

عنوان مقاله:

Investigation of the association between the falling leads bone fractures in the elderly and their nutritional status in Shiraz, 2019

محل انتشار:

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نویسندگان:

Mahdieh Ardaneh - Masters student, Epidemiology Department, School of Health, Shiraz University of Medical Sciences, Shiraz, Iran

Mohammad Fararouei - Professor, HIV/AIDs Research Center, Shiraz University of Medical Sciences, Shiraz, Iran

خلاصه مقاله:

Background and Objective: Thanks to the better living conditions and effective health services in recent decades, the population of elderlies has grown dramatically. Among different elderly related life threatening issues, accidents are the fifth cause of death. The most common type of accidents is falling. As statistics shows, %80 of accidents which cause elderlies to be admitted to hospitals are falling. This study is conducted to understand the features of falling leads to fracture among elderlies and Nutritional status in Shiraz the capital of Fars province. Materials and Methods: This Case-control study started from September 2017 to May 2018 (9 months). data were collected through a questionnaire through interview. all voluntary patients who were over 60 and were admitted to Chamran and Ragaei hospitals due to falling related injuries are included in the study. In total, 304 patients over 60 years of age who were admitted to Chamran and Ragaei hospitals due to bone fracture caused by falling and The control group was selected from the comprehensive health centers of the case group, 20 centers were randomly selected from 72 centers. 608 elder 60 years and older interviewed. Statistical analysis was student t and chisquare tests, frequency and proportions and means and standard deviations respectively and Multivariate analysis methods including logistic regression were used. To do the analysis, SPSS version 22 was used (the significance level was set at $p < 0.05$). Findings: Mean age case group 72.58 ± 11.77 and control group 70.76 ± 6.75 were. 420 (46.10) male and 492 (53.90) female were, twice the number of men and women in the control group. The findings showed Fish, milk, yogurt, buttermilk, fruit, vegetable, Sweets, nuts and coffee consumption were significantly higher in the control group than in the case group ($p < 0.05$ for all). But no significant relationship was observed between consumption of red and white meat, cheese and eggs ($p < 0.05$ for all). with increasing the consumption of each cup of tea, the chances of falling are reduced .10 (Odds Ratio =0.90, 95%CI=0.86- 0.96, $p < 0.001$). Conclusion: The study found that nutrition in the elderly is effective on falling and fractures from falling. It is recommended that elderly consume fish, dairy, fruits and vegetables, nuts and daily tea.

کلمات کلیدی:

Falls, Elderly, Fracture, Nutrition

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