

Impact of history of recurrent falls on risk of re-fracture and mortality: A 27-month follow-up study

Sophie Maggs, Amara Williams, Avtar Singh, Chris Edwards, Tahir Masud, Inderpal Singh*

Introduction

What we already know?

Falls are associated with fragility fractures

What are we trying to accomplish?

Association between history of recurrent falls and risk of re-fracture and mortality?

Methods

Retrospective analysis of Aneurin Bevan Fracture Liaison Service (AB-FLS)

Duration: 12 months (Jan 23 to Dec 2023)

2176 fragility fracture patients



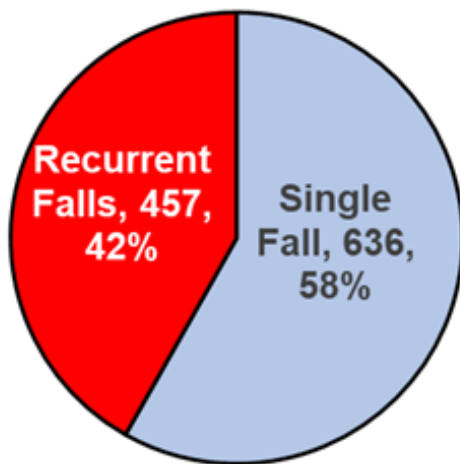
1093 included with both frequency of falls

Data analysis: Re-fracture rate and mortality

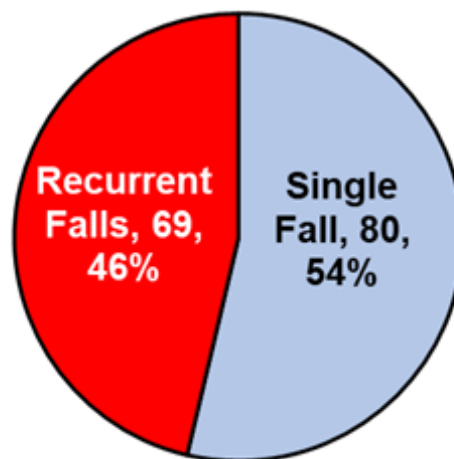
Follow-up completed until 31st March 2025

Results

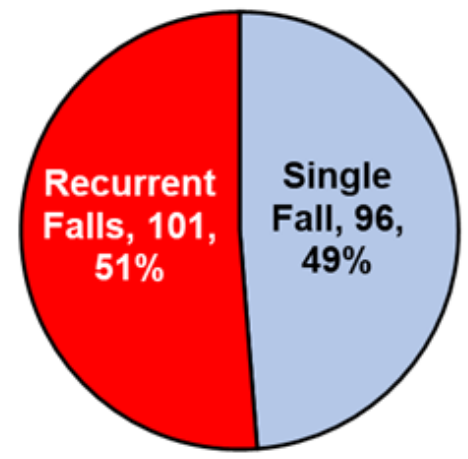
- Mean age was 79.4 ± 9.6 years (range = 50-100). Women were 77.7% (n=849).
- The mean age with single falls and recurrent falls were 79.1 ± 9.5 (50-100) & 79.8 ± 9.7 (53-100).
 - Only 5.5% (n=60) patients were admitted from care homes.



Frequency of Falls



One-year mortality rate



Significantly different overall re-fracture rate

Conclusion

AB-FLS have observed a strong association between history of recurrent falls and risk of re-fracture after 2 years.

Enhanced fall prevention and tailored follow up for fragility fracture patients, particularly those with history of recurrent falls needs to be explored further to minimise re-fracture risks and improve long-term outcomes.