

00510 Fall Risk and Associated Factors Among Older Adults in Singapore: A Community Based Cross-sectional Study.

Ng Li Shan¹, Pea Jun Xiang², Tay Siew Boon³, Au Siew Lee Catherine⁴, Nurul Amira Zulkifle³

¹Nanyang Polytechnic, ²Sengkang General Hospital, ³Singapore General Hospital, ⁴KK Women's & Children's Hospital

Aims: The purpose of this study is to examine and identify the risk of fall and the associating factors among older adults living in Singapore.

Methodology: This research study is a correlational, cross-sectional study design with convenience sampling. A total of 97 participants aged 55 to 91 years were recruited from a health screening event at Yio Chu Kang Residents' Committee. A two-stage cluster sampling method was used. Older adults above the age of 55 years old and participated in the health screening event were recruited at stage one. Participants who completed all the health screening and consented to participate in this study were recruited at stage two.

This study used the health screening results of the participants to analyse the relationship between the risk factors and the risk for fall. The health screening assessments include blood pressure, body mass index and visual acuity. Another assessment was conducted with SPPB, VES-13 test, GDS-15 survey and ICIQ/UI-SF survey. The fall risk survey was developed by the research team from the Morse Fall Scale and HPB's algorithm for assessing fall risk in older adults living in the community. The surveys were completed through a one to one, paper-pen and face to face interview. All the answers were written by the interviewer.

Result: The Pearson chi-square test has shown no significant relationship between all the variables and the risks of fall ($p > 0.05$). There is a significant relationship between postural hypotension and functional decline ($p < 0.026$), however, it was not discussed as these two factors could not be used as an independent factor for risk of fall.

Conclusion: Multiple factors could contribute to the risk of a fall in the older adult. This study revealed that an older adult's age, gender and presence of neuromuscular impairment were significantly related to the risk for fall.