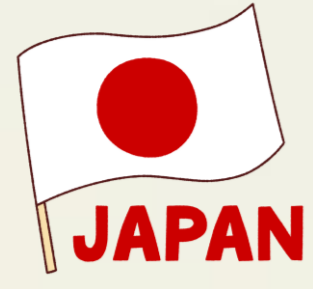


Association Between Chronic Pain and Falls Among Community-Dwelling Older Adults Attending Day-Care Rehabilitation



Day-Care Rehabilitation Center "YUI," operated by Saitama Medical Co-operative
Junko Yamaguchi, Akane Endo, Katsuhito Arai, Haruka Ishida, Kana Okuda,
Yuka Hashimoto, Ikumi Kojima, Midori Okubo, Sachiko Suzuki, Mahiro Yamaguchi

E-Mail: tsusyorehayui@gmail.com

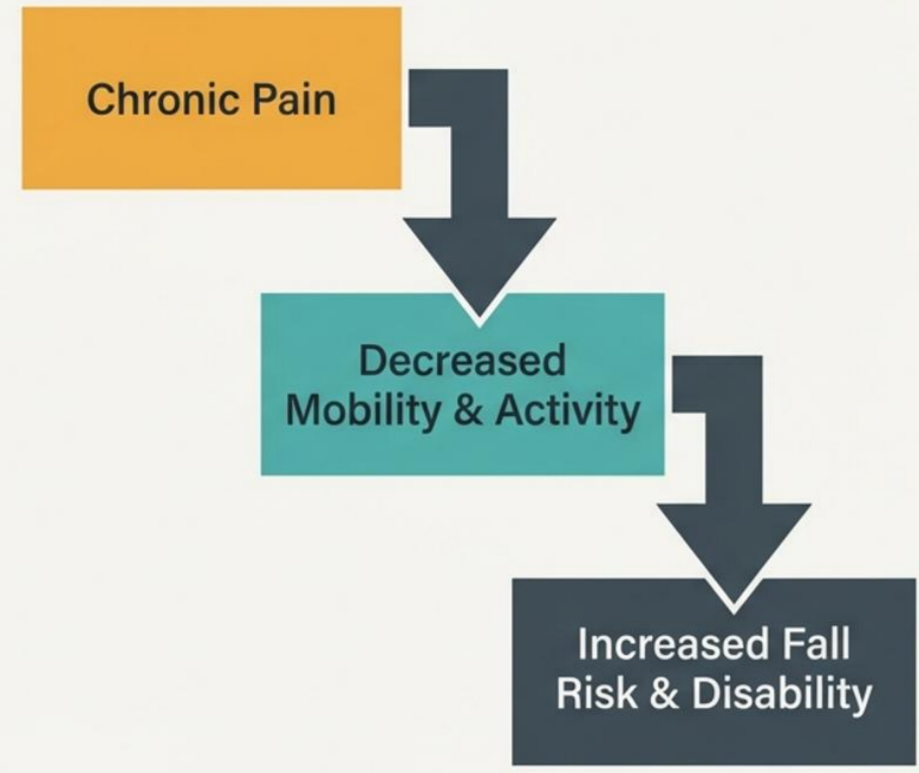
★Subject : Health promotion for older adults
★Sub-subject : Community-based health promotion interventions
★Relation to conference main theme : Mental health, stress, and anxiety

【 Keywords 】
Chronic pain / Falls
Older adults / Community rehabilitation
Cognitive behavioral therapy / Health promotion

