

## FRAGILITY IN ELDERLY AND ITS RELATION WITH FEAR OF FALLS

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### Objective

Identify the presence of fragility in a group of elderly people attended by a School Health Center and to verify its relation with the fear of falls.

### Materials and Methods

It is a cross-sectional study conducted at a School Health Center. A total of 80 elderly people of both sexes were interviewed, using a sociodemographic and health conditions characterization questionnaire, The Edmonton Frail Scale, to verify the fragility of the elderly and the Falls Efficacy Scale - International, to analyze the fear of falling. Data collection was conducted using the REDCap software and data analysis was performed by SPSS 20.0 through descriptive analysis and non-parametric tests. All ethical procedures have been respected in accordance with Resolution 466/12.

### Results

The majority of the elderly were female (n = 59, 72.75%), widowed (n = 34, 42.50), studied on average for 9.6 years and had a mean age of 78.9 years (Dp 9.3, median 79). The majority of the elderly reported pain in some part of the body (n = 51, 56.86%) and evaluated their own health as good (n = 46, 57.50%). Regarding the fragility, 37 elderly (46.25%) were not fragile and the total score ranged from zero to 14, with an average of 5.6 (dp 3.79, median 5). There was a statistically significant difference between the fragility score and the age of the elderly, marital status, years of study, pain,

health evaluation, family income and fear of falls in the elderly.

### Conclusions

It was verified that elderly patients who reported pain, assessed their health as poor / fair or good, and that they were divorced / separated presented a mean score of fragility higher than the other groups. The variables age and fear of falls presented a positive correlation with the fragility score, while years of study and average family income presented negative correlation. Despite the numerous difficulties, most of the elderly reported good health and did not present fragility. It is believed that this study contributes to greater attention to social issues and individual problems of the elderly, not just the common pathological processes of old age.

### References

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