

**DID YOU
KNOW**
-Patient Falls

Keeping Kidney Patients Safe

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Patient Falls

Fact	Source
If 5% of patients fall in a three-month time period, and there are 304,799 End Stage Renal Disease patients nationwide, this results in an estimated 15,240 patient falls every three months.	<i>Health and Safety Survey to Improve Patient Safety in End Stage Renal Disease</i> , page 18
40% of patients who had fallen cited weakness or dizziness as the reason for their fall.	<i>Health and Safety Survey to Improve Patient Safety in End Stage Renal Disease</i> , page 8
There is a higher hip fracture rate in Caucasian U.S. hemodialysis patients than age, sex, and race matched nonuremic patients.	Alem AM, Sherrard DJ, Gillen DL et al. Increased risk of hip fracture among patients with end-stage renal disease. <i>Kidney International</i> 58(1): 396-9.
In addition to fractures, head injuries, and lesions, falls often result in the patient becoming more cautious about future falls, leading to a reduction in physical activity. This reduction in physical activity leads to deconditioning of the patient, loss of lean tissue, and increased muscle weakness thereby increasing the likelihood of future falls.	Desmet C et al. Falls in hemodialysis patients: prospective study of incidence, risk factors, and complications. <i>Am J of Kidney Dis</i> 45(1): 148-153. Brouwer B, Musselman K, Culham E. Physical function and health status among seniors with and without a fear of falling," <i>Gerontology</i> 50(3): 135-41.
Hospitalizations and mortality increased two-fold for dialysis patients who fell once during a 3-year study period and more than tripled for those who had recurrent falls.	Balogun R, Abdel-Rahman EM. "Successful maintenance hemodialysis in nonagenarians with end-stage renal disease and pre-existing comorbidities," <i>J Am Soc Geriatr</i> (Jan 2009) 57(1):174-5.
A meta-analysis of randomized controlled trials found that supplemental vitamin D in a dose of 700-1000 IU a day reduced the risk of falling among older individuals by 19% and to a similar degree as active forms of vitamin D.	Bischoff-Ferrari HA, Hughes BD, Staehelin HB, et al., "Fall prevention with supplemental and active forms of vitamin D: a meta-analysis of randomised controlled trials," <i>Brit Med J</i> (Oct 2009) 339:b3692.
Among incident dialysis patients, 6.8% are unable to ambulate and 11.2% need assistance with daily activities.	Heung M, Adamowski T, Segal JH, Malani PN. "A successful approach to fall prevention in an outpatient hemodialysis center. <i>Clin J Am Soc Nephrol</i> 5(10): 1775-9.

