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**Geriatric rehabilitation as prevention of the syndrome of falls in diseases of the vessels of the lower extremities**

**K. Prashchayeu (Dbaj)<sup>1</sup>, N. Kolyago<sup>2</sup>, D. Krylov<sup>2</sup>, Y. Manerov<sup>2</sup>**

<sup>1</sup>Architecture of Age Project, Israel

<sup>2</sup>Predictive Medicine Institute, Cyprus

**Keywords:** prevention, falls, syndrome of falls, diseases of the vessels of the lower extremities

***The aim***

To develop and to implement in clinical practice a program of geriatric rehabilitation as a prevention of the syndrome of falls in diseases of the vessels of the lower extremities.

***The methods***

The study included 148 people aged 65 to 74 years.

Group 1 – patients without falls syndrome;

Group 2 - patients with falls syndrome who refused to participate in geriatric rehabilitation programs;

Group 3 - patients with falls syndrome who participated in geriatric rehabilitation programs.

***Results***

The physical component assumed WHO recommendation for physical activity.

The mechanical component involved training in the use of canes, sticks for Nordic walking, safety shoes, etc.

The nutritional component assumed the correction of the diet for prevention of malnutrition and supplementation with IPH peptides complexes.

The pharmacological component involved deprescribing of falls' risk drugs and their combinations. The prognostic estimated prevalence of falls was: in group 3, 9.6 per 100 within a year (in group 1 - 4.4 per 100 people,  $p>0.05$ ). In group 2 this indicator was higher ( $p<0.05$ ): 140.0 per 100.

### ***Practical relevance***

The introduction into healthcare practice of the developed geriatric rehabilitation program for elderly patients with vascular diseases of the lower extremities with the presence of falls syndrome as a selection criterion makes it possible to reduce the prevalence of falls in elderly people with vascular diseases of the lower extremities and transfer patients from the zone of moderate and significant motor activity disorders to the zone of normal motor activity indicators and its mild disorders.