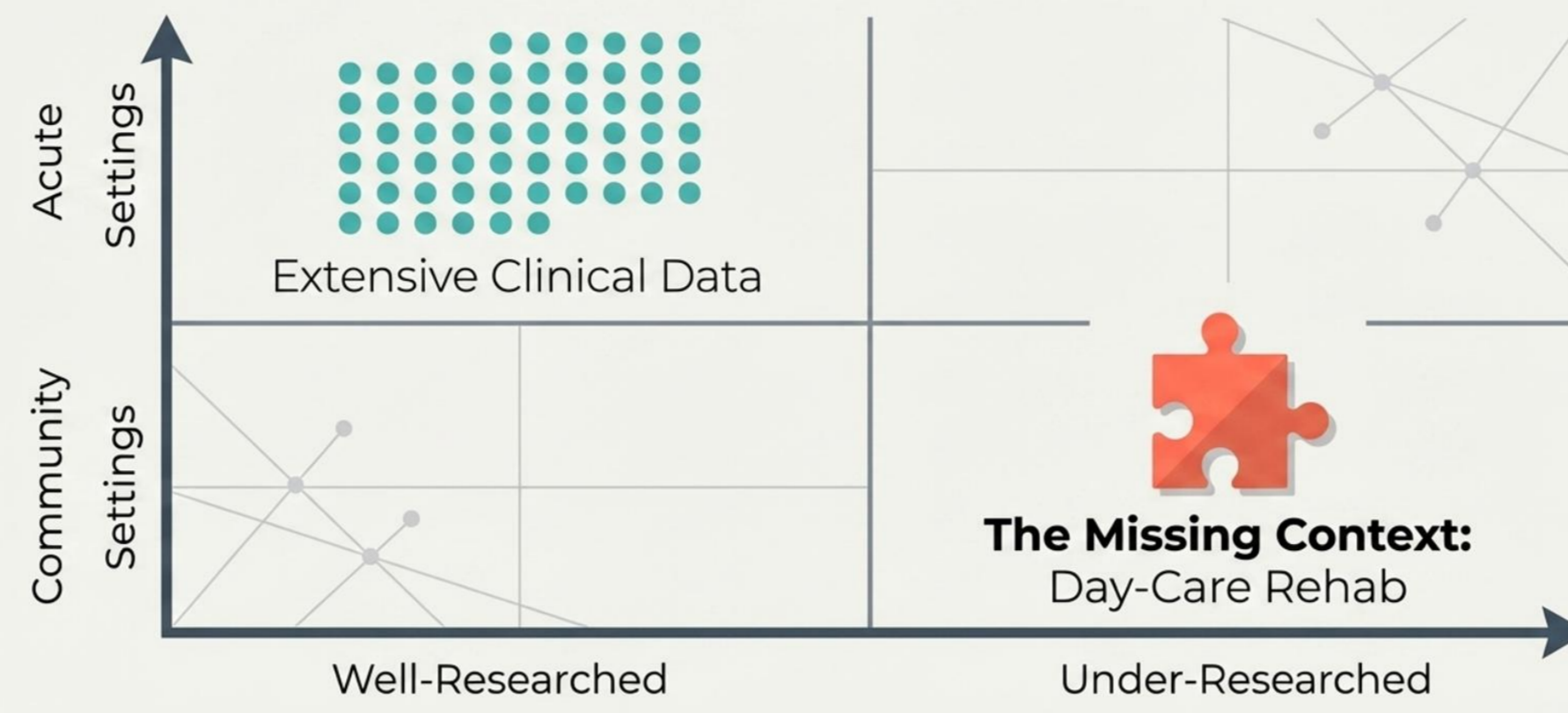
Chronic Pain is a Systemic Catalyst for Disability

22%

of adults in Japan suffer from chronic pain, with widespread patient dissatisfaction due to limited healthcare understanding.



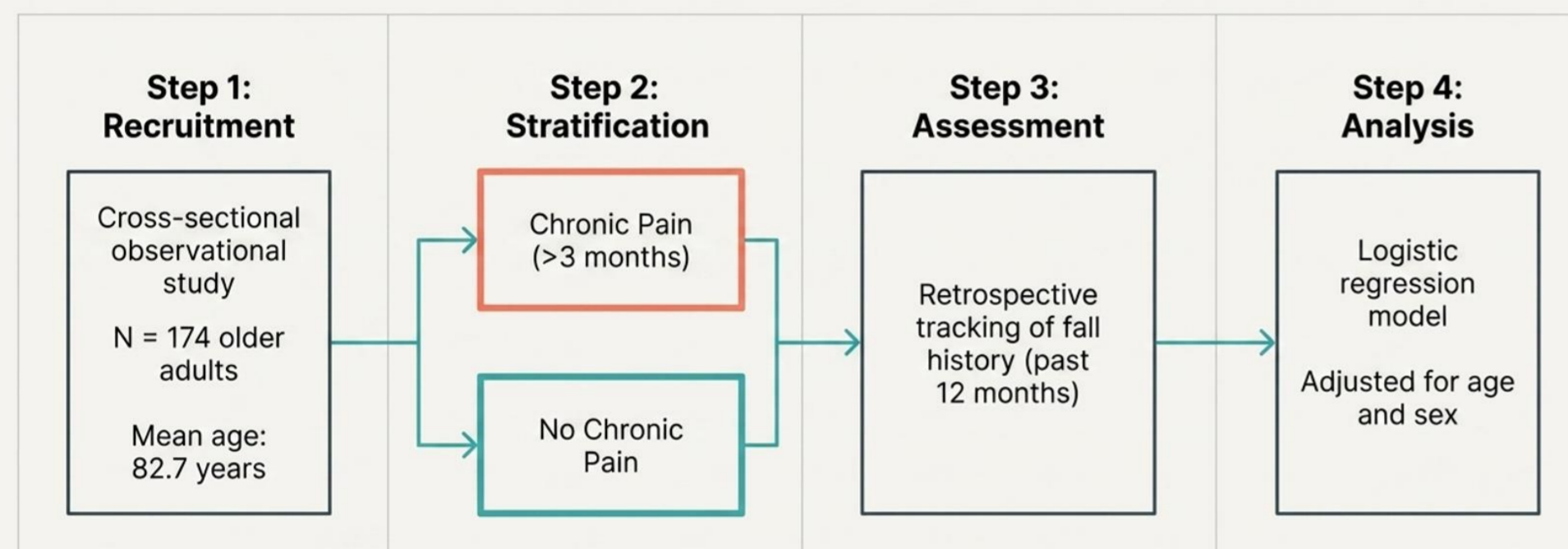
The Knowledge Gap in Community Rehabilitation



