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 Individualized fall interventions

- Educate patient
- Vitamin D +/- calcium
- Refer for strength & balance exercise (community exercise or fall prevention program)

Low Risk

MODERATE RISK Individualized fall interventions

- Educate patient
- Review & modify medications
- Vitamin D +/- calcium
- Refer to PT to improve gait, strength & balance

or

refer to a community fall prevention program

Moderate Risk

High Risk

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

Centers for Disease Control and Prevention
National Center for Injury Prevention and Control

STEADI Stopping Elderly Accidents, Deaths & Injuries