

Table 1. Demographics, bone health assessment, functional assessments, hospital utilisation and mortality (n=217).

	Falls protocol (FP) group	Comparator group (CG)	P value
	n=96 (44.2%)	n=121 (55.8%)	
Age, mean (SD), years	79.8 (7.3)	77.9 (8.2)	0.092
Ages, median (IQR), years	80 (74–85)	78 (71–84)	0.072
Age range, no. (%), years			
≤70	13 (13.5)	24 (19.8)	0.227
71–80	36 (37.5)	51 (42.2)	
>80	47 (48.9)	46 (38.0)	
Sex, no. (%)			
Female	59 (61.5)	62 (51.2)	0.169
Male	37 (38.5)	59 (48.8)	
BMI, no. (%)^a			
Underweight (<18.5)	15 (18.1)	4 (19.1)	0.667
Normal weight (18.5–24.9)	45 (54.2)	12 (57.1)	
Pre-obesity (25–29.9)	16 (19.3)	2 (9.5)	
Obesity (≥30)	7 (8.4)	3 (14.3)	
Frailty and bone health			
Frailty groups, no. (%)			
Non-frail (CFS 1–3)	23 (23.9)	45 (37.2)	<0.0001
Very mildly and mildly frail (CFS 4–5)	37 (38.5)	27 (22.3)	
Frail (CFS 6–9)	36 (37.5)	23 (19.0)	
Not done	0 (0)	26 (21.5)	
Osteoporosis, no. (%)			
Normal BMD	4 (4.2)	4 (3.3)	<0.0001
New osteoporosis	29 (30.2)	9 (7.44)	
Prior osteoporosis	27 (28.1)	14 (11.6)	
Osteopenia	19 (19.8)	3 (2.5)	
No BMD	17 (17.7)	91 (75.2)	
Serum vitamin D (sufficient: ≥30µg/L), no. (%)			
≥30 replete	19 (19.8)	7 (5.8)	<0.0001
20 to <30 mild deficiency	39 (40.6)	11 (9.1)	
10 to <20 moderate deficiency	30 (31.3)	10 (8.3)	

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<10 severe deficiency	4 (4.2)	2 (1.7)	
Not done	4 (4.2)	91 (75.2)	
Serum calcium (normal range 2.10–2.60mmol/L), no. (%)			
2.1 to <2.6	92 (95.8)	34 (28.1)	<0.0001
2 to <2.1	1 (1.0)	1 (0.8)	
Not done	3 (3.2)	86 (71.1)	
Bisphosphonate initiation			
New antiresorptive treatment, no. (%)			
No	67 (69.8)	112 (92.6)	<0.0001
Yes	29 (30.2)	9 (7.4)	
Prior antiresorptive treatment, no. (%)			
No	69 (71.9)	107 (88.4)	0.003
Yes	27 (28.1)	14 (11.6)	
Functional assessments			
Barthel index, no. (%)			
Independent (20)	41 (42.7)	41 (33.9)	<0.0001
Mild disability (16–19)	38 (39.5)	18 (14.9)	
Moderate disability (11–15)	12 (12.5)	9 (7.4)	
Severe disability (≤10)	4 (4.2)	6 (5.0)	
Not done	1 (0)	47 (38.8)	
IADL, no. (%)			
Independent (7)	33 (34.4)	34 (28.1)	<0.0001
Assisted (1–6)	48 (50.0)	24 (19.8)	
Dependent (0)	14 (14.6)	12 (9.9)	
Not done	1 (1)	51 (42.2)	
AMT (cognitive), no. (%)			
Normal (≥7)	59 (61.5)	46 (38.0)	<0.0001
Cognitive impaired (0–6)	31 (32.3)	13 (10.7)	
Not done	6 (6.3)	62 (51.2)	
Discharge			
Discharge destination, no. (%)			

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Changi General Hospital, Singapore	30 (31.3)	39 (32.8)	<0.0001
St Andrew's Community Hospital, Singapore	32 (33.3)	4 (3.4)	
Home	34 (35.4)	76 (63.9)	
Admission to hospital, no. (%)			
Falls, no fracture	12 (40.0)	27 (69.2)	0.027
Falls, with fracture	18 (60.0)	12 (30.8)	
Outcome measures			
Mortality, no. (%)	2 (2.1)	5 (4.1)	0.468
ED re-attendance, no. (%)			
7-day	1 (1.0)	5 (4.1)	0.231
30-day	10 (10.4)	14 (11.6)	0.831
Hospital re-admission, no. (%)			
30-day	6 (6)	11 (9)	0.612
6-month	29 (30.2)	32 (26.5)	0.547
Length of hospital stay			
Mean (SD), days	15.3 (12.4)	11.6 (13.7)	0.164
Median (IQR), days	12 (8–18)	8 (5–13)	0.013
History of fall, no. (%)			
Prior fall	68 (70.8)	50 (41.3)	<0.0001
First fall	28 (29.2)	71 (58.7)	
Fall with fracture, no. (%)			
Falls, no fracture	54 (56.2)	91 (75.2)	0.004
Falls, with fracture	42 (43.8)	30 (24.8)	

AMT: abbreviated mental test; BMD: bone mineral density; BMI: body mass index; CFS: Clinical Frailty Scale; ED: emergency department; IADL: instrumental activities of daily living; IQR: interquartile range; SD: standard deviation

P values in bold are statistically significant.

^a BMI results available only for 83 cases in FP group, and 21 cases in CG group.