

Determinants and Warning Signs of Inpatient Falls and Fall-Related Injuries in Tertiary Hospitals, Chennai

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Abstract: ***Background:** Inpatient falls are among the most common adverse events in hospital settings and can lead to serious injuries, increased hospital stays, and higher healthcare costs. Identifying the determinants and warning signs of falls is essential for effective prevention strategies in tertiary care hospitals. **Methods & Materials:** A retrospective cohort study with an analytical case-control design was conducted at Apollo Main Hospitals, Chennai. The study included adult inpatients (≥ 18 years) who experienced falls or fall-related injuries during their hospital stay over a two-year period. Patients with falls occurring before admission, after discharge, or in outpatient settings were excluded. Data were retrospectively extracted from Electronic Health Records (EHR), fall incident reports, nursing notes, and Morse Fall Scale assessments. Key variables collected included patient demographics, clinical diagnoses, treatments, medications, environmental circumstances, and fall-related outcomes. Statistical analysis was conducted to identify significant predictors and risk factors for inpatient falls and injuries. **Results:** The Morse Fall Scale proved effective in stratifying patients into high- and low-risk categories. A higher incidence of falls was observed during night shifts and in patients with prolonged hospital stays. **Conclusion:** This retrospective analysis underscores the importance of continuous fall risk assessment and targeted intervention strategies in tertiary care hospitals. Identification of key determinants and warning signs can help formulate tailored fall prevention protocols, improve patient safety, and reduce the burden of fall-related injuries in hospitalized adults.*

Keywords: Inpatient falls, Fall-related injuries, Retrospective cohort study Case-control design , Tertiary care hospitals.

