

A Review on Diabetic Peripheral Neuropathy and Fall Risk Least Explored Paradigm in Elderly Population Rehabilitation

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Abstract

Introduction: The elderly population faces many challenges which will affect their daily activities of daily life. Especially their balance is several compromised due to poor vision and poor proprioception which will keep them at high risk of comorbidities. Diabetic peripheral neuropathy is commonly seen in diabetes mellitus which affects sensory, motor, and biomechanical components of the lower limb. This also affects the postural sway of balance which challenges patients' stability. This review study aims to find out the literature available in highlighting the evaluation of diabetic peripheral neuropathy and postural sway and fall risk. In the elderly suffering from T2DM.

Methodology: Various databases were searched with major keywords diabetic peripheral neuropathy, fall risk, postural sway, instability,

elderly, T2DM. databases were CINHAL, PubMed, Scopus, and Web of Science. In total, 67 articles were selected and 7 articles were selected for this review.

Results: All studies found there was a significant relationship between the severity of neuropathy and postural sway and fall risk. Various clinical, subclinical, and laboratory-based tests were performed to evaluate the outcomes. There was a strong emphasis on early evaluation, diagnosis, and management of postural sway in elderly with T2DM.

Conclusion: As there is a significant relationship between postural sway and fall risk and severity of peripheral neuropathy in the elderly with T2DM, evaluating these risk factors can reduce the falls and its consequences and improve overall routine and occupational activities of daily living.

Keywords: Diabetic Peripheral Neuropathy; Elderly Population; Fall of Risk