

Analysis of Dependency, Cognitive Status, and Fall Risk of Older Adults Living in Nursing Homes from a Nursing Perspective

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Abstract:

Objective: The aim of this study is to examine the dependency level, mental status, and fall risk of older individuals living in nursing homes.

Material and Method: This research is a cross-sectional and descriptive study. The universe of the research consists of older individuals living in nursing homes in Izmir, the third largest city in Türkiye, between June 20, 2025 and October 5, 2025. The sample of the research consists of 109 older people. The study was approved by the Health Research Ethics Committee of Izmir Kâtip Çelebi University, Türkiye (date:19 June 2025, approval number:0385) and written permission for the research was obtained. Data were collected using a general information questionnaire, Mini mental test, Bartel Index, Itaki Fall Risk Scale. All data were analyzed using SPSS version 26. Descriptive statistics were given as frequencies, percentages, means and standard deviations. A p value of <0.05 was considered statistically significant.

Results: The average age of the older people participating in the study was 76.81±8.24 (minimum:65, maximum:98). 57.8% of the older people participating in the study were female, 34.9% of their had primary school education, 54.1% of the older people widowed. 70.6% of the elderly have chronic diseases, 80.7% are on regular medication, 54.1% have a history of at least one fall, and 60.6% urinate at least once at night. In terms of the Mini Mental State Assessment, men ($p=0.000$), those with a single marital status ($p=0.035$), and those using an average of 0–3 medications daily ($p=0.032$) had higher Mini Mental State scores, and these findings were statistically significant. Marital status ($p=0.035$), chronic medication use ($p=0.037$), and a history of falls ($p=0.001$) had a statistically significant impact on the dependency levels of older adults. Regarding the risk of falls in older adults, the presence of a chronic disease ($p=0.000$), chronic medication use ($p=0.014$), and using 4 or more medications daily ($p=0.003$) were identified as variables that negatively and statistically significantly affected the risk of falls.

Conclusion: It has been determined that elderly individuals living in nursing homes have high levels of dependency, an increased risk of falling, and often show signs of moderate to advanced dementia.

Keywords:

Older adults, dependency level, fall risk, nursing assessment.