VERSION 3

APR 09, 2019

OPEN ACCESS

DOI:

dx.doi.org/10.17504/protocols.io.zwyf7fw

Protocol Citation: Ernest Kimani, Simon Karanja, Lawrence Muthami 2019. Socio-demographic and lifestyle influences on falls among the elderly persons living in Gatanga Sub-County, Murang'a County, Central Kenya: A cross-section study. **protocols.io** <https://dx.doi.org/10.17504/protocols.io.zwyf7fw>

MANUSCRIPT CITATION:

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Protocol status: Working
We use this protocol and it's working

Created: Apr 09, 2019

Socio-demographic and lifestyle influences on falls among the elderly persons living in Gatanga Sub-County, Murang'a County, Central Kenya: A cross-section study V.3

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ABSTRACT

An estimated one-third of the elderly people worldwide sustain falls every year, which contributes to over 20% of injuries in this age group. In the central region of (Mount) Kenya, despite increasing awareness about this condition, the magnitude as well as the socio-demographic and lifestyle factors leading to falls in the elderly are not well known.

The main objective of this study was to investigate the prevalence of falls, their outcomes, and the factors influencing their occurrence among the elderly persons living in Gatanga Sub-County, Murang'a County, central Kenya. An analytical cross-sectional study design was used. Using systematic random sampling, 426 out of 9247 study participants were identified and interviewed at home. Using a structured interview form, data was collected on socio-demographic, socio-economic, lifestyle, and medical factors, as well as on fall or non-fall status from September 2016 to August 2017.

With 41%, the prevalence of falls amongst the elderly in this region is high. The farming lifestyle involving animal husbandry and medical illnesses are significantly associated with falls. To reduce the occurrence of falls, we need to better understand the underlying contributing factors and the integration of relevant preventive measures that reduce the risk of falls in communities of the elderly.

Last Modified: Apr 09, 2019

ATTACHMENTS

PROTOCOL integer ID:
22200

[S1 Appendix 1_ Interview
form_ Falls Elderly
Study.docx](#)

[S2 APPENDIX 2_ Written
Consent.docx](#)

[Falls Elderly dataset.xlsx](#)

[Manuscript_protocols
version.docx](#)

Keywords: Elderly, falls,
fractures, injuries, Kenya