

<b>Paper Category:</b>	Prevention and Public Health
<b>Paper Title:</b> (Arial Font; 14 Pt Size)	Perceptions of falls and falls prevention among community-dwelling older adults in Singapore: a qualitative study
<b>Abstract Body:</b> (Arial Font; 12Pt Size)	<ul style="list-style-type: none"> <li>• Background</li> <li>• Objectives</li> <li>• Method</li> <li>• Results</li> <li>• Discussions and Conclusions</li> </ul>
<p>Falls are the leading cause of injuries among older adults above 65. In Singapore, 85% of geriatric trauma cases presented in the emergency department are due to falls. To address this issue, multi-component falls prevention programmes consisting of exercises, home modifications, polypharmacy management, and more, have emerged. However, while current interventions demonstrate efficacy, fall-related mortality rates persist in part due to older adults' limited engagement in falls prevention. Additionally, the feasibility and acceptability of falls prevention in community settings still lack evidence.</p> <p>This qualitative study aims to investigate the determinants of engagement in falls prevention from the perspective of older adults; and co-create strategies to increase engagement in falls prevention programmes and practices. Semi-structured in-depth interviews based on the Health Belief Model (HBM) were conducted to collect data from 30 community-dwelling older adults (age 60 and above). An informed grounded theory approach was applied to guide the thematic analysis based on the HBM.</p> <p>Preliminary findings suggest that older adults demonstrate a clear understanding on the severity of falls, but some dissociate themselves from such realities, remarking that "<i>this only happens to old people, not me</i>". Fatalistic views, lack of self-perceived susceptibility, and poor understanding of falls and falls prevention also contribute to reduced engagement in falls prevention. Nonetheless, potential facilitators for engagement in falls prevention programmes include equipping older adults with knowledge of falls and skills to lead their lives independently. Participants also expressed that engaging caregivers would encourage participation in falls prevention. Finally, profiles of participants were identified, which may be useful in anticipating participant behaviours and tailoring interventions.</p> <p>Thus, this qualitative study seeks to understand the determinants and cues to action influencing falls prevention; which will be useful to inform strategies for fostering positive health behaviour changes and increase engagement in falls prevention among older adults.</p>	

Date of Submission: 16 August 2023

Total number of words: 299

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