

# Algorithm for Fall Risk Assessment & Interventions

Patient completes *Stay Independent* brochure

## Screen for falls and/or fall risk

Patient answers YES to any key question:

- Fell in past year? If YES ask,
  - How many times? and,
  - Were you injured?
- Feels unsteady when standing or walking?
- Worries about falling?

NO to all key questions

YES to any key question

## Evaluate gait, strength & balance

- Timed Up & Go (recommended)
- 30 Second Chair Stand (optional)
- 4 Stage Balance Test (optional)

No gait, strength or balance problems\*

Gait, strength or balance problem

≥ 2 falls

1 fall

0 falls

Injury

No injury

## Conduct multifactorial risk assessment

- Review *Stay Independent* brochure
- Falls history
- Physical exam including:
  - Postural dizziness/postural hypotension
  - Medication review
  - Cognitive screen
  - Feet & footwear
  - Use of mobility aids
  - Visual acuity check

## HIGH RISK Individualized fall interventions

- Educate patient
- Vitamin D +/- calcium
- Refer to PT to enhance functional mobility & improve strength & balance
- Manage & monitor hypotension
- Modify medications
- Address foot problems
- Optimize vision
- Optimize home safety

## Follow up with HIGH RISK patient within 30 days

- Review care plan
- Assess & encourage fall risk reduction behaviors
- Discuss & address barriers to adherence

Transition to maintenance exercise program when patient is ready

Low Risk

Moderate Risk

High Risk

\*For these patients, consider additional risk assessment (e.g., medication review, cognitive screen, syncope)

