## Key Facts about Falls:
- 1/3 of older adults (age 65+) fall each year.
- Many patients who have fallen do not talk about it.

## This is What You Can Do:

**RITUAL:**
- Review self-assessment brochure
- Identify risk factors
- Test gait & balance
- Undertake multifactorial assessment
- Apply interventions
- Later, follow-up

### Talking with your Patient about Falls

<table>
<thead>
<tr>
<th>If you hear:</th>
<th>You can say:</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Precontemplation Stage</strong></td>
<td></td>
</tr>
<tr>
<td>Falling is just a matter of bad luck.</td>
<td>As we age, falls are more likely for many reasons, including changes in our balance and how we walk.</td>
</tr>
<tr>
<td><strong>Contemplation Stage</strong></td>
<td></td>
</tr>
<tr>
<td>My friend down the street fell and ended up in a nursing home.</td>
<td>Preventing falls can prevent broken hips &amp; help you stay independent.</td>
</tr>
<tr>
<td><strong>Preparation Stage</strong></td>
<td></td>
</tr>
<tr>
<td>I’m worried about falling. Do you think there’s anything I can do to keep from falling?</td>
<td>Let’s look at some factors that may make you likely to fall &amp; talk about what you could do about one or two of them.</td>
</tr>
<tr>
<td><strong>Action Stage</strong></td>
<td></td>
</tr>
<tr>
<td>I know a fall can be serious. What can I do to keep from falling and stay independent?</td>
<td>I’m going to fill out a referral form for a specialist who can help you improve your balance.</td>
</tr>
</tbody>
</table>

For more information, go to: [www.cdc.gov/injury/STEADI](http://www.cdc.gov/injury/STEADI)
## Key Steps for Fall Prevention

1. Be proactive—ask all patients 65+ if they’ve fallen in the past year.
2. Identify & address fall risk factors:
   - Lower body weakness
   - Gait and balance problems
   - Psychoactive medications
   - Postural dizziness
   - Poor vision
   - Problems with feet and/or shoes
   - Home safety
3. Refer as needed to specialists or community programs.
4. Follow-up with patient within 30 days.

## Key Fall Interventions
- Educate patient
- Enhance strength & balance
- Manage medications
- Manage hypotension
- Supplement vitamin D +/- calcium
- Address foot problems
- Optimize vision
- Optimize home safety

### Algorithm for Fall Risk Assessment & Interventions

- **Waiting room: Patient completes Stay Independent brochure**
  - Identify main fall risk factors

- **Clinical visit: Identify fall risk**
  - Fall in past year
  - Feels unsteady when standing or walking
  - Worsens by 24 on Stay Independent brochure

- **Evaluate gait, strength & balance**
  - Timed Up & Go
  - 30-Sec Chair Stand
  - 4 Stage Balance Test

- **Gait, strength or balance problem**
  - No gait or strength or balance problems
  - 0 falls in past year
  - 1 fall in past year
  - ≥2 falls or fall injury

- **Determine circumstances of fall**
  - Conduct multifactorial risk assessment
  - Review: Injury, Falls history, Physical exam, Postural hypotension screening, Medication screening, Use of mobility aids, Visual activity check

- **Implement key fall interventions**
  - Educate patient
  - Enhance strength & balance
  - Improve functional mobility
  - Manage & monitor hypotension
  - Address foot problems
  - Vitamin D +/- calcium
  - Optimize vision
  - Optimize home safety

- **Patient follow-up**
  - Review patient
  - Assess & encourage compliance with recommendations
  - Discuss & address barriers to adherence