

Falls Checklist

Name.....

Date.....

	Falls Risk Identified	Suggested Actions / Care Planning Advice	Referral Options	Date Ref'd
A	History of falls	<ul style="list-style-type: none"> • Complete Falls Analysis Form to identify causes/any patterns of falls • Discuss fear of falling and realistic preventative measures; reassure, build confidence • Ensure nurse call system has easily access • Any additional aids to help with daily living? • Consider how the resident can be observed/supervised more easily • Consider assessment for hip protectors 	Physio/OT CART if 2 falls recently Falls Clinic via GP	
B	Other Disease/problems; Diabetes/postural hypotension/ syncope/dizziness/pressure ulcer	<ul style="list-style-type: none"> • If complaining of dizziness, take BP reading lying and then standing. A drop of systolic BP by 20mmHg is significant • Postural hypotension – teach how to stabilise after changing position and before walking • If unwell, feverish, short of breath – undertake urinalysis, TPR/BP – ref GP • Diabetes – feet, circulation, eyesight, blood glucose level 	Pharmacist GP Falls Clinic via GP	
C	Unsteady on feet; Gait and Balance	<ul style="list-style-type: none"> • Support client with therapy-recommended exercises/equipment • Ensure aids are well maintained (ferrules) and correct height • Promote physical activity and mobility including chair based exercise • Ensure supervision walking/transferring if need identified 	Physio/OT CART	
D	Mobility Uses assisting aids	<ul style="list-style-type: none"> • Is mobility aid appropriate & used safely? • Ensure aids are well maintained (ferrules) and correct height • Sudden change – JET (Residential homes) 	Physio/OT CART	
E	Impaired Sight/ Hearing	<ul style="list-style-type: none"> • Check glasses are the correct ones and clean. • Have they had recent eye test. Advise annual eye test • Advise caution bifocal/ varifocal glasses. • Check ear canal for wax • Check hearing aid works, is clean and fitted correctly • Adequate lighting/night light 	GP Optician/ audiologist	
F	Mental Health / Mental Capacity Neurological Disease; e.g.Stroke/parkinson's/dementia Communication difficulties	<ul style="list-style-type: none"> • Ensure call system is easily accessed • Consider movement, bed & chair sensors • Reassure, encourage, show confidence in resident • Allow time to explain and listen • Use visual signs • Promote person centred activities • Cognitive/neuro assessment • Ensure appropriate mediation and regular check-ups 	GP Pharmacist Physio/neuro CART	
G	Transfer difficulties/personal care activities	<ul style="list-style-type: none"> • Sudden change – JET (Residential homes) 	Physio/OT CART	

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H	Incontinence	<ul style="list-style-type: none"> • Access to commode / toilet • Ensure night light • Advise not to rush • Provision of appropriate aids and safe environment • Consider appropriate clothing 	DN (Continence Assessment)	
I	Medication; Taking four or more medications Started on any new drugs / dose?	<ul style="list-style-type: none"> • Identify medication to see if any associated with increased fall risk (drug guide) • Any symptoms of dizziness/drowsiness 	Pharmacist GP	
J	Nutrition/hydration Orthopaedic Problem Bone Health – osteoporosis risk General frailty? Any bone fracture since the age of 50? Family history? Taking steroids for <3 months	<ul style="list-style-type: none"> • Screen using Osteoporosis Assessment Tool • Consider requesting Calcium and Vitamin supplements or bisphosphonates • Consider dietary/fluid intake • Explain importance of healthy diet/fluid intake 	GP Dietician	
K	Alcohol: Alcohol intake linked to falls/falls risk?	<ul style="list-style-type: none"> • Raise awareness of the risk of alcohol with medications and risk of falls associated with alcohol 	GP/Nurse	
L	Feet and Footwear Any pain/ loss of sensation/problematic bunions / toe nails/corns. Unstable, loose, poorly fitting slipper/shoes worn	<ul style="list-style-type: none"> • Arrange suitable footwear with resident/relative • Discuss dangers of inappropriate footwear • Advise on suitable footwear • Check condition of feet • Consider rubber tread socks • Are they wearing shoes correctly 	Podiatrist	