

Thesis Title	Factors to Predict Falls in Older Adults
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Year Submitted	2008

Abstract

This analytical descriptive study aimed to describe factors predicting falls in older adults. A sample consisted 300 older adults aged 60 years and over, residing in one district in Pathumthani Province, Thailand. The sample was selected through purposive sampling. Through this study, the tools were demographic questionnaire, depression test, Fall Efficacy test and physical fitness test. Data were analyzed by descriptive statistics, chi-square test and simple logistic regression.

Results revealed that most participants were female (59.67%). Their mean age were 68.22 years (SD=6.09), ranging from 60-69 years. Marital status of most samples was marriage (66.33%). Most of the samples had primary education (81.34%). Most of them were employees (50.66%). Correlation analysis revealed that personal factors (gender, occupation, number of family member), physical factors (body mass index, hand grip strength, exercise behavior), psychological factors (depression, fear of falling) and environment factors (footwear) were related to falls ($p < .05$). When analyses with simple logistic regression were found only three factors (footwear, fear of falling, number of family member) significantly to predict falls among older adults.

Results suggested that nurses, health care team and family member can utilize the findings for preventing falls in older adults.