

V. CONCLUSION AND RECOMMENDATIONS

There is a high prevalence of injuries as a result of falling down among old adults in three of the Palestinian nurses' homes. The most frequent type of injury is fracture with a proportion of 41.2%.

The highest percentage of falling down among the studied sample of old adults was related to polypharmacology by proportion of 79.4%, while 73.5% were as a result of balance problem and the same percentage for gait disorder. In addition to the relationship between the nursing home safety measures and the prevalence of injury among old adults.

Improving nursing homes safety measures can reduce the number of falling down among old adults, regular revision of medications must be performed, and build up educational programs for the staff who are caring for old adults in order to give an optimal care for them in which it contribute in decrease the risk of falling down.

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