

COMMUNITY MULTIDIMENSIONAL FALL RISK SCREENING

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ABSTRACT

Objective: The purpose of this study was to compile a multidimensional fall risk screening tool that would be used to establish preliminary reference values for modifiable fall risk factors tested in independent community dwelling adults. Research hypotheses were investigated to determine if there would be significant differences in testing due to aging factors prior to the age of 65. A secondary objective sought to determine if age group, sex and physical activity were predictive of total physical performance. **Methods:** Evidence based compilation of a 16 component test multidimensional fall risk screen (MFRS) and subsequent community screenings of 190 adults aged 20-79 were carried out. Test results provided fall risk stratification of each participant. This cross sectional study utilized multivariate analysis and multiple regression to test the null hypotheses at p-values of $<.01$. **Results:** The MFRS proved to be an efficient measure of modifiable fall risk factors. Adults aged 20-79 demonstrated significant age related differences in physical performance on most of the component tests and on the MFRS total score of impairment. Sex and physical activity had a relationship to age associated changes but not as primary predictors. **Conclusions:** Community screening was able to identify fall risk and preclinical disability in young, middle aged and older adults. Fall risk stratification following routine multidimensional screening of modifiable physical fall risk factors can be used as a primary prevention strategy to provide the high functioning adult with information and direction on how to minimize impairments and age healthy.