

# 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

## FEET

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

## 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**

## MEDICATION

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

## REFERRAL TO PT/OT

- If significant strength, balance impairments or gait deficits are present
- Is assistive devices are not used properly
- If any of the Assessments indicate falls risk

## LIVING ALONE

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