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住院期间反复跌倒的老年患者认知损伤特点的临床回顾性研究 [点此下载全文](#)

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摘要:

摘要目的: 探索导致老年患者住院期间反复跌倒的相关因素, 焦点在其认知损伤的特点, 目的是探索可借鉴的管理经验。方法: 回顾性地研究了在澳大利亚新南威尔士州Bankstown-Lidcombe医院老年科住院治疗期间发生跌倒的患者, 其中住院期间跌倒1次以上的70例、1次的269例, 并随机抽取没发生过跌倒的70例为对照组。同时, 分析了部分患者的简易智能检查量表(MMSE)总分和各亚项目分数。结果: 住院老年患者反复跌倒的独立危险因素是痴呆、脑卒中、房颤和住院时间>5周, 保护性因素有英语背景。反复跌倒的患者的MMSE分值明显低于单次跌倒和未发生跌倒的患者(分别为 17.3 ± 6.7 , 20.2 ± 6.2 , 24.0 ± 5.1 , $P < 0.01$), 反复跌倒患者在“瞬间记忆”、“注意力和计算力”和“视空间结构”方面分值明显低于单次跌倒患者。结论: 认知功能障碍是住院老年患者反复跌倒的主要原因, 尤其是在瞬间记忆、延时记忆和视空间结构方面。老年人住院期间跌倒应规范管理, 预防为主, 尤其是认知功能损伤的患者。

关键词: [住院患者](#) [老年人](#) [反复跌倒](#) [认知障碍](#)

Characteristics associated with recurrent falls among the elderly within aged care wards in a tertiary hospital in Australia: the effect of cognitive impairment [Download Fulltext](#)

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Fund Project:

Abstract:

Abstract Objective: To determine the factors associated with recurrent falls in aged inpatients at a tertiary hospital in Australia, with a focus on the cognitive domains of recurrent fallers and to explore the management experience for reference. Method: A retrospective study was proceeded on the characteristics of 70 aged inpatients who sustained ≥ 1 falls, 269 patients who sustained once fall; and 70 non-fallers during their hospital admission. The available mini-mental state examination (MMSE) scores were analyzed. Result: The independent risk factors for recurrent falls were the history of dementia, stroke, or atrial fibrillation, and the lengths of patients staying in hospital were >5 weeks. The protective factor for falls were the patients' ability of speaking English. Recurrent fallers had significantly lower MMSE scores compared with once fallers and non-fallers (17.3 ± 6.7 , 20.2 ± 6.2 , 24.0 ± 5.1 respectively, $P < 0.01$); and the proportion of recurrent fallers who had MMSE < 18 was larger than that in the other two groups (54.1%, 34.4% and 10.8% respectively, $P < 0.01$). In addition, patients with recurrent falls were more likely to have significantly lower scores in the 'registration', 'attention and calculation', 'recall' and 'praxis' domains of MMSE than the once fallers. Conclusion: Cognitive impairment particularly in short-term memory, recall and visuospatial perception domains, may contribute to recurrent falls in the inpatient population.

Keywords: [inpatient](#) [the elderly](#) [recurrent fall](#) [cognitive impairment](#)

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