

survey of frailty syndrome and its related factors in the elderly referred to emergency departments in teaching hospital of Ardabil-2019

Abstract

Introduction: Frailty syndrome is a relatively new concept in old age and has been suggested as one of the main risk factors for disability in the elderly. Frailty as a syndrome with multiple causes, is associated with decreased strength and physiological function and increased vulnerability to stressors. The aim of this study was to determine the prevalence of frailty syndrome and its related factors in the elderly referred to the emergency departments of Ardabil educational and medical centers.

Materials and method: The study was a descriptive-analytical study and 505 elderly people who referred to the emergency department of Ardabil educational and medical centers in 1398 participated in it. The elderly were selected by convenience sampling method. Data collection tools included demographic information questionnaire, frailty syndrome indicators, quality of life questionnaire (SF12), anxiety, stress and depression questionnaire (DASS21), daily activities and life tool questionnaire (ADL-IADL). Data were analyzed using statistical tests (chi-square, independent t-test, one-way analysis of variance, Pearson correlation and linear regression) using SPSS software version 22.

Findings: Prevalence of frailty in the elderly was 40.4%, pre-frailty was 35% and non-frailty was 24.6%. Based on the results of linear regression, the variables of age, BMI, education, family composition, number of drugs, quality of life, stress and daily living activity were predictors of frailty syndrome in the elderly referred to educational and medical centers in Ardabil.

Conclusion: Due to the relatively high prevalence of frailty syndrome in the elderly referred to the emergency department, early diagnostic and preventive measures are necessary. With regular periodic examinations and screening of the elderly referring to the emergency room or other health centers and the development of appropriate educational programs taking into account the relevant factors, the progression of frailty syndrome can be prevented and even improved.

Keywords: elder; frailty; emergency department