

World Physiotherapists & Physicians Summit

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Understanding temporal relationships between depression, falls and physical activity in a cohort of post hospitalized older adults: A breakthrough or a conundrum?

Background & Aim: Clinical depression affects approximately 15% of community dwelling older adults, of which half of these cases are present in later life. Falls and depressive symptoms are thought to coexist, while physical activity may protect an older adult from developing depressive symptoms. This study investigates the temporal relationships between depressive symptoms, falls and participation in physical activities amongst older adults recently discharged following extended hospitalization.

Methods: A prospective cohort study in which 311 older adults surveyed prior to hospital discharge were assessed monthly post discharge for six months. N=218 completed the six month follow up. Participants were recruited from hospitals in Melbourne, Australia. The survey instrument used was (,)Tt89 415.tice

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