E-Poster

EP-39

Life Satisfaction of Individuals After a Fall Injury

Topic: ICF

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BACKGROUND

Individuals after a fall injury (IFI) experience body function (BF) changes, activity limitations (AL) and participation restrictions (PR) in meaningful activities, leading to negative psychosocial impact and reduced social engagement. Hence, assessing IFI's functional outcome and health-related quality of life (HRQoL) have become vital for clinical care. The study objectives were to: quantify the life satisfaction (LiS) of individuals after a fall injury; and, investigate the inter-relationship between LiS and BF changes (pain, fatigue, anxiety, depression, sleep disturbance) and between LiS and IFI's AL.

METHODS

A retrospective cross-sectional study was done after 28 IFI (17 females, 11 males; mean age 54±10) completed patient-reported outcome (PRO) measures and underwent clinician-derived performance-based assessments (PBA) in a PMR clinic. The Life-Satisfaction Questionnaire-9 (LiSat-9) quantified LiS. Body function measures included the: PROMIS-29 v2.0 sub-scales for anxiety, depression, fatigue, and SL. The following measures quantified activity limitations (AL) via: physical performance qualifiers - gait speed measured by 6-Minute-Walk-Test (6MWT), balance by Berg Balance Scale (BBS), and coordination by Dynamic Gait Index (DGI); and, self-reported function qualifiers - physical function by PROMIS-29-v2.0-Physical-Function (PROMIS-PF) sub-scale and pain-related impairments (PRI) by Pain Disability Questionnaire (PDQ).

RESULTS

The mean (SD) scores were as follows: LiSat-9 (cut-off ≥ 5): 3.38 (1.17); PROMIS-29v2.0 T-scores anxiety 55.7 [13], depression 54.4 [14], fatigue 57.3 [13], SL 58.7 [12]. Activity limitation mean [SD] scores [SD] were: gait speed (mph) 1.77 [0.76]; BBS (total 56) 42.1 [14]; DGI (total 24) 16.9 [6]; PROMIS-PF (T-score) 34.4 [9]; and, PDQ (total 150) 93 [36]. Spearman Correlations calculated associations among variables. LiS significantly correlated with: depression (r = -.522; p = 0.01); fatigue (r = –0.59; p = 0.0030); gait-speed (r = 0.49; p = 0.02); BBS (r = 0.48; p = 0.02); PROMIS-PF (r = 0.49; p = 0.018); and, PDQ (r = –0.58; p = 0.003).

IFI tend to have a dissatisfying life, which is significantly associated with: depression; mild fatigue; clinically slow gait speed; moderate balance and dynamic gait deficits; severe physical functional decrease; and, moderate pain-related impairments.

CONCLUSION

The study supports targeting the interventions toward said body function changes (depression; fatigue), exercise deficits in gait and balance, and pain-related impairments in IFI to address their life satisfaction. Future research should be on inter-relationships of LiS, BF, and AL in other post-traumatic syndromes such as acquired brain injury.

Statement of Disclosures

None

Doi: 10.5606/archisprm.2026.EP-39

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