

ID: 136

Scientific Abstract

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Topics: Neurodegenerative Disease, Geriatric Rehabilitation

Keywords: Parkinson's disease, fall, rehabilitation

Fall-Related Injury Due to Advancing Age in Parkinson's Disease

Sagung Adi Sresti Mahayana, Melinda Harini, Siti Annisa Nuhonni

Physical Medicine and Rehabilitation Department, Cipto Mangunkusumo

Hospital, Jakarta, Indonesia **Objectives**

Falls have a significant negative impact on quality of life of people with Parkinson's disease. Parkinson's disease patients who have experienced prior falls tend to develop a fear of falling, further develop recurrent falls and suffer for fall-related injuries. Severe injuries such as fractures and head trauma may lead to immobilization and increased mortality in Parkinson's disease. Identifying factors that contribute to fall-related injury in Parkinson's disease is compulsory.

Materials and Methods

This is a cross-sectional study using questionnaire to assess demography characteristic, frequency of falls, fall-related injuries, and fear of falling tendency of people with Parkinson's disease in Indonesia.

Results

Thirty-three participants, 20 male (60.6%) and 13 (39.4%) female with mean age 67.45 ± 9.27 years old were screened consecutively. Eighteen participants (54.5%) experienced falls in recent year and ten among them are recurrent fallers (55.5%). Eleven out of eighteen participants reported fall-related injuries (61.1%). Fear of falling occurred in 30 participants (90.9%). Data showed that fall-related injuries increase with advancing age ($p=0.04$).

Conclusion

Advancing age was a contributing factor to fall-related injury. Fall-related injuries increase hospitalization and further sequels, thereby predispose recurrent falls and delay rehabilitation target especially lower extremities function. Monitoring of elderly people with Parkinson's disease who have experienced fall is paramount. The result of this study can be used as data for fall rehabilitation program for Parkinson's disease.