PRIMARY CARE GUIDE TO FALLS PREVENTION

ANNUAL EXAM PROCEDURES
• Always ask your patient if he/she has fallen in the past 12 months
• Assess patients gait for slower walking and/or small steps
• Encourage regular exercise as tolerated
• Conduct appropriate falls risk assessments

ASSESSMENT INDICATING FALL RISK
• ABC Score below 67%
• Five Time Sit To Stand (FTSTS) Score above 12 Seconds
• Timed Up and Go (TUG) Score above 14 seconds
• Gait Speed
  Male age 70’s > 3.08 ft/sec
  Female age 70’s > 2.79 ft/sec

REFERRAL TO PT/OT
• If significant strength, balance impairments or gait deficits are present
• If assistive devices are not used properly
• If any of the Assessments indicate falls risk

FEET
• Check feet thoroughly
• Encourage patient to wear proper footwear
• Assess patient for neuropathy and treat as needed

MEDICATION
• Review medications for sedatives, anti-depressants, anti-seizure, anti-hypertensive as they are associated with falls
• Treat cognitive deficits with medication as appropriate

LIVING ALONE
• Ask your patient if he/she lives alone
• Alert specialists or other referrals if patient does live alone