

Additional file 4. Baseline characteristics and outcomes of non-hip fracture patients.

Table 1. Baseline characteristics of non-hip fracture patients.

	Usual care (N = 30)	Intervention (N = 31)	p-value
Age (years), mean (SD)	86.3 (12.7)	86.4 (9.2)	0.973
Female gender, % (N)	80.0 (24)	77.4 (24)	0.806
Age-adjusted CCI (3-37), mean (SD)	5.7 (4.3)	5.4 (2.6)	0.454
ASA score			
ASA 1, % (N)	3.3 (1)	6.5 (2)	0.573
ASA 2, % (N)	30.0 (9)	35.5 (11)	0.648
ASA 3, % (N)	56.7 (17)	60.0 (18)	0.912
ASA 4, % (N)	10.0 (3)	0.0 (0)	0.071
Polypharmacy (≥ 5 different medications), % (N)	66.7 (20)	71.0 (22)	0.717
Use of calcium/vitamin D supplements, % (N)	40.0 (12)	48.4 (15)	0.510
Use of anti-osteoporosis medication, % (N)	16.7 (5)	16.1 (5)	0.955
Living situation			
Home, % (N)	76.7 (23)	80.6 (25)	0.704
Assisted living, % (N)	6.7 (2)	12.9 (4)	0.414
Nursing home, % (N)	16.6 (5)	6.5 (2)	0.211
Functional status			
Katz ADL (6-18), mean (SD)	7.9 (4.8)	8.1 (4.4)	0.759
Barthel ADL (0-100), mean (SD)	84.6 (38.8)	80.5 (34.7)	0.435
iADL status (0-8), mean (SD)	4.8 (5.0)	4.9 (4.1)	0.882
Parker Mobility status (0-9), mean (SD)	6.9 (4.4)	7.0 (3.3)	0.770
Cognitive status Mini Cog (0-5), mean (SD)	2.6 (4.0)	2.9 (2.6)	0.487
Surgical treatment, % (N)	63.3 (19)	45.2 (14)	0.154
Time to surgery (hours), median (IQR)	34.0 (5.2)	44.0 (14.9)	0.085
Mini Nutritional Assessment (0-14), mean (SD)	10.6 (6.7)	11.3 (4.9)	0.382
BMI (kg/m ²), mean (SD)	23.7 (9.1)	24.3 (7.9)	0.618
Quality of Life (0-1), mean (SD)	0.849 (0.806)	0.773 (0.493)	0.427

Table 2. Complication rates of different types of in-hospital complications of non-hip fracture patients.

	Usual care	Intervention	p-value
In-hospital complication, % (N)	40.0 (12)	29.0 (9)	0.367
Delirium, % (N)	30.0 (9)	12.9 (4)	0.103
Congestive heart failure, % (N)	6.7 (2)	3.2 (1)	0.534
Pneumonia, % (N)	3.3 (1)	6.5 (2)	0.573
Deep venous thrombosis, % (N)	0.0 (0)	0.0 (0)	/
Pulmonary embolism, % (N)	0.0 (0)	3.2 (1)	0.321
Myocardial infarction, % (N)	0.0 (0)	0.0 (0)	/
Urinary tract infection, % (N)	13.3 (4)	22.6 (7)	0.348
Mortality, % (N)	0.0 (0)	0.0 (0)	/

Table 3. Odds ratio (OR) for the difference between intervention and usual care group of non-hip fracture patients obtained with a univariable model and bivariable models for each confounder separately.

	Odds Ratio	95% CI	p-value
Univariable model	0.61	0.21-1.78	0.369
Bivariable models with confounder:			
Age	0.60	0.20-1.81	0.367
Gender	0.61	0.21-1.77	0.363
Age-adjusted CCI	0.67	0.22 – 2.00	0.472
ASA score	0.72	0.24-2.19	0.568
Living situation	0.67	0.22-2.08	0.489
Functional status (Katz score)	0.55	0.18-1.71	0.299
Functional status (Barthel score)	0.52	0.17-1.61	0.257
iADL status	0.60	0.19-1.92	0.389
Parker mobility status	0.63	0.21-1.88	0.405
Cognitive status Mini cog	0.72	0.22-2.38	0.594
Nutritional MNA status	0.70	0.23-2.16	0.534
Fracture	0.52	0.17-1.63	0.261
QoL	0.53	0.17-1.64	0.269

Table 4. Secondary outcomes at discharge of non-hip fracture patients.

	Usual care	Intervention	p-value
Functional status			
Katz ADL (6-18), mean (SD)	12.1 (6.2)	11.0 (4.8)	0.177
Barthel ADL (0-100), mean (SD)	56.5 (41.5)	58.7 (29.1)	0.663
Functional difference			
Katz ADL difference, mean (SD)	+4.2 (5.1)	+3.0 (3.9)	0.055
Barthel ADL difference, mean (SD)	-28.1 (35.8)	-21.8 (27.2)	0.163
iADL status (0-8), mean (SD)	2.6 (3.2)	2.8 (3.1)	0.717
iADL difference, mean (SD)	-2.2 (4.2)	-2.2 (2.9)	0.894
Parker Mobility status (0-9), mean (SD)	4.7 (6.4)	3.5 (4.4)	0.137
Parker Mobility difference, mean (SD)	-2.2 (5.0)	-3.5 (4.6)	0.057
Quality of life (0-1), mean (SD)	0.462 (0.844)	0.588 (0.536)	0.213
Quality of life difference, mean (SD)	-0.392 (0.833)	-0.185 (0.549)	0.044
Cognitive status Mini Cog (0-5), mean (SD)	1.7 (3.0)	2.9 (3.0)	0.008
Mini Cog difference, mean (SD)	-0.9 (4.3)	-0.0 (3.1)	0.127
In-hospital falls, % (N)	0.0 (0)	0.0 (0)	/
Return to pre-fracture living situation, % (N)	60.0 (18)	58.1 (18)	0.878
New institutionalization, % (N)	20.0 (5/25)	20.7 (6/29)	0.950
Length of stay (days)			
Traumatology ward, median (IQR)	7 (5)	12 (8)	<0.001
In-hospital, median (IQR)	7.5 (7)	12 (8)	0.002