Nursing diagnosis "Risk for falls in adults" in elderly at home

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Introduction:

Population aging in the world and in Brazil is an indisputable reality due to sociodemographic.

The identification of the risk of falls by nurses in primary health care is vital in prevention in this population, for this it is necessary to use the Nursing Process as a scientific method that guides clinical reasoning and decision making and use of standardized languages such as NANDA –I.

Objective:

Identify the risk factors for the ND Risk for falls in adults (00303) of the NANDA-I taxonomy, in elderly at home

Methods:

Methodological study, with a quantitative approach, carried out with elderly people living in the city of Ribeirão Preto, SP, Brazil, from February to December 2018.

For data collection: Demographic profile, Mini-Mental State Examination, Diseases selfreported, Functional Independence Measure, Lawton and Brody Scale, Geriatric Depression Scale, self-perception of gait

Tests of accuracy and association of risk factors with $p \leq 0.05$ were performed.

The study was approved by the ethics committee of the Ribeirão Preto School of Nursing (68429117.7.0000.5393).

Table 1 - Demographic profile of the elderly living at home, Ribeirão Preto, Brazil, 2018.

Variable	Category	N	%	Mean (=DP)
Sex	Woman	186	71,0	
	Men	76	29,0	
Age	60 - 79	116	44,3	80,49 (=7,21)
	80 and more	146	55,7	
Married status	Single	26	9,9	
	Married	103	39,3	
	Divorced	12	4,6	
	Separate	7	2,7	
	Widower	112	42,7	
	Other	2	0,8	
Schooling				5,42 (=4,97)
Who do you live	Alone	61	23,3	
	Accompanied	201	76,7	
Falls	Yes	113	43,1	

Table 3 - Distribution of accuracy measures of risk factors for the nursing diagnosis "Risk of falls in adults (00303)" in the elderly in the home context, Ribeirão Preto, Brazil, 2018

Risk factors	S (%)	Sp (%)	PPV (%)	NPV (%)	(E) (%)	ROC (%)
Impaired postural balance	28,3	81,2	53,3	59,9	18,8	0,54
Incontinence	20,4	85,9	52,3	58,7	14,1	0,53
impaired physical mobility	16,8	94,6	70,4	60,0	5,4	0,55
Obesity	11,5	91,3	50,0	57,6	8,7	0,51
Anxiety	31,9	79,2	53,7	60,5	20,8	0,55
cognitive dysfunction	48,7	60,4	48,2	60,8	39,6	0,54
depressive symptoms	32,7	78,5	53,6	60,6	21,5	0,55
Difficulties in carrying out instrumental activities of daily living	69,9	49,7	51,3	68,5	50,3	0,59

S=Sensibility; Sp= Specificity; PPV=Positive Predict Valor; NPV= Negative Predict Valor; E= Efficiency; ROC Receiver Operating Characteristic Curve

Table 4 – Association between falls and risk factors for the diagnosis "Risk of falls in adults (00303)" in the elderly in the home context. Ribeirão Preto, Brazil, 2018

Risk factors	OR	95% CI	p
Anxiety (yeah)	1,70	1,04 – 3,04	0,05
Impaired physical mobility (yes)	2,91	1,17 – 7,23	0,02
Difficulties in carrying out instrumental activities of daily living (Yes)	1,78	1,03 – 3,07	0,03

OR= Odds ratio; CI: Confident interval

Results:

Were include 262 elderly people, aged over 80 years (55.7%), 71% female and 42.7% widowed participated in the study.

82.1% had vascular diseases, 72.1% had diabetes and 20.6% had depression.

Difficulty performing instrumental activities of daily living had a sensitivity greater than 60%

In the regression analysis, it was identified that the elderly have a higher risk of suffering a fall if they present as risk factors Anxiety ($p=0.05$), Impaired physical mobility ($p=0.02$) and Difficulty to perform instrumental activities of the daily life ($p=0.03$).

Conclusion:

It was possible to identify the presence of risk factors for the ND Risk for falls in adults (00303) in the clinical context of the elderly in a home environment and contribute to the clinical validation of the taxonomy, increase the evidence and importance of the diagnosis and generate new knowledge for gerontological nursing

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