

## Physical Frailty and Its Association with Fall Among Community-Dwelling Older Population

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### ABSTRACT

**INTRODUCTION:** Falling event among the older population poses serious health problems. This is due to its implications which includes decrease in physical function thus restricted their daily life activities. As part of the frailty components, presence of unsteady gait and muscle weakness contributed towards frailty being one of significant predictor of fall. **METHODS:** This was a cross-sectional study among 2324 community-dwelling older adults aimed to determine the association between physical frailty and outcome on fall. **RESULTS:** Almost one-third of the frail individuals had falls in the past 12-months (29.8%, 95%CI: 23.9, 36.5) compared to pre-frail (17.4%, 95%CI: 15.2, 19.8) and robust (12.3%, 95%CI: 9.6, 15.6). More than half of the frail individuals reported having fear of falling (55.4%, 95%CI: 48.7, 61.9) whilst only 33.9%(95%CI: 30.0, 38.1) among pre-frail and 18.8%(95%CI: 15.3, 22.8) from robust. Furthermore, frail individuals were also reported the highest prevalence of having activities not done (41.7%, 95%CI: 30.1, 54.3) and stopped doing activities due to fear of falling (36.7% 95%CI: 25.9, 49.1) with much lower prevalence for both pre-frail and robust groups. Ultimately, this study showed that being frail significantly increased the likelihood of fall approximately two-fold higher than those from robust group (aOR:1.8, 95%CI: 1.2, 2.7). **CONCLUSION:** This study showed significant association between frailty and fall among the older population. Given that fall can be fatal with potentially causing further complications thus justifies the need to incorporate safety interventions to reduce falling event mainly among those frails.

**KEYWORDS:** Frailty, fall, older population, community-dwelling

## Poor Sleep Quality Among Healthcare Workers Serving in Urban Area in Malaysia

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### ABSTRACT

**INTRODUCTION:** Poor sleep quality is the collective terms for sleep disturbances, which may result in adverse health outcomes and poor work performance. Study had shown that 57.8% of healthcare workers (HCW) in an urban hospital in Malaysia suffered from poor sleep quality, which was much higher than the general population prevalence. This study aimed to explore the prevalence of poor sleep quality among clinic based HCW and its associated factors. **METHODS:** This study was part of a community trial conducted in ten health clinics within Gombak district by using self-administered questionnaires. **RESULTS:** Majority of the 256 respondents were female (81.3%), age group of 31-40 years (49.2%), married (81.6%) and diploma holders (39.8%). The prevalence of poor sleep quality among them was 41.0%. In term of sociodemographic characteristics, respondents' age, gender, marital status, ethnicity and education level did not have any significant association ( $p>0.05$ ). As for employment characteristics, HCW who did overtime work ( $\chi^2=6.392$ ,  $p=0.011$ ) and had taken medical leave in the previous year ( $\chi^2=8.003$ ,  $p=0.005$ ) were significantly associated with poor sleep quality. The level of sleep hygiene practice among HCW, namely sleep scheduling (OR: 1.23, 95%CI: 1.15, 1.30,  $p<0.001$ ), arousal related behaviour (OR: 1.26, 95%CI: 1.19, 1.34,  $p<0.001$ ), dietary behaviours (OR: 1.19, 95%CI: 1.09, 1.30,  $p<0.001$ ), and sleep environment (OR: 1.09, 95%CI: 1.06, 1.11,  $p<0.001$ ) were significantly associated with poor sleep quality. **DISCUSSION:** The prevalence of poor sleep quality among HCW in this study is high. Intervention program such as sleep hygiene education is important to improve HCW's sleep quality to prevent negative effects due to poor sleep.

**KEYWORDS:** poor sleep quality, urban healthcare workers