

Abstract

Background and purpose: Falling is a serious problem in the elderly community, which is a result of the interaction of several risk factors such as biological, behavioral, environmental, socioeconomic factors and with many complications. The purpose of this study was to determine the effect of education on fall care behaviors among the elderly referred to health centers in Ardabil city.

Methods: This double-blind randomized clinical trial study was carried out among 110 elderly Referred to Health Centers of Ardabil City. Participants were selected by multi-stage random sampling according to Inclusion criteria and divided into intervention and control groups by random allocation. The data collection tools consisted of demographic questionnaire, Abbreviated Mental Test Score (AMTS), Mini-Mental State Examination (MMSE), Fall Efficacy Scale International (FES-I) and Falls Behavioural (FaB) Scale. Data were analyzed using the descriptive and analytic statistics (Chi-Square, Independent-Samples T Test, One-way ANOVA and Repeated Measures) in SPSS v.22.

Results: The mean and standard deviation of fall care behaviors in the elderly of the intervention and control groups before intervention 64.01 ± 11.06 and 65.12 ± 9.30 respectively. The results of re-evaluation after 1 and 3 months of intervention in the elderly of the intervention group showed that the mean and standard deviation of the fall care behaviors increased (77.28 ± 11.91 and 91.67 ± 8.61 respectively), which was statistically significant ($P = 0.001$). Also the results of re-evaluation in the elderly of the intervention group showed that the mean and standard deviation of the fear of falling decreased, which was statistically significant ($P = 0.001$).

Conclusion: The results showed that education of fall care behaviors increases elderly's performance in preventing falling and also decreases the fear of falling, therefore, it is suggested that promotion of awareness and practice of elderly people in their self-care program should be considered.

Keywords: Elderly, Falling, Fall care behaviors, Education, Health centers