



EVALUATION OF THE ELDERLY AT RISK OF FALLING AT HOME: EDUCATIONAL TECHNOLOGY ALLOWANCE

AVALIAÇÃO DE RISCO DE QUEDA DE IDOSOS NO DOMICÍLIO: SUBSÍDIO PARA TECNOLOGIA EDUCACIONAL

EVALUACIÓN DEL RIESGO DE CAÍDAS DE LOS ANCIANOS EN EL HOGAR: SUBSIDIO DE TECNOLOGÍA EDUCATIVA

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ABSTRACT

Objective: analyzing the intrinsic and extrinsic risk factors of falls of the elderly, in the light of the recommendations of the National Health Policy of the Elderly Person and of the National Patient Safety Program. **Method:** a descriptive and quantitative study with elderly people enrolled in the Program Living Well of the Amyl Medical International Assistance and accompanied by home visit in the municipality of Rio de Janeiro, RJ, Brazil. The data will be collected by structured questionnaire based on the scales of Morse and Dowton, and treated by descriptive statistics. The project was approved by the Research Ethics Committee CAAE: 37664114.9.0000.5243. **Expected results:** contributing to the practice of nurses who work in the home environment and providing strategies for patient safety against the risk of falls. **Descriptors:** Nursing; Elderly; Accidents by Falls; Risk Management; Patient Safety.

RESUMO

Objetivo: analisar os fatores intrínsecos e extrínsecos de riscos de quedas de idosos, na perspectiva das recomendações da Política Nacional de Saúde da Pessoa Idosa e do Programa Nacional de Segurança do Paciente. **Método:** estudo descritivo e quantitativo com idosos cadastrados no Programa Bem Viver da Amil - Assistência Médica Internacional e acompanhados por visita domiciliar no município do Rio de Janeiro, RJ, Brasil. Os dados serão coletados por questionário estruturado com base nas Escalas de Morse e Dowton, e tratados por estatística descritiva. O projeto foi aprovado pelo Comitê de Ética em Pesquisa CAAE nº 37664114.9.0000.5243. **Resultado esperado:** contribuições para a prática dos enfermeiros que trabalham no ambiente domiciliar e subsidiar estratégias para a segurança do paciente frente aos riscos de quedas. **Descritores:** Enfermagem; Idoso; Acidentes por Quedas; Gerenciamento de Riscos; Segurança do Paciente.

RESUMEN

Objetivo: analizar los factores intrínsecos y extrínsecos de riesgo de caídas de los ancianos, teniendo en cuenta las recomendaciones de la Política Nacional de Salud de la Persona Mayor y del Programa de la Seguridad Nacional del Paciente. **Método:** estudio descriptivo y cuantitativo, con ancianos inscritos en el Programa Bien Vivir de la Amil - Asistencia Médica Internacional y acompañado por domicilio en el municipio de Rio de Janeiro, RJ, Brasil. Los datos se recogerán mediante cuestionario estructurado basado en las escalas de Morse y Dowton y tratados por la estadística descriptiva. El proyecto fue aprobado por el CAAE de Comité de ética de investigación nº 37664114.9.0000.5243. **Resultado esperado:** contribuciones a la práctica de las enfermeras que trabajan en el entorno familiar y proporcionan estrategias para la seguridad del paciente frente a los riesgos de caídas. **Descriptor:** Enfermería; Personas de Edad; Accidentes por Caídas; Gestión del Riesgo; Seguridad del Paciente.

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INTRODUCTION

Patient safety has become, in the last 12 years, one of the most discussed topics around the world for health professionals, civil society, the scientific community, Governments and health regulatory organizations. Great efforts have been implemented throughout this period with the goal of providing a more secure assistance to patients.¹

The World Alliance for Patient Safety was established in 2004, the World Health Organization (WHO) to consider the need to develop strategies, products and actions directed to managers, professionals and users of health on patient safety, to enable the promoting mitigation of adverse event occurring in health care.

