

UPNVJ Students Provide Education on Fall Risk Prevention to Dozens of Elderly People in Depok

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Public RelationsUPNVJ - A group of undergraduate students from the Physiotherapy Study Program at the Jakarta "Veteran" National Development University carried out health checks on dozens of elderly people in the Dahlia Senja elderly community, Jl. Limo Raya No.197, Limo, Limo District, Depok City, West Java on Wednesday, March 20 2024.

Taking place from 07.00 to 10.30 WIB, this health examination aims to determine whether there is a risk of falls, coordination and balance in the elderly, as well as providing education about preventing the risk of falls.

The event was attended by 34 elderly people from the Dahlia Senja Community and also attended by several lecturers, namely Mrs. Farahdina Bachtiar, S.Ft, Physio, M.Sc., AIFO, Mrs. Rabia, S.Ft., M.Biomed, and Mrs. Risa Kusuma Anggraeni, SST . M, Biomed.

The activity began with an opening by student MCs, namely Ananda Putri Rifanty and Sofia Aufa Oktafiani, and then continued with remarks from Mrs. Ratna Habsari as chairman of the Dahlia Senja Committee and Mrs. Farahdina Bachtiar, S.Ft, Physio, M.Sc., AIFO as the supporting lecturer. Geriatric Physiotherapy Management course.

After that, the event continued with providing education and preventing the risk of falls in the elderly by students, namely Cornelia Erlinda, Intan Nurayni, Gevira Afifa, Hilda Daffa', Mirna Sari, and Nila Rumiyantri.

Entering the main agenda, the UPNVJ Physiotherapy Undergraduate students carried out health checks on the elderly which consisted of checking Vital Signs and GDS, Hand Grip, TUG, and Fall Risk.

The event went smoothly, and all the elderly took part in the entire series of activities. This event also includes giving certificates, food and a group photo session.

Health examinations for the elderly are one of the activities to fulfill the assignments for the Geriatric Physiotherapy Management course at the UPNVJ Undergraduate Physiotherapy Study Program to assess the health condition of the elderly, as well as a form of community service, especially for those who are elderly.

(*wit/PRUPNVJ)



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