

Falls with Moderate and Major Injury

Patient risk factors for FALLING in hospital (mostly measured)

- Age
- Sex
- Delirium
- Dementia
- Movement disorder
- Sensory impairment (visual or proprioceptive)
- Other functional impairment
- Other neurologic disorder
- Seizures
- Motor weakness or frailty
- Obesity
- Home/chronic medications, (i.e. antihypertensives, opioids, CNS depressants, diuretics)
- Reason for admission (urgent indication vs. elective surgery)

Mediators reflecting hospital quality (unmeasured)

- Nurse to patient ratios, nursing time at bedside
- Physical therapy or other supervised activity
- Pre-fall ambulation
- Bed in low position
- Keeping the call light and personal items in reach
- Bedside commode or nursing assistance to toilet
- Educating patient and family regarding fall risk
- Providing non-slip footwear, and floor surfaces
- Visibly identifying each applicable patient as being at risk for fall (Falling Star)

Patient risk factors for moderate or major injury GIVEN fall (measured)

- Age
- Osteoporosis (bone mineral density)
- Bone malignancy or other invasive process
- Coagulopathy or severe liver disease
- Weight loss (reduced adiposity)
- Anticoagulants

Social risk factors operate through observed patient risk factors (or hospital choice)

- Race (i.e., African-American population has higher mean BMD, lower prevalence of osteoporosis)
- Extreme poverty or unhoused status (i.e., causing inadequate nutrition, hypovitaminosis D, weight loss)