

# Falls and Fracture Risk/Intervention Tool

Medical	Bone Health	Falls History	Medication	Confusion/ Cognitive Impairment	Continance	Environment	Vision/ Hearing	Foot health & Footwear	Mobility/ Balance	Nutrition & Hydration
<p>Does the patient have complex medical problems?</p> <p>Do these contribute to them falling?</p> <p>Is the patient under the care of a specialist?</p>	<p>Has the patient had a fragility fracture since the age of 50yrs?</p> <p>Does the patient have risk factors for osteoporosis?</p>	<p>Have there been previous falls?</p> <p>If yes, how many, what were the circumstances, what were they doing at the time?</p>	<p>Is the patient taking 4 or more medications or drugs which may lead to falls?</p> <p>See "Medications implicated in Falls" sheet.</p>	<p>Is the patient cognitively impaired?</p> <p>Is the patient more confused than normal?</p>	<p>Are there any continence issues?</p> <p>Ask about urge, stress or frequency?</p>	<p>Is the environment safe and suitable?</p> <p>How does the patient move and behave in their own environment?</p>	<p>Does the patient have vision or hearing impairment?</p> <p>Does this affect their activities of daily living?</p>	<p>Has the patient suitable footwear?</p> <p>Are there foot health problems?</p> <p>Does this affect their balance?</p>	<p>Is the patient unsteady or have mobility problems?</p> <p>Does the patient say they have a fear of falling?</p>	<p>Is the patient underweight or have poor food/fluid intake?</p>
<p><b>Consider?</b></p> <p>Has their medical condition changed/deteriorated.</p> <p>Does the patient feel dizzy/faint on standing?</p> <p>Does the patient have postural drop.</p> <p>Whether the patient drinks enough fluid.</p> <p>Whether a specialist is involved with their care.</p> <p>If the patient understands how to stabilise themselves on standing.</p> <p>Whether a medical need has been identified.</p>	<p><b>Consider?</b></p> <p>Whether they have had a previous fragility fracture at the age of 50yrs.</p> <p>An osteoporosis risk assessment.</p> <p>A FRAX assessment.</p> <p>Do they need a DEXA?</p> <p>Bone sparing medication.</p> <p>Dietary advice promoting a healthy diet.</p> <p>Calcium and Vitamin D supplementation.</p>	<p><b>Consider?</b></p> <p>The context and consequence of the fall.</p> <p>Whether they suffered an injury.</p> <p>Has their confidence been reduced?</p> <p>Did/do the fall(s) occur at the same time of day, after activity, after medication, during the night etc.?</p> <p>Were they able to get help unaided?</p> <p>Do they need a community alarm?</p>	<p><b>Consider?</b></p> <p>If they suffer from postural drop.</p> <p>Are they taking their medication as prescribed?</p> <p>When they last had a medication review.</p> <p>Whether the patient understands why, when, and how to take their medication.</p> <p>If they feel dizzy on standing.</p> <p>Check over-the-counter medications.</p>	<p><b>Consider?</b></p> <p>Completing an AMTS (abbreviated Mental Test Score).</p> <p>Consider age and medical condition of patient.</p> <p>Whether they have an infection.</p> <p>If the fall is medication related?</p> <p>How they function at home?</p> <p>Whether they able to take their medication as prescribed.</p> <p>Are they low in mood?</p>	<p><b>Consider?</b></p> <p>Advice re: caffeine.</p> <p>Whether the patient needs equipment.</p> <p>Advice on cleanliness.</p> <p>Whether the patient is drinking enough.</p> <p>Consider infection.</p> <p>Specific problems.</p> <p>Does it affect their Socialization?</p> <p>When do the problems occur?</p>	<p><b>Consider?</b></p> <p>Is their environment causing falls risks?</p> <p>A home safety assessment.</p> <p>Advice about home safety e.g. mop up spills, clutter, adequate lighting etc.</p> <p>Environmental adaptations.</p>	<p><b>Consider?</b></p> <p>Have they had a recent eye test?</p> <p>Do they wear the correct glasses for the job?</p> <p>How they cope independently.</p> <p>Consider illness related causes.</p> <p>Check ears for wax.</p>	<p><b>Consider?</b></p> <p>Do they have painful feet e.g. bunions, oedema?</p> <p>If they need a podiatrist.</p> <p>Wearing suitable shoes.</p> <p>Do painful feet affect their balance?</p> <p>Consider neurological problems.</p> <p>Giving information about foot care.</p>	<p><b>Consider?</b></p> <p>The "Get up and Go Test".</p> <p>Are they unsteady on their feet?</p> <p>Do they report to feeling unsteady/poor balance?</p> <p>Have they fallen as a result of their mobility?</p> <p>Have they lost their confidence?</p> <p>Can they stand without using their arms?</p>	<p><b>Consider?</b></p> <p>Do they look underweight?</p> <p>How able are they to prepare meals?</p> <p>Their fluid intake.</p> <p>How much alcohol do they drink?</p> <p>Are they able to shop independently?</p> <p>Have they recently lost weight?</p> <p>Are they over weight?</p> <p>Their BMI.</p> <p>Healthy eating advice.</p>
<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>GP for medication review.</li> <li>GP for medical review.</li> <li>Specialist for assessment/re-assessment.</li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>GP for osteoporosis review, medication review, Calcium and Vitamin D.</li> <li>Medical Specialist as identified.</li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Exercise opportunities: <b>Age UK: 01284 757758</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>GP for medication review.</li> <li>GP for medical review.</li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Assessment for social support and equipment: <b>Customer First: 0808 800 4005</b></li> <li>For alarm pendants and emergency monitoring: <b>Suffolk Careline: 0845 6007724</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>GP for medication review.</li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Assessment for social support: <b>Customer First: 0808 800 4005</b></li> <li>Assessment for mental health support: <b>Access and Assessment Team: 0300 790 0371</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>GP for medication review.</li> <li>Discuss with family.</li> <li>Assessment for social support: <b>Customer First: 0808 800 4005</b></li> <li><b>Dementia Intensive Support Team: 01284 733260</b></li> <li>Assessment for mental health support: <b>Access and Assessment Team: 0300 790 0371</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>GP for medical review.</li> <li>Continance Team for assessment: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Community Nurse: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Assessment for social support: <b>Customer First: 0808 800 4005</b></li> <li>Support groups/Voluntary groups</li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>Home safety adaptations: <b>Customer First: 0808 800 4005</b></li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Handy Van schemes.</li> <li>For alarm pendants and emergency monitoring: <b>Suffolk Careline: 0845 6007724</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>Audiology: <b>West Suffolk Foundation Trust: 01284 713507</b></li> <li>Optician.</li> <li>Support and advice: <b>Sensing Change: 01473 260030</b></li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>Podiatry: <b>01473 275204</b></li> <li>Assessment for social support: <b>Customer First: 0808 800 4005</b></li> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Local exercise groups: <b>Age UK: 01284 757758</b></li> <li>GP for medical review.</li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>Falls management/therapy interventions: <b>Care Co-ordination Centre: 0300 123 2425</b></li> <li>Local exercise groups: <b>Age UK: 01284 757758</b></li> <li>GP for medical review.</li> </ul>	<p><b>Referral Options</b></p> <ul style="list-style-type: none"> <li>Community Dietician: <b>01284 748850</b></li> <li>Assessment for social support and meals on wheels: <b>Customer First: 0808 800 4005</b></li> <li>Independent meals providers e.g. Wiltshire Farm Foods etc.</li> </ul>