



FRAILTY AND FALL RISK STATUS OF OLDER ADULTS IN QUEZON PROVINCE

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INTRODUCTION

The Filipino aging population faces challenges like frailty and falls affecting 10-16.3% of those over 65. Falls annually cause severe injuries, worsening frailty. The government has enacted laws to aid older adults. Sacred Heart College of Lucena City, Inc., active in community health programs since 2013, assesses frailty and fall risks among 70 older adults in Quezon Province, aiming to develop interventions.

MATERIALS & METHODS

A descriptive-quantitative design was used to evaluate 70 older adults from Quezon, Philippines, who were purposively recruited for one-on-one interviews and testing using validated tools: Edmonton Frail Scale (EFS), Four-Stage Balance Test (4SBT), and 30-Second Chair Stand Test to assess frailty and fall risk, identifying demographic factors.

RESULTS

Seventy older adults underwent assessment including the Edmonton Frail Scale (EFS), Four-Stage Balance Test (4SBT), and 30-Second Chair Stand Test. Most were female (76%), had elementary education (74%), and reported a family income of less than ₱10,597 (87%). Eighty nine percent lived with relatives, and 64% reported no falls in the past year. Results showed that 52% were non-frail according to the EFS, while 63% and 49% were not at risk for falls based on the 4SBT and 30-Second Chair Stand Test, respectively.

EDMONTON FRAIL SCALE (EFS)	Frequency N=70	Percentage
Not Frail (0-3)	37	52%
Vulnerable (6-7)	20	29%
Mild Frailty (8-9)	9	13%
Moderate Frailty (10-11)	4	6%

	Frequency N=70	Percentage
FOUR-STAGE BALANCE TEST		
Not at Risk for Fall (>10 secs)	44	63%
Risk for Fall (<10 secs)	26	37%
30-SECOND CHAIR STAND		
No Risk for Fall (above average)	34	49%
Risk for Fall (below average)	36	51%

Figure 1: Frail Assessment Score
Figure 2: Risk for Fall Assessment Score

DISCUSSION

The 2020 Census and this study highlight challenges for Filipino older adults, including financial strain and a high fall incidence. Despite resilience, vulnerabilities persist, tied to age, education, and income. Engagement in activities like Zumba enhances well-being, but age-related frailty risks require attention to factors like nutrition and socio-economic status. Research by van Gameren et al. (2022), Fogg et al. (2022), and others stress the link between frailty and falls, affected by modifiable factors such as cognitive impairment and physical inactivity.

CONCLUSION & RECOMMENDATION

Predominantly female older adults aged 65 to 84, with elementary education and low income, reside with relatives and report minimal falls. Though many were not frail, a notable proportion showed vulnerability, and some faced increased fall risk. Tailored interventions, emphasizing physical activity and addressing modifiable risk factors, are essential. Future research should delve into socioeconomic influences and implement multifaceted interventions to promote healthy aging.

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BIOSKETCH

The researchers are clinical instructors from Sacred Heart College of Lucena City, Inc., and are actively involved in the community outreach program especially among special population group. They are the brains behind the establishment of the first-ever wellness center for older adults situated in Barangay Barra, Lucena City in 2023.