In the national context, the Brazilian Network for Nursing and Patient Safety (REBRAENSP) was established on May 14th, 2008 for the same purpose and created a booklet of 10 patient safety steps.²⁻³

It is the purpose of the Ministry of Health have conditions for the protection and recovery of health of the population by reducing disease, controlling endemic and parasitic diseases and improving health surveillance, giving thus better quality of life to the Brazilian population.⁴

The quality of health research and excellence in service has been the subject of attention and concern of health professionals, from the moment the expansion of services and the competitiveness of the healthcare provider market are being requested by the user's requirements, which he came to understand the quality as his right. Given this reality, the quality is no longer understood only as a management goal, but as a new behavioral attitude based on scientific, ethical and moral principles.⁵

Health quality is strongly related to security issues, which constitutes critical and fundamental principle for the quality of patient care. In this context, national and international initiatives have been developed to encourage the implementation of policies and practices to ensure a safer home care for the patient. WHO conducted partnership with The Joint Commission, the main accrediting agency for health in the United States and its international arm, the Joint Commission International, whose resulting were the Goals Patient Safety International, launched in 2006, which have been implemented in hospitals in accreditation process, seeking improvements in their care processes in safety

and quality.⁶ The goals are: (1) identifying patients correctly; (2) improving effective communication; (3) improving the safety of high surveillance medications; (4) ensuring surgeries to correct intervention site; (5) reducing the risk of infections and; (6) reducing the risk of falling.

In this way, we tried to implement some measures related to security and, as one, the emphasis on the improvement of preventive actions and assessment of patients' downside risks.⁶

Whereas the aging population is a reality, and it brings with it a series of physiological changes that need care⁷, this project aims to contribute to the field of research and assistance to the elderly, to investigate the elderly population emphasis on goal 6 (risk of falls).

It is proposed to solve or minimize the risk of falls in the home environment that constitutes the most frequent domestic accident among people aged over 65 years old⁷.

OBJECTIVES

- Analyzing the intrinsic and extrinsic factors of risk of elderly falls, from the perspective of the National Health Policy recommendations of the Elderly (PNSPI) and the National Patient Safety Program (PNSP).⁸⁻⁹
- Developing a focused technology for the elderly and their family in order to monitor and mitigate the risks of falls at home.
- Validating an educational technology in the prevention of falls of elderly at home, focusing on patient safety.

METHOD

It is a descriptive study of a quantitative approach, whose target population includes elderly patients who belong to the Living Well Program of the International Medical Assistance (Amil), corresponding to approximately 120 elderly accompanied by home visit.

The inclusion criteria were: patients who have health insurance that is part of the program Good Living which are in home care, aged over 65 years old, presenting comorbidities such as systemic arterial hypertension (SAH), diabetes mellitus (DM), dyslipidemia, or other chronic disease, in follow-up in clinical medicine and to accept participate. There will be excluded from the study patients on dialysis and/or cancer, and those with cognitive deficits that hinder investigation.

Data collection will take place at the patient's home during home visit, through a questionnaire which was structured to include two scales for the assessment of the risks of falls: Morse Scale and Downton Scale.¹⁰⁻¹

The scales will be compared with respect to factors extrinsic and intrinsic risks of falls for the elderly, by using descriptive statistics.

Later, educational¹² technology will be developed for seniors and family, whose format will be determined from the results of the questionnaire, to be further validated by two groups of expert judges: nurses with expertise in the health of the elderly; and elderly and family.

The evaluation and analysis of the validation step will be effective through a range of Likert responses. The data will be tabulated in an Excel spreadsheet and processed by the Statistical Package for Social Sciences (SPSS) version 17, 2011. It is a dissertation project Professional Master's Program Nursing Assistance (MPEA), Fluminense Federal University. In response to the demands of the National Health Council Resolution 466/12 (CNS)¹³, to conduct the research was requested permission from the Living Well Coordination and the project was sent to the Research Ethics Committee (CEP) of the university, which was approved (CAAE: 37664114.9.0000.5243). Participants will be duly informed about the objectives and nature of the study and their inclusion will depend on the acceptance and the signing of free and informed consent. All information obtained will be processed confidentially, to preserve the identity of the participants.

EXPECTED RESULTS

It is believed that the search results will bring contributions to the practice of nurses working in home visit, so that the knowledge in this area can be widespread and subsidize strategies for patient safety, especially with regard to the fall of elderly in the home environment.

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