# Elderly Knowledge of Fall Prevention at Primary Health Care Centers

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## ABSTRACT

**Background: The second-most common reason for unintentional injury deaths globally is falls. Globally, falls are an important public health threat. Education on fall hazards and behavior modification can assist to decrease the frequency of falls among the elderly.**

**Objective: The present study aimed to determine the elderly' knowledge about fall prevention, and find out the association between the elderly knowledge with their demographic characteristic.**

**Method: A cross-sectional design was carrying out in the primary health care centers at Holy Karbala City from the 19 December 2022 to 27 February 2023. A questionnaire was used to measure elderly knowledge. A non-probability "convenience" sample consisted of (200) elderly. The Statistical Package for Social Sciences (SPSS), version 26.0, program was used to analyze and interpret the data.**

**Results: About two third of elderly were females (67%), the average age for elderly refers to 65.67±3.7 years, the 34% of elderly refers to "primary school graduation", that 81.5% of elderly are unemployed\housewives. There is a significant association between elderly knowledge and their socio-demographic characteristics such as gender (r= 0.199 at P-value= 0.005), level of education, marital status and occupational status (r= 0.652, r = 0.501, r= 0.351 at P-value= 0.001 resp.).**

**Conclusion: The study concluded that the participants had fair level of knowledge about fall prevention in elderly.**

**Key words: Elderly, Fall Prevention, Primary Health Care Centers**

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