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## The risk of fall among community dwelling elders in Saudi Arabia

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**Background:** Falls and fall-related injuries are a common and serious problem among older adults as such events can result in disability, chronic pain, loss of independence, a reduced quality of life, and in severe cases, even death. The aim of the study was to determine the fear and risk of fall among the older adults in Saudi community. Another objective was to assess the types of injuries relating to fall.

**Methods:** A cross-sectional survey was conducted using a self-reported, close-ended Likert-type questionnaire containing 16-item called fall efficacy scale international FES-I. To ensure the reliability and validity the Arabic version of FES-I was used for data collection. After the ethical committee approval, the 102 subjects were approached who met the selection criteria. The questionnaire was distributed to collect a random sample from community dwelling elders inside the Hail city aged 65 years.

**Results:** Of the 94 participants from 102 subjects responded the questionnaire giving a response rate of 92%. The mean age of participants were 74.7 years (SD 7.10) including 26 (28%) females and 68 (72%) males. Of the 94 respondents, 46 (47%) subjects were found with fall history and 48 (53%) were found without any fall. A higher score of FES-1 indicates a greater fear of fall. 66-75 years age group was suffering more with fall than the other age groups. Of the 94 respondents, 44% experienced fall inside house and 66% experienced fall outside the house. The direction of falls was on side 31.1%, backwards 10.6%, forwards 8.5%. Among the fall related injuries, the bruises 12%, soft tissues injuries 10.6% and fractures 7% were reported.

**Conclusion:** The results suggested that the fall risk and the associated injury and cost are challenges both in health care facilities and in the community. Falls are associated with increased length of stay, increased health care utilization, poorer health outcomes and increased costs. Therefore, effective fall prevention programs are imperative for older people in Saudi Arabia to reduce the morbidity and mortality.

### Recent publications

1. Shahzada Junaid Amin (2017) Curriculum trends in physiotherapy institutions of Saudi Arabia. *Journal of Physiotherapy and Sports Medicine* 6(2):17.
2. Shahzada Junaid Amin (2015) Sources and perceived level of stress among health students – Example from Saudi Arabia. *Foundation University Medical Journal (FUMJ), Special Issues* 20:15.
3. Shahzada Junaid Amin (2012) Perception of physical therapists about professional growth and development in developing countries – example from Pakistan. *Journal of Physiotherapy and Sports Medicine* 2(2):15.

### Biography

Shahzada Junaid Amin is an Educationist at University of Hail, Saudi Arabia. He holds a Doctor of Physical Therapy and master's degree in Health Professional Education (MHPE). Previously, he has served in different academic and clinical institutions in Pakistan. He has been involved with various roles like Educationist, Clinician and Research Supervisor during his professional career. He has presented his research work in national and international events. He has published papers in reputed journals and has is also an Editorial Board Member of scholarly peer reviewed international journals. He has research interest in Orthopedic and Sports PT, Geriatrics, Teaching and Learning, Assessment, and Educational Technology.

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