

LECTURE PRESENTATION

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Strategy for the risk of fall prevention: interventions on global population; specific interventions on selected high risk population

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Many literature studies show that almost one-third of elderly people who never have fallen before, have a fear of falling anyway. This rate increases in people that have fallen before.

Fear plays a very important role in influencing the elderly person, causing a loss of independence in ADL. It's important to evaluate the intensity of this loss to make educative interventions to support elderly people.

A correct clinical evaluation is essential in taking care of elderly people. Pathologies and conditions that could facilitate falls have to be underlined during the clinical evaluation. Moreover, a multi-factorial evaluation of risks is very important in elderly people that have fallen before.

To reduce the incidence of falls in the global population we must improve intervention that includes individual physical exercise programs that aim to increase strength, walking, balance, moves and climbing stairs.

In high risk population it is necessary to add intervention in the house, infrastructure and furniture facilities.

According to some scientific work, an unsafe house increases the risk of fall in 50%. of houses .

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