational, the population will be conformed by older adults of the city of Saltillo Coahuila that are registered to day centers of the DIF, the sample will be taken of the total of older adults who attend the Different centers. With a show of convenience..

Results:

The analysis of the data will be performed with the statistical package SPSS 21. A description of the characteristics of the sample will be made, where the frequencies and percentages of the variables of interest will be calculated as well as the measures of central tendency will be obtained. Lastly, a correlation of the variables will be performed and the significance of the falls in the older adult's foot.

Conclusions:

The importance of a podiatric assessment in older adults is necessary, this would help both personal, family, and health in different aspects (economic, social and development). It will inform us of the most common pathologies, to treat correctly the foot of the older adult anticipating us situations that increase the risk of falls.

