



A Cross-Sectional Study Of Perception Of Falls Risk And Falls Prevention Among Hospitalised Older Adults In A Post-Acute Rehabilitation Setting

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Aim

The aim of this study was to establish the knowledge and perception of falls risk in a vulnerable cohort on a specialist geriatric ward (SGW) in a post-acute rehabilitation setting.

Introduction

Assimilating older adults' perspectives on falls as an essential component of successful falls prevention strategies is a key message from the 2022 World Guidelines on Falls Management and Prevention¹.

Establishing the knowledge and perception of falls risk in a vulnerable cohort on a specialist geriatric ward (SGW) in a post-acute rehabilitation setting was important to determine potential limitations to falls prevention strategies.

Methodology

A cross-sectional study was carried out over a two-week period in April 2025 on patients admitted to a SGW.

22 patients completed a survey on their knowledge and perceptions of falls risk and prevention of future falls.

For each participant, demographics, Clinical Frailty Scale (CFS) score, gait speed and reason for admission was obtained from local data collection systems.

Written and verbal falls prevention education was provided, after each participant completed the survey.

References

1. Montero-Odasso, M., van der Velde, N., Martin, F.C., Petrovic, M., Tan, M.P., Ryg, J., Aguilar-Navarro, S., Alexander, N.B., Becker, C., Blain, H., Bourke, R., Cameron, I.D., Camicioli, R., Clemson, L., Close, J., Delbaere, K., Duan, L., Duque, G., Dyer, S.M. and Freiburger, E. (2022). World Guidelines for Falls Prevention and Management for Older adults: a Global Initiative. *Age and Ageing*, 51(9), pp.1–36. doi:https://doi.org/10.1093/ageing/afac205.

Results

Participant (n=22) demographics are detailed in Figure 1. All patients were considered at high risk of further falls (Figure 1 and Figure 2). Patients demonstrated both low perception and knowledge of falls risk (Figure 2 and Figure 3).

