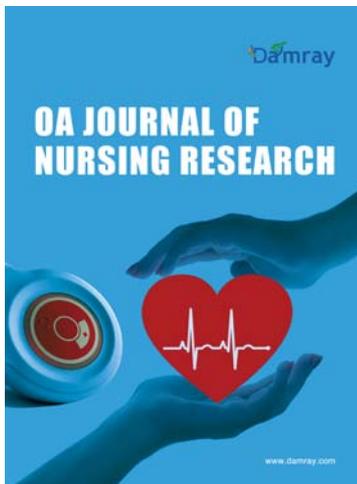


Application of Community Nursing Intervention Combined with Health Education in the Prevention of Falls in the Elderly

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Abstract

Objective: Discuss the application of community nursing intervention in combination with health education to prevent the decline of the elderly. **Methods:** 84 elderly people in the community were selected. From January 2021 to December 2021, they were randomly divided into two groups. The control group applied conventional nursing intervention. Compare the two groups of falls, compare the two groups of cognitive situation, and compare the satisfaction satisfaction of the two groups. **Results:** The total incidence of total falls in the research group, 1 month, 3 months, and half a year after nursing, 3 months, and semi -annual falls is less than the control group ($P < 0.05$); the excellent rate of excellent cognitive level of the research group is higher than the control group ($P < 0.05$); the research group nursing Satisfaction is higher than the control group ($P < 0.05$). **Conclusion:** The application of community nursing intervention combined with health education in community nursing care for the elderly can effectively reduce the risk of falls, reduce the incidence of falls, and help to improve the cognitive level of the elderly about falls, play a good role in prevention, it is worth promoting the application of community services.

Keywords

Falling, Health Education, Community Nursing Intervention, Satisfaction, Early Warning Sign

The elderly generally merge a variety of diseases, and because of the older age, their own functions will be reduced. Freedom action is not as flexible as young people. Greatly pose a great threat to the health of the elderly [1]. As the population aging becomes more and more serious, the level of people's living material is getting higher and higher, and more and more elderly people live alone. In addition, they are inconvenient in all aspects such as older age and life actions. As a result, falling into one of the main causes of death and disability, which has gradually affected the safety and quality of life of the elderly [2]. In the process of daily life, the elderly's care environment belongs to a bad and lack of state. Therefore, once the elderly fall, if the elderly do not take timely and effective treatment for the elderly who fall As a result, the economic burden of the elderly's family has increased, and the impact on the community and families of the elderly cannot be ignored. This study applied community nursing intervention in joint health education in the nursing of the elderly in the community to explore its nursing intervention effect.

1. Information and methods

1.1. General information

Select 84 elderly people in the community. From January 2021 to December 2021, the elderly can accept long-term follow-up. There are no stroke history and Parkinson, etc., All have independent walking ability and have normal cognitive functions. It is randomly divided into two groups, 42 cases in the control group, age 67-83, average age (75.2 ± 19.2), of which 23 men and 19 women. There are 42 research groups, 66-85 years old, with an average age (75.4 ± 19.1). Among them, there are 25 men and 17 women. There are no differences in the general information of the two groups of patients ($P > 0.05$).

1.2. Methods

The control group applies conventional nursing intervention. Give the elderly for regular health education, and tell the elderly and family members of the elderly to pay attention to anti-slip, anti-falls, and release the relevant content brochure related to falling, and regularly follow the elderly.

The research group applies community nursing intervention in combination with health education. Establish a professional community intervention group to prepare the prevented decline plan. Carry out health education to the elderly in the community. In the process of conducting health education and mission, it is necessary to provide corresponding health education content based on the cultural level of the elderly. A degree to enhance the awareness of the elderly in falling. Further increase the attention and care of the elderly in the risk of overwhelming and fall, and tell the elderly to pay attention to the situation of the feet and feet, and the toilet must be slow and stable. Guide the elderly to conduct some exercise training, including Tai Chi, sitting, walking and other sports training.

1.3. Observation indicators

- 1) Compare the two groups to fall.
- 2) Compare the two groups of cognitive situation.
- 3) Compare the two groups of care satisfaction.

1.4. Statistical methods

Use SPSS20.0 software, X² test counting data (%), T test () data, $P < 0.05$ is different.

2. Result

The incidence of falls was compared between the two groups. In the study group, there were 2 cases of falls during nursing and 1, 3 and 6 months after nursing, the total incidence of falls was 4.8%. In the control group, 7 cases occurred during nursing, 1 month, 3 months and 6 months after nursing, with a total incidence of 16.7%. The total incidence of falls in the study group was lower than that in the control group during nursing, 1 month, 3 months and 6 months after nursing ($p < 0.05$).

Comparing the two groups on the fall cognition, the study group had 11 cases with good fall cognition, 25 cases with excellent fall cognition, the excellent and good rate was 85.7%, the control group had 17 cases with good fall cognition, 11 cases with excellent fall cognition, the excellent and good rate was 66.7%; The excellent and good rate of the Study Group was higher than that of the control group ($p < 0.05$).

Comparing the satisfaction of nursing between the two groups, 15 patients in the study group were satisfied with nursing, 25 patients in the control group were satisfied with nursing, the satisfaction rate was 95.2%, 11 patients in the control group were satisfied with nursing, 19 patients in the control group were satisfied with nursing, the satisfaction rate was 71.4%. The satisfaction degree of the Study Group was higher than that of the control group ($p < 0.05$).

3. Discussion

Because of the serious decline of their own functions, the body's coordination, vision level, balance ability and other aspects are also seriously reduced, which leads to an increase in the risk of falls. Without scientific intervention, older persons may also be at risk of Hemiplegia, which has a serious impact on their physical and mental health [3]. Therefore, scientific and rational nursing interventions should be implemented in order to strictly control falls in the elderly, prevent falls in the elderly and reduce the risk of falls in the elderly [4].

Although the routine nursing intervention measures can get a certain effect of nursing intervention, but the routine nursing intervention measures have greater limitations, the overall nursing effect is not very ideal, the lack of a strong

targeted. Community nursing intervention is a new nursing model, which can provide relatively comprehensive nursing service for the elderly in the community. At the same time, the combination of health education and nursing intervention measures can improve the cognitive level of the community elderly to a certain extent, and enhance the self-protection awareness of the community elderly to better prevent the occurrence of falls [5].

In this study, the control group applied conventional nursing intervention, and the research group applied community nursing intervention in combination of health education. The results showed that the incidence of total falls from one month, 3 months, and half a year after nursing was less than the control group ($P < 0.05$); The research group's nursing satisfaction was higher than the control group ($P < 0.05$). It shows that after the application of community nursing intervention in the community, the community nursing intervention can effectively reduce the decline in the elderly after the joint health education nursing intervention, and help the elderly improve the awareness of falling. The reason for the analysis may be that community nursing intervention and combined health education nursing measures provide more comprehensive nursing intervention for the elderly in the community. Community nursing intervention in combination of health education can further increase the importance of the elderly in the community for falling, enhance the awareness of the elderly in the community for falling knowledge. At the same time, it also assists the community's balance and coordinated performance. Community nursing intervention joint health education has carried out nursing for the elderly in the community from multiple aspects and dimensions, and has played a huge positive significance in preventing the fall of the elderly and effectively reduced the decline in the elderly.

In summary, applying community nursing intervention in combination with health education in the community's elderly care can effectively reduce the risk of the elderly to fall and reduce the incidence of falling. It is worthy of the promotion and application of community services.

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