E-Poster

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Evaluation of a Physical Activity Program on Fall Prevention and Quality of Life in the Elderly

Topic: Specific Target Groups (Children, Women, Elderly, Athletes, Musicians, Refugees, Ethnic Groups, Workers, and Others)

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BACKGROUND

Falls among the elderly represent a significant public health issue, leading to injuries, loss of independence, and decreased quality of life (QoL). Adapted physical activity (APA) programs have been proposed as an effective intervention to reduce fall risk and enhance physical function. This study aims to assess the impact of an APA program on fall incidence, balance, mobility, and QoL in the elderly.

METHODS

We conducted a retrospective study in the Physical and Rehabilitation Medicine Department of Ibn Rochd University Hospital, Casablanca, Morocco. Participants followed a 12-week adapted physical activity (APA) program, which included balance exercises, muscle strengthening, and mobility training, delivered in three times a week. Data were collected before and after the intervention. Outcome measures included the number of falls (fall diary), balance (Tinetti Balance Test), muscle strength (30-second chair stand test), mobility (Timed Up and Go Test), and QoL (SF-36). Fear of falling was assessed using the Falls Efficacy Scale.

RESULTS

The study included 42 participants, with an average age of 74.2 ± 6.5 years. The mean score on the Tinetti test, which measures balance, increased from 18.3 ± 4.2 to 23.7 ± 3.8 ($p < 0.01$). For mobility, the mean time for the Timed Up and Go test decreased from 14.2 ± 3.5 seconds to 10.1 ± 2.8 seconds ($p < 0.01$). In terms of QoL, the mean SF-36 score increased from 58.4 ± 10.2 to 72.6 ± 8.7 ($p < 0.01$). Fear of falling decreased from 35.6 ± 7.8 to 24.3 ± 6.5 ($p < 0.05$). The programme was well received, with an 85% take-up rate and high overall satisfaction among participants.

CONCLUSION

An adapted physical activity program reduces falls and improves balance, mobility, and QoL in the elderly. These findings support its implementation to prevent falls and promote active and independent aging.

Statement of Disclosures

None

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