Figure 1. Demographics



Figure 2. Falls History

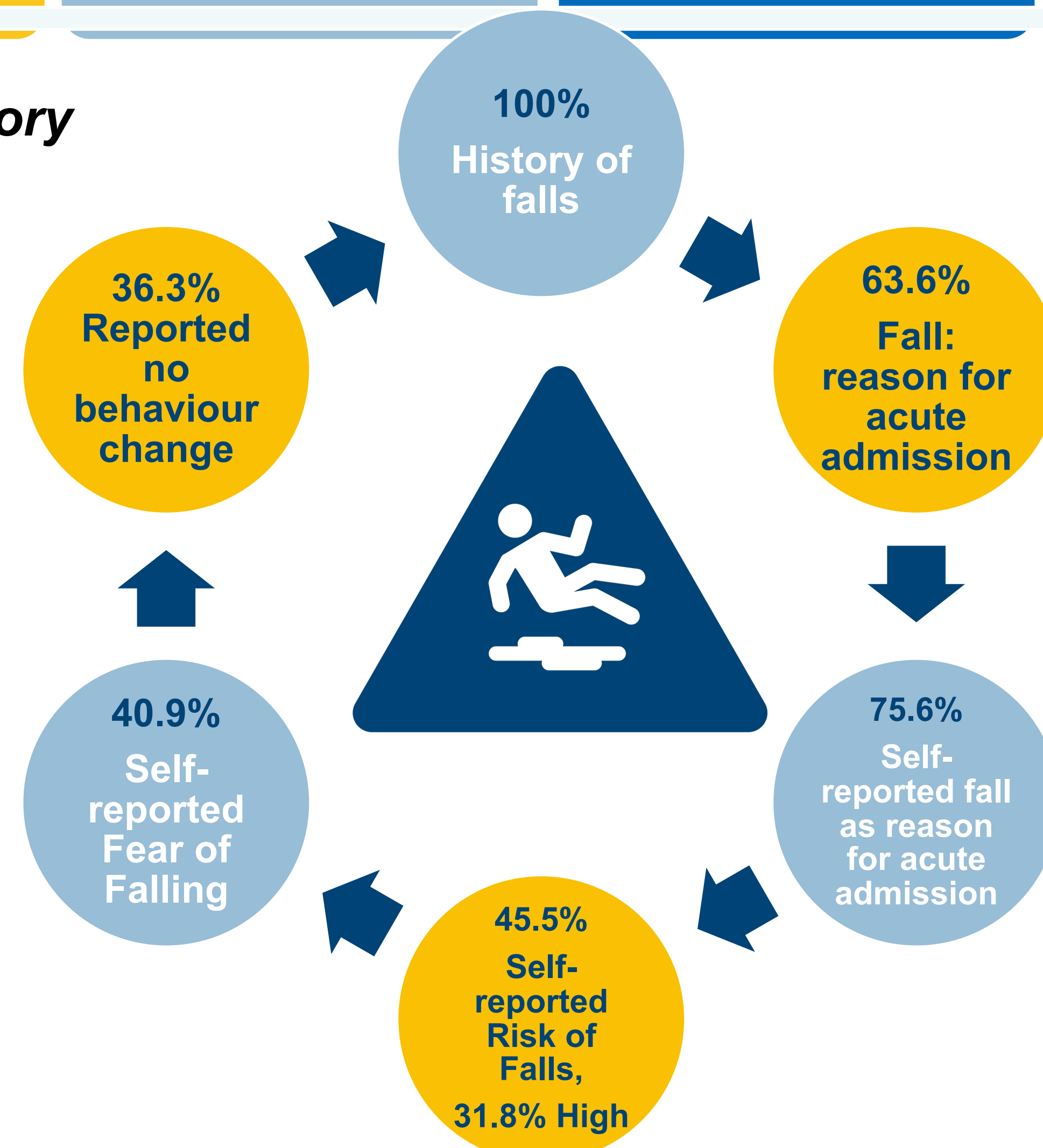
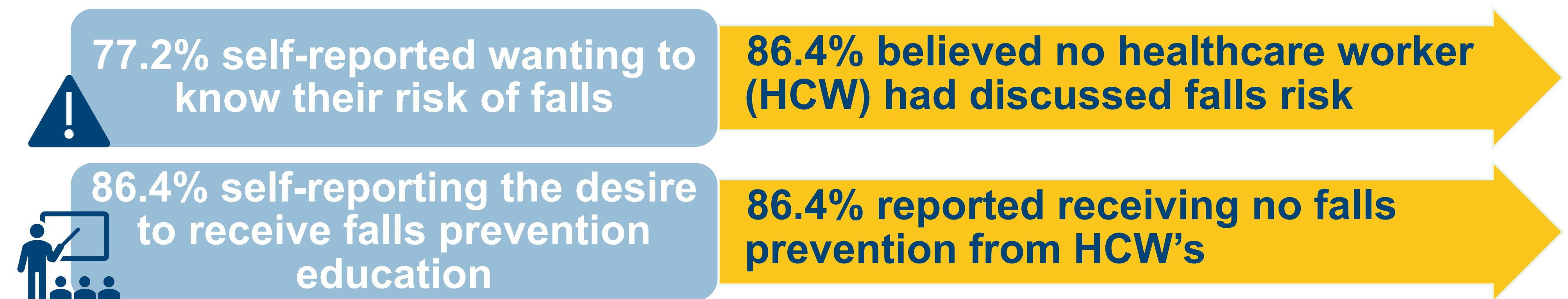


Figure 3. Falls Prevention Education



Discussion

According to evidence-based guidelines, all participants were deemed at high risk of future falls (Figure 1 and Figure 2), however patient awareness of their individual falls risk was low (Figure 2).

Patients demonstrated a willingness to engage with educational content related to falls risk and prevention strategies (Figure 3). This aligns with the 2022 World Guidelines on Falls Management and Prevention, emphasising patient engagement as a component of effective falls prevention strategies.

The gap in patient knowledge and perception of falls risk (Figure 3) indicates a need for enhanced education and communication strategies to ensure patients not only understand their vulnerability but are equipped to engage in preventative measures effectively.

Conclusion

The discordance between patients' falls risk factors and their beliefs about their own falls risk demonstrate the need for multifactorial falls assessments to include knowledge and perception review to maximise the efficacy of falls prevention strategies.