The characteristics of falls in a general acute hospital in Hong Kong
Chan V(1), To WY(1), Cheung HYH(2), Chu CK(3)
(1)Nursing Service Division, Tuen Mun Hospital, (2)Quality and Safety Division, New Territories West Cluster, (3)Medicine and Geriatrics Department, Tuen Mun Hospital

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Introduction
A recent international expert panel concluded that multifactorial fall interventions was one of the twenty-two patient safety strategies that should be encouraged for adoption by hospitals. Many have studied the circumstantial characteristics of falls overseas to help hospitals to design effective falls prevention programmes. However, similar studies in Hong Kong are scarce.

Objectives
This study investigates the characteristics of falls and factors associated to a significant injury outcome.

Methodology
The hospital committee designated on falls management reviewed the integrated data of 720 falls incidents in Tuen Mun Hospital between 01/07/2012 and 30/06/2014 captured during regular review meetings. Analyses on the characteristics and falls were performed to study the distribution and potential associations. Fall rates across gender, age groups and clinical specialties were compared.

Result
The average age of the fallers was 67.6 year old (y.o.). There were more male(58.8%) than female fallers. While the overall fall rate was 0.62, the rates across different age groups varies from 0.48 (<65 y.o.) to 0.82 (65-74 y.o.)*. Male had higher rates than female across all age groups. Only 2.3% of the fallers fell more than once. By location, 62% of all falls occurred at bedside, followed by 15.6% in toilets. Among the nursing shifts, 232 (32.2%) falls occurred in A-shift (0700-1400), 178 (24.7%) in P-shift (1400-2100), and 310 (43.1%) in N-shift (2100-0700). Three peaks were shown at 0200-0300, 0700-0800, 1200-1400 and together contributed to more than one fifth of all falls. We revealed age-dependent trends in some fall circumstantial characteristics
among female fallers. The older a female faller was, the more likely the fall occurred at bedside*, but less likely in toilet*. Similarly, the older a female faller was, the more likely the fall occurred at N-shift*, but less likely at A-shift*. Fallers’ profile across major specialties varied in age group*, gender ratio* and time of falls*. The fall rates of major specialties varied from 0.49 (oncology) to 0.92 (medicine and geriatrics). 49 (6.8%) falls led to a significant injury. Generally, older patients were more likely to sustain a significant injury after falls*. 