M-IFRAT (Modification of Indonesian Fall Risk Assessment tool) Sebagai Instrumen Penilai Risiko Jatuh pada Lansia di Masyarakat: Studi di Jawa Barat Tahun 2020-2021 = M-IFRAT (Modification of Indonesian Fall Risk Assessment Tools) as an Instrument for Assessing the fall risk for Older People in Community Dwelling - Study in West Java Area 2020-2021

Susiana, author

Abstrak

Cedera terkait jatuh pada lanjut usia diidentifikasi sebagai masalah kesehatan masyarakat yang memiliki konsekuensi besar dalam mempengaruhi kualitas hidup lanjut usia. Identifikasi risiko jatuh penting dilakukan dalam upaya deteksi dini dan pencegahan untuk menurunkan morbiditas dan mortalitas akibat jatuh pada lansia. Penelitian ini ditujukan untuk mengembangkan instrumen penilai risiko jatuh pada lansia di masyarakat, dengan memodifiksi instrumen IFRAT (Indonesian Fall Risk Assessment Tool) yang pernah dikembangkan sebelumnya, namun memiliki nilai akurasi yang rendah. Instrumen Modifikasi IFRAT mengidentifikasi risiko jatuh secara multifaktor meliputi status sosiodemografi (umur jenis kelamin, wilayah tempat tinggal), faktor instrinsik (riwayat jatuh seblumnya, riwayat penyakit kronis, depresi, inkontinensia, gangguan penglihatan, gangguan pendengaran dam gangguan keseimbangan) dan faktor ekstrinsik (lingkuran tempat tinggal dan konsumsi obat).

Hasil penelitian ini mengidentifikasi prevalensi jatuh pada lansia dalam satu tahun terakhir sebesar 20% dan prevalensi jatuh selama monitoring ssebesar 12,5%. Instrumen M-FRAT memiliki akurasi yang baik berdasarkan nilai Receiver operating characteristic sebesar 0.76; 95%CI (0,688 – 0,824), dengan sensitifitas 71,15% dan spesifisitas 73,26%. Hasil uji kepraktisan menunjukkan bahwa instrumen M-IFRAT dapat diterima dan digunakan di lapangan. Dapat disimpulkan bahwa instrumen M-IFRAT akurat dan praktis untuk menilai risiko jatuh pada lansia di masyarakat.
.....Fall-related injuries in the elderly are identified as a public health problem that has major consequences in affecting the quality of life of the elderly. One in four elderly people fall every year. Early detection of fall risk is useful in primary prevention efforts to reduce morbidity and mortality in the elderly caused by fall. This study is aimed at developing an instrument for assessing the risk of falls in elderly living in the community dwelling, by modifying the former instrument called IFRAT (Indonesian Fall Risk Assessment Tool) that has a low accuracy level. The Modified IFRAT identifies the risk of falling in a multifactorial approach including sociodemographic status (age, gender, region of residence), intrinsic factors (previous fall history, history of chronic disease, depression, incontinence, visual impairment, hearing loss and balance disorders) and extrinsic factors (home environment hazard and medication).

The study identified the prevalence of falls in the elderly in the past year by 20% and the prevalence of falls during monitoring of 12.5%. The M-FRAT instrument has good accuracy based on the Receiver operating characteristic score of 0.76; 95%CI (0.688 – 0.824), with a sensitivity of 71.15% and a specificity of 73.26%. The practicality test show that the M-IFRAT is practical and acceptable to be applied in

community. It can be concluded that the M-IFRAT is accurate and practical to assess the risk of falls in the elderly in the community.