Falls in Older People in Domestic and Leisure Settings – data from EVITA system

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Fall – potentially avoidable situation that requires a lot of resources – thematic needs investment – lack of epidemiological data (OMS, 2007).

Fall – relevant cause of health care – major expenses and disorders for family members and victims (Rubenstein, 2006).

Fall Prevention – similar challenge to promoting health aging (OMS, 2007).
Aims of the study:

Describe cases of falls in people aged 65 and over assisted in hospital emergencies room.

Characterize the falls by:
- Demographic variables (gender and age group);
  - Variable place of occurrence
  - Type of injury
• Study design: observational, cross-sectional, retrospective.

• Data source: EVITA system – home and leisure accidents data collection using public hospital emergencies, from the national health service.

• Target population: people aged 65 and over who fell into home and leisure environment using hospital emergencies, during 2018 (notified to EVITA).

• Fall accident analysis was performed for the total sample and stratified by sex, age group, place of occurrence and type of lesion.

• To test the association with the disaggregation variables, Pearson’s chi-square test was used, with a significance level of 0.05.
Injury surveillance system in Portugal at a Glance - Notifiers Health Units

Introduction/Aim

Methods

Results and Discussion

Figure 1. Distribution of Notifiers Health Units to EVITA system, by region. Portugal, 2016

Figure 2. Distribution of Notifiers Health Units to EVITA system, by region. Portugal, 2019
Figure 3. Frequency distribution of accidental falls in the domestic and leisure context by Sex and Age Group. Portugal, 2018.
Figure 4. Frequency distribution of accidental falls in the domestic and leisure context by Age Group. Portugal, 2018.

Total falls recorded at 65+: 30 196

- 65-74: 32,2%
- 75+: 67,8%

- Fall
- Other causes

65-74: 32,2%
75+: 67,8%

40,3%
59,7%

p<0,001
Figure 5. Frequency distribution of accidental falls in the domestic and leisure context by Setting of injury. Portugal, 2018.
Figure 6. Frequency distribution of accidental falls in the domestic and leisure context by type of lesion. Portugal, 2018.

<table>
<thead>
<tr>
<th>Type of Lesion</th>
<th>Fall</th>
<th>Other causes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Concussion</td>
<td>95.7%</td>
<td>4.3%</td>
</tr>
<tr>
<td>Bruise</td>
<td>94.3%</td>
<td>5.7%</td>
</tr>
<tr>
<td>Open wound</td>
<td>69.8%</td>
<td>30.2%</td>
</tr>
<tr>
<td>Compression</td>
<td>78.8%</td>
<td>21.2%</td>
</tr>
<tr>
<td>Unspecific injury</td>
<td>48.0%</td>
<td>52.0%</td>
</tr>
</tbody>
</table>

p<0.001
Figure 7. Frequency distribution of accidental falls in the domestic and leisure context by Follow up. Portugal, 2018.
Figure 8. Frequency distribution of accidental falls in the domestic and leisure context by Product/Object. Portugal, 2018.

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Thank you very much for your attention!

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