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Fear of fall in elderly: Attributes and consequences**Isha Akulwar-Tajane***K J Somaiya College of Physiotherapy, India*

Ageing is a progressive functional decline or a gradual deterioration of physiological function with age. Falls are most commonly endured predicament by the elderly population in today's community and are an important cause of morbidity and mortality in the elderly. Many older adults who fall, whether or not they sustain an injury, experience psychological difficulties directly related to the fall. Among these psychological consequences are fear of falling (FOF), loss of self-efficacy, activity avoidance and loss of self-confidence. FOF can be considered a significant health problem of equal importance to a fall and refers to 'The lack of self-confidence that normal activities can be performed without falling'. Older people are usually under the fear of falling again, being hurt or hospitalized, not being able to get up after a fall, social embarrassment, loss of independence, and having to move from their homes. FOF, falls and their negative consequences are potentially preventable and hence it is important to identify FOF and its modifiable risk factors. This presentation highlights the importance of identifying FOF in community-dwelling elderly and addressing the factors contributing to it in their rehabilitation. Multifactorial nature of FOF suggests that knowledge of these associated factors may be useful. There is a lack of large, prospective follow-up studies on FOF, thus, the literature does not give clear insight into the incidence and natural course of FOF. However, it is important to mention here that there is a need for interventional studies to prevent and limit the consequences of FOF in elderly persons.

Biography

Isha Akulwar-Tajane has completed her Masters in Neurosciences Physiotherapy from the Maharashtra University of Health Sciences, India. She is currently pursuing PhD. She has more than 12 years of experience in teaching and clinical experience in paediatric and adult neurological rehabilitation. She is an Associate Professor in Neuro Physiotherapy, Guide for postgraduate studies and In charge of paediatric neurorehabilitation unit at K. J. Somaiya College of Physiotherapy, Mumbai, India. She has published and presented many papers in various national and international conferences and has been serving as a reviewer for journals of repute. She has authored a book on 'Visual Perception'. She is well versed with the advanced technological equipment used for assessment and therapy in neurological conditions. She has served as an international faculty for balance and mobility academy, USA. Her excellent contribution to research has been well appreciated by scientific community all across the globe. She continues to aspire students and fellow colleagues with her achievements in the field of Physiotherapy.