

## Abstract

### Cause and Prevention of Falling in the Elderly

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Falls are the most serious health problems in elderly population. They are a major cause of premature death, physical injury, immobility, psychosocial dysfunction, and nursing home placement. To reduce the alarming rate of falls and related excessive mortality and morbidity, efforts must be made to detect persons at risk of falling and to prevent or reduce the frequency of falls. To facilitate such approaches, it is essential to find the cause of falling (and under what conditions) of the elderly and the factors that are associated with risk of falling. This study was aimed at designing interventions that minimize risk of falling by ameliorating contributing factors while maintaining or improving patient's mobility.

**Key Words :** The elderly; Falling.

50%  
(Tideiksaar, 1998), 40%  
(Rubenstein Josephson, 1992).  
가  
, 가 ,  
(nursing home)  
, 75 가  
가 (Nevitt, 1997).  
65  
1/3 ,  
(Downton ,  
1998), 가  
1 1.5 가  
(Campbell, 1990), 가  
가 75 가 가 80 84  
85 가  
(Runge, 1993). 가  
가

(Cwikel 가 , 1990; Nevitt, 1997), , 6 60% , (ADL) , (IADL) 가 25% . 54% 가 40% 가 가 . (Magaziner , 65 (Baker , 1992), 1990). (2% ) 10,000 가 (Tideiksaar, 1998), 1 (Birge , 1994; Nevitt Cummings, 1993). 가 ( ) , 가 . (Fife, 1987), 5% 10% , , . 가 (Griffin 가 , 1992) , Colles 가 가 , 65 가 , (Cummings , 1990). 1 250,000 65 84% . (Cummings , 1990). 4% 가 . 1 23% 가 , 80 가 (Fisher , 1995), 75 가 15% (Cummings , 1990). (Davis, 1995). 50% 가 가 가 가 (Sartoretti , 1997).

40% 73%가  
Tinetti, 1995),  
가  
(Tideiksaar, 1998).

가 (Kings  
, 가  
가  
(Tideiksaar, 1998).

50%  
40%  
(Pinto, 1997; Tideiksaar, 1997).  
가  
가  
(posture sway)가 가  
(Alexander, 1994),  
9.1, 70 18.2, 80 61.3, 85 가  
124.5 가 (, 1999).  
가 (Tideiksaar, 1997).  
가  
(Lord, 1991)  
가  
(Lord, 1991). 가  
(Alexander, 1994).  
가  
가  
(Nevitt, 1997).

(Alexander, 1996). (Richardson Hurvitz, 1995; Tideikssar, 1997). 가  
(Baroreflex activity) 가  
가  
(cardioacceleration)  
가 가  
가  
2. 가 가  
가 가  
가 가  
(Alexander, 1996; Tideikssar, 1998).  
(cardiac arrhythmias),  
가 (Nevitt, 1997; (carotid sinus node disease),  
Tideiksaar, 1997), (cerebral perfusion)  
가  
가 (Nevitt, 1977; Tideiksaar, 1997).  
(  
)  
가가 (Tideiksaar, (hypovolemia),  
1998). 가 (low cardiac output),  
가  
(Tideiksaar, 1997), (postprandial hypotension) (Lipsitz, 1991),  
(hyperactive  
reflex)

(Nevitt, 1997; Tideiksaar 1997).

(mineralization)  
(Osteomalacia)

(Tideiksaar, 1998).

(waddling gait) (Alexander, 1996).

가

가

(Downton, 1998).

가

(Tideiksaar, 1998).

가 (Tideiksaar, 1997),  
가 (Hanlon , 1996; Thapa , 1995).

1.

가

( , , , , , ) (Hanlon , 1996; Tideiksaar, 1997),

가

가

(Hanlon , 1996).

가  
가

3.

가

(Tideiksaar, 1997), 가 가

가

가

(Tideiksaar, 1998).

2.

가  
가

(Tideikssar, 1997).

가

(hip protective pad),

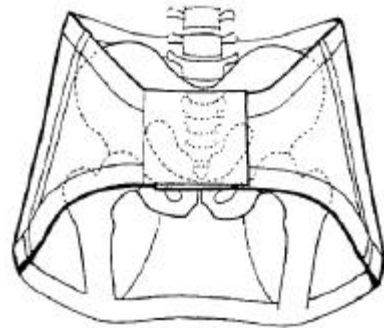
가  
가

90%

(Lauritzen, 1993),( 1).

가

(gait belt)



1.

( , )

가  
(hammer

toe)

가

가

가  
가

가

50 80%가

가

가

가

가

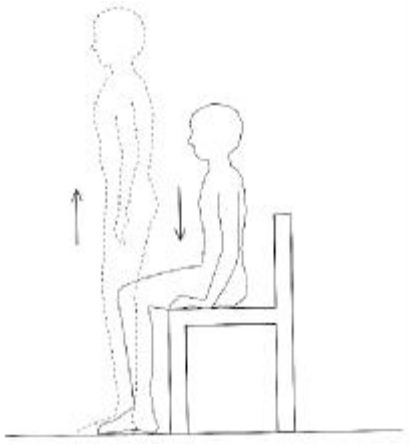
(Ekman , 1997).  
가







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1.

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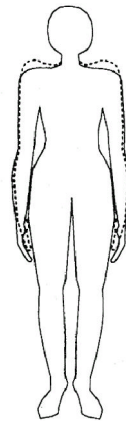
2.

6-8



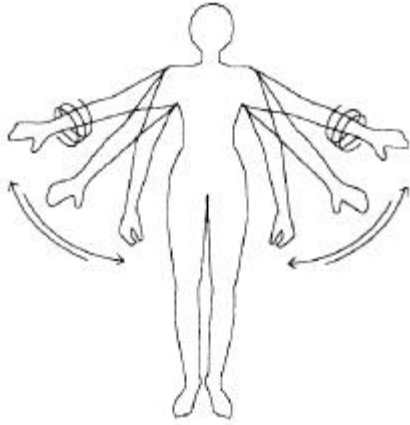
3.

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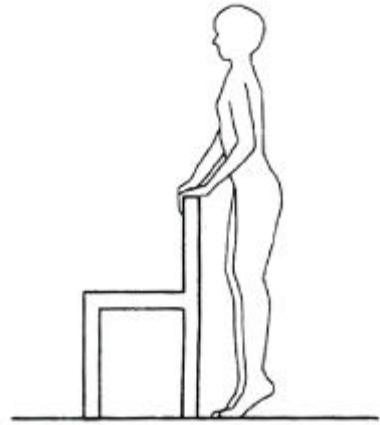


4.

10



5.  
6 20 2



6. 15