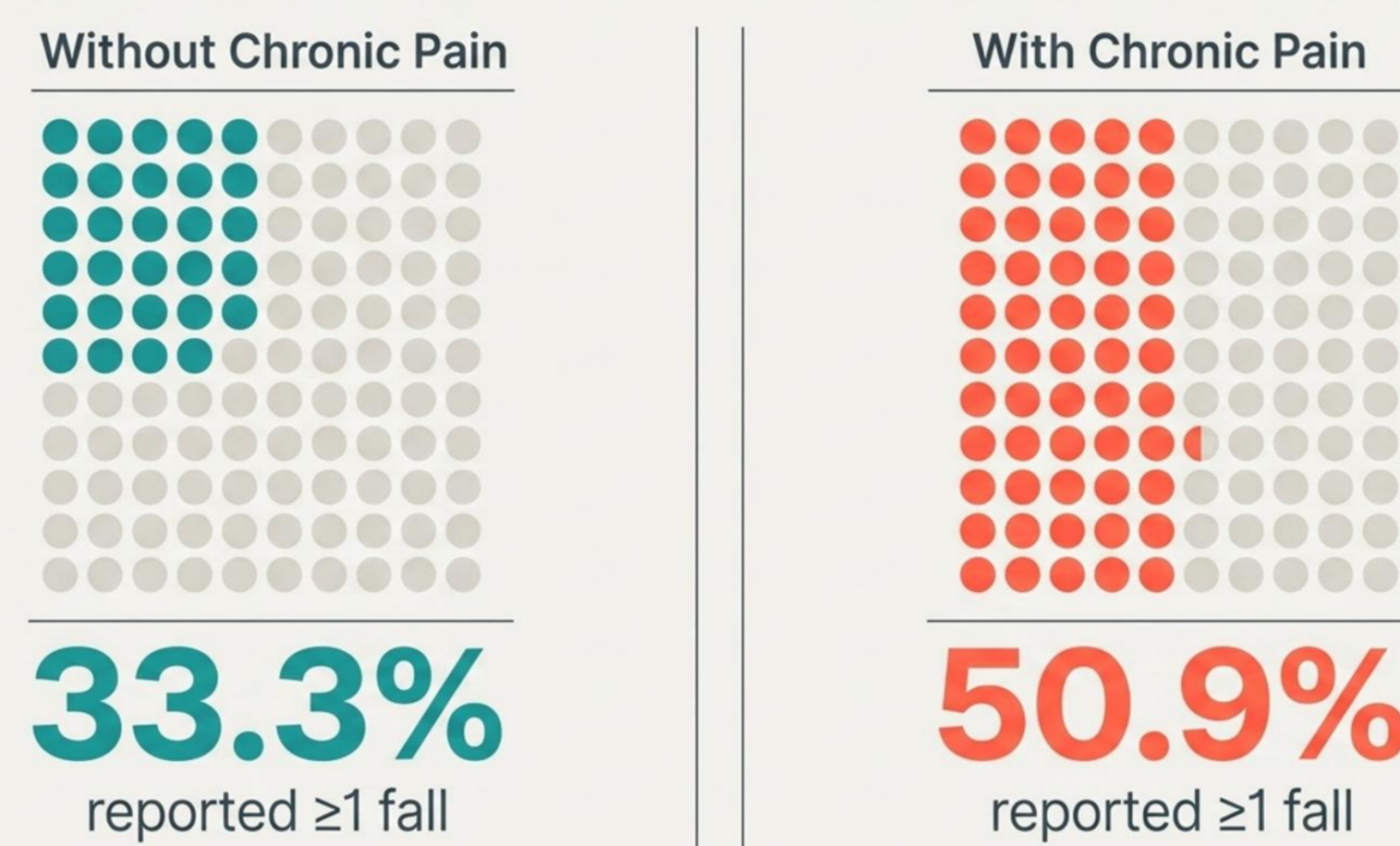
Primary Goal: Quantitatively examine the association between chronic pain and fall history.

Target Population: Older adults actively attending day-care rehabilitation services.
Operational Definition: Chronic pain defined as pain persisting for >3 months.

Cohort Stratification and Assessment Methodology



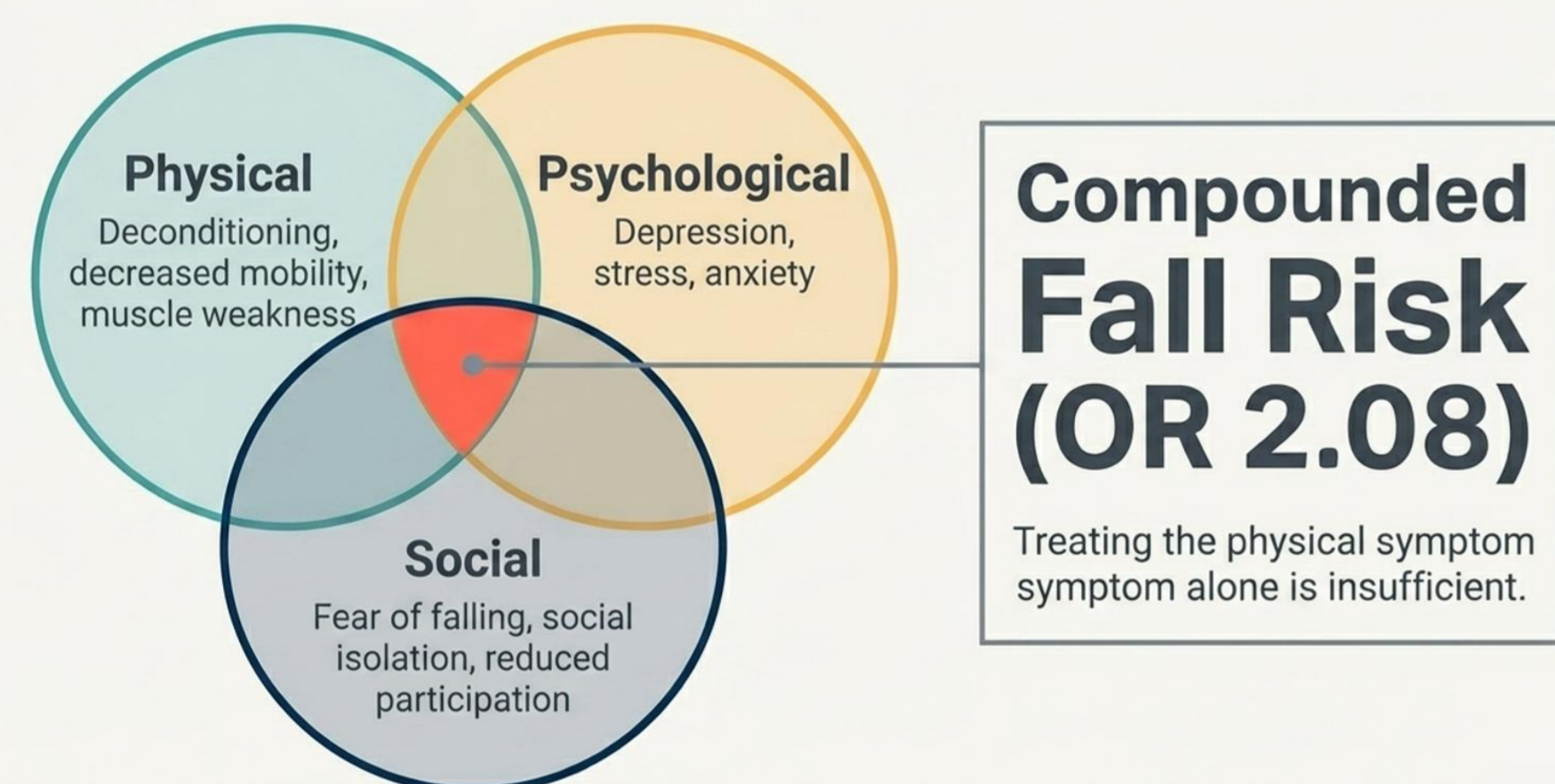
Comparative Fall Prevalence Over 12 Months



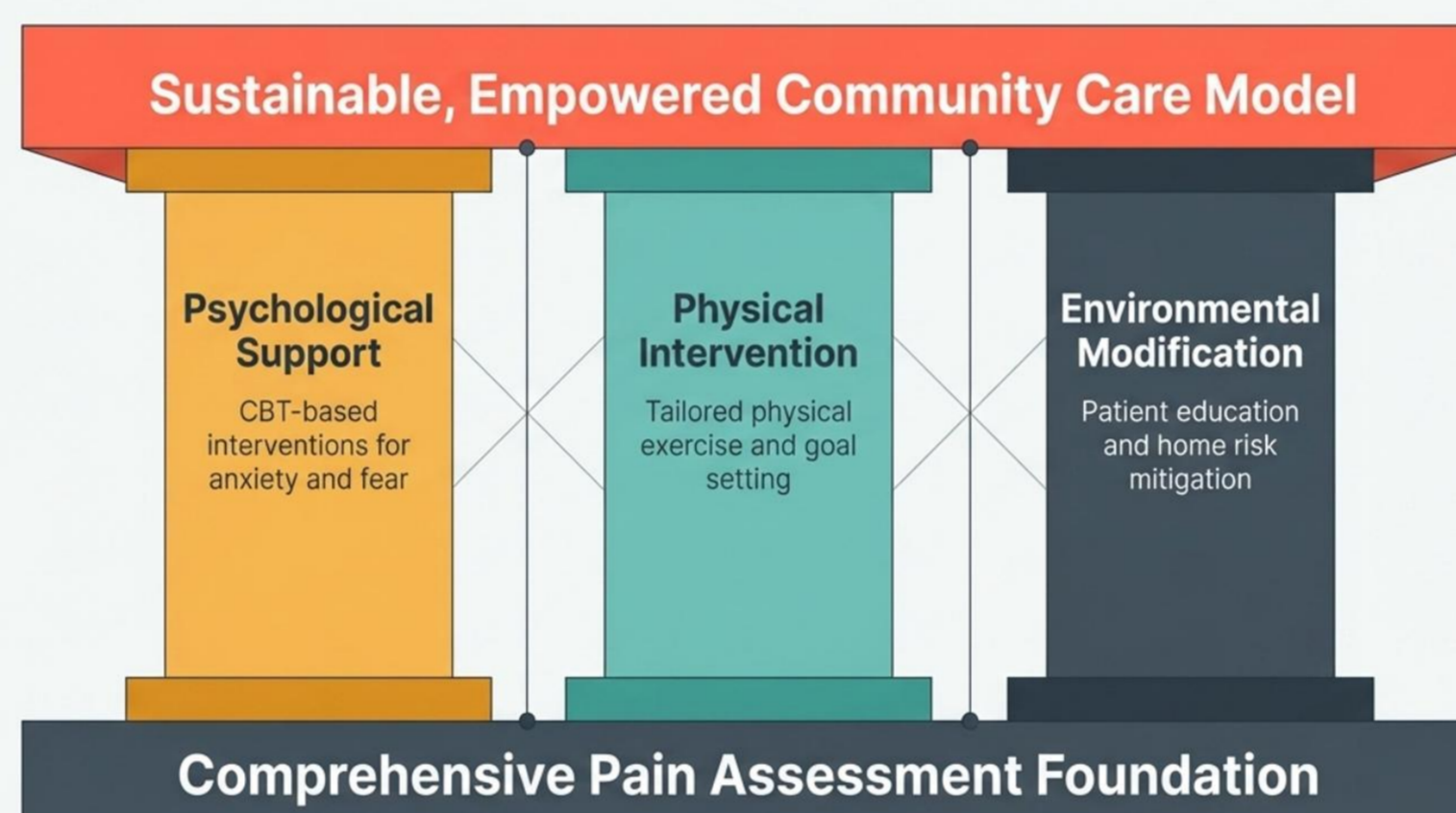
Chronic Pain Independently Doubles Fall Risk



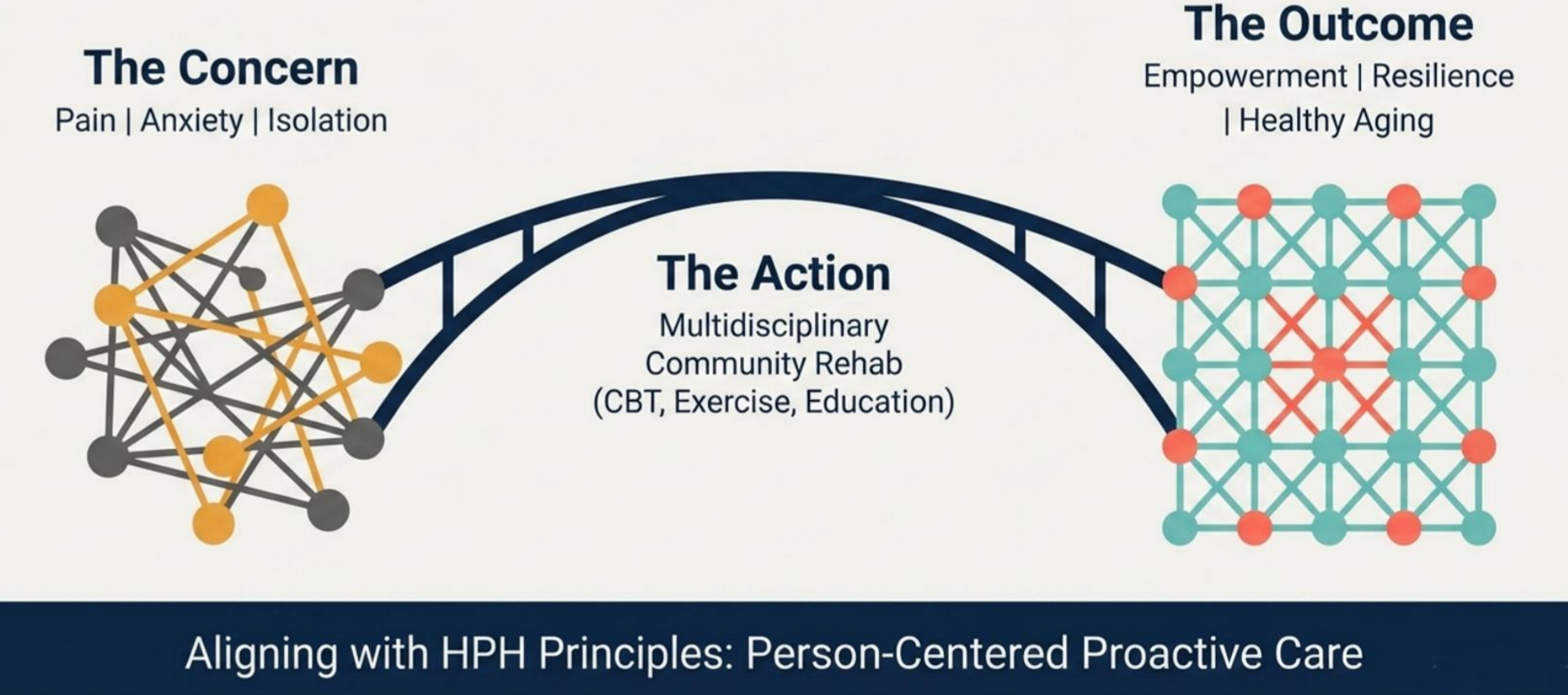
The Biopsychosocial Mechanics of Fall Risk



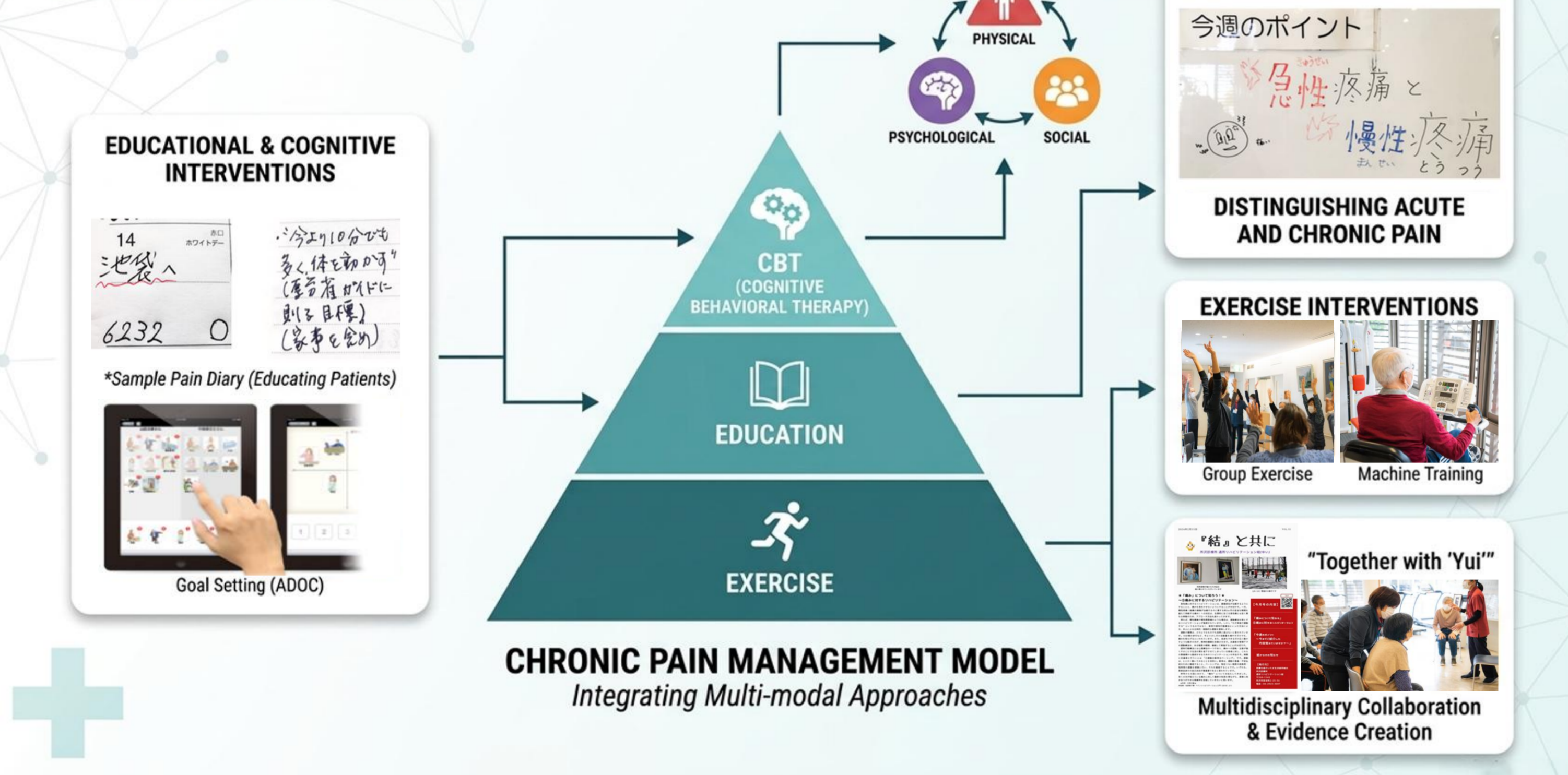
Integrating Pain Assessment into Fall Prevention Protocols



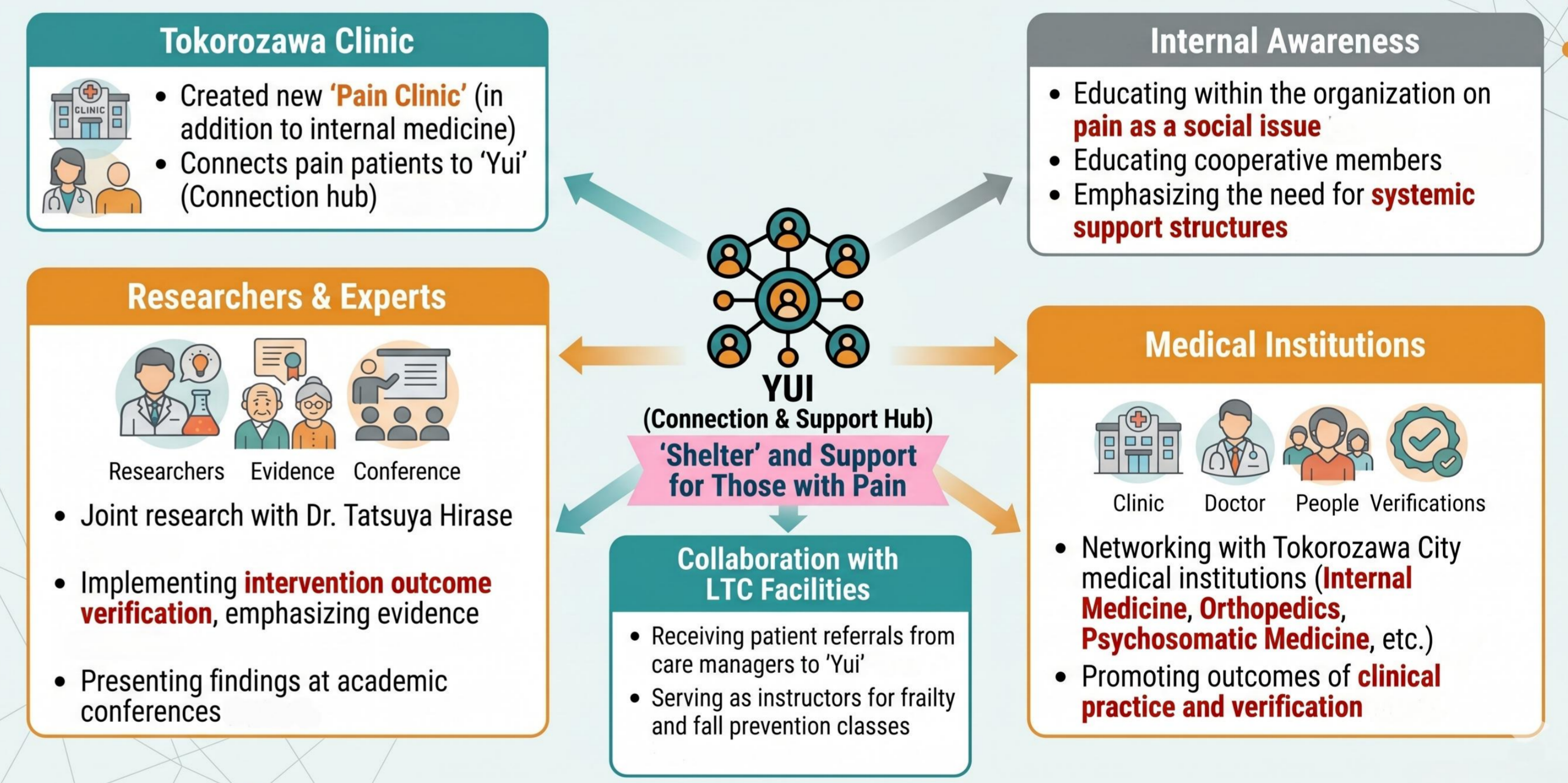
From Concern to Action in Health Promotion



CURRENT INITIATIVES



FUTURE PROSPECTS



To Every Soul on Earth: A Declaration for a Pain-Free Future

We define chronic pain not merely as a symptom, but as an "invisible barrier" that strips older adults of their dignity and leads to social isolation. Since our research reveals that chronic pain independently doubles the risk of falls (OR: 2.08), integrated pain management is a humanitarian duty to protect lives from preventable, life-altering accidents. Aligned with the HPH vision, we must build a "Global Shelter" by standardizing pain assessments, implementing the biopsychosocial model to support mental resilience, and reorienting our facilities as community hubs where individuals can once again walk with pride. By transforming pain from a solitary burden into a shared global challenge at Malmö 2026, we move "from concern to action" to create a future unbound by fear.

Collaborative Research

Fact-Finding Survey on Pain Among Community-Dwelling Frail Older Adults: Impact on Health-Related Outcomes

Research Objectives	Research Structure	Methods & Evaluation Items	Research Significance
<ul style="list-style-type: none"> Comprehensive assessment of musculoskeletal pain. Clarifying associations with falls, frailty, and dementia. Developing rehab strategies to prevent progression of care needs. 	<ul style="list-style-type: none"> Principal Investigator: Nanako Ishizaka (Graduate School, Kanagawa Univ. Human Services) Co-Investigator: Tatsuya Hirase (Associate Professor, Kanagawa Univ. Human Services) Collaborative Institutes: Tokorozawa Clinic Day-Care Rehab "Yui" Unit (Junko Yamaguchi, Akane Endo) Supporting Organizations: Kawaguchi Clinic, Oi Kyodo Clinic, etc. 	<ul style="list-style-type: none"> Target: Older adults aged 65+ (Day-care users) Design: Cross-sectional study (n≈200) Evaluation Items: Pain: NRS, PCS, TSK, GDS-15; Fall History & Fear: FES-I; Motor Function: Grip Strength, 5-Chair Stand, TUG, Gait Speed, Muscle Mass; Cognitive & Psychological: MMSE, DSST, FES-I; Activity Range: LSA, FAI; Nutrition: MNA; Sleep: PSQI; Frailty 	<ul style="list-style-type: none"> Contribution to Fall Prevention and progression prevention protocols. Leading to new strategies for community-based rehabilitation.

Generating Evidence from Research-Clinical Collaboration