

## Falls Risk Factors, Assessment and Guidance

Risk Factor	Assessment	Treatment/Referral
Previous fall	Review incident(s) Identify precipitating factors	Discuss/Treat/Refer & address fear of falling
Previous fracture	Osteoporosis assessment	Discuss/Treat/ Refer
Balance, gait or mobility problems	Establish areas of concern	Discuss/Treat/ Refer to Physiotherapy
Multiple medications	Review medication	Discuss, reduce/change if possible
Cognitive impairment or depression	Establish the extent to which the client is affected	Follow pathways for depression in older people or dementia
Foot or footwear problems	Establish extent of problem	Discuss/Treat/ Refer to Podiatrist 020 8349 6441
Dizziness	Explore cause and check for postural hypotension (>20mm Hg drop in systolic or standing <90)	Discuss/Treat/ Refer Elevation of head of bed Reassess medication
Visual impairment	Refer to Optometrist or Eye Clinic 020 8???? ???? ?	Discuss/Refer to Sensory Impairment Team 020 8359 3623
Hearing impairment	Check for Earwax Is the hearing aid working?	Discuss/Treat/Refer to