Predictive Factors of Trauma in the Elderly: A Systemic Review

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ABSTRACT

Introduction: Significant advances in medical and health sciences, improving the health level of society and reducing the mortality rate have increased people's lives and, as a result, led to the growth of the elderly population. In recent years, due to the significant increase in the elderly population, the vulnerability faced by this group, and the associated challenges addressing these issues has become one of the most pressing concerns today. Therefore, the present study aimed to investigate the predictors of trauma in the elderly.

Methods and Materials: In the current review, articles were searched in a targeted and extensive manner during the last five years (2017-2023) in PubMed, Google Scholar, and SID databases using the keywords “predicting factors”, “elderly”, “trauma”, and their synonyms. Articles published in Farsi and English journals that relate to the objectives of this review study, as well as their inclusion and exclusion criteria, were examined.

Results: During the search, 862 English and 60 Persian articles were found. Among these articles, 40 articles whose content was the purpose of this review were selected. After analyzing the articles and eliminating those of poor quality and relevance, a total of 17 articles were finally examined for their content. Aging can be defined as predictable and natural changes that occur in various body systems over time, ultimately leading to death. The results of the surveys have shown a significant difference in this understanding. Aging affected all major body systems as well as the functional system. Physiological changes related to age, underlying diseases, defects in vision, hearing, skeletal-muscular, nervous, and immobility systems, decreased reaction to risk factors, drug treatments, and environmental factors increased the risk of trauma in the elderly.

Conclusion and Discussion: Trauma is a significant problem in the elderly. In general, the findings of this study show that the predictors of trauma in the elderly are very scattered and diverse. However, age-related physiological changes and underlying diseases are known as the most common causes of trauma in the elderly.

Keywords: Aged, Wound and injuries, Systematic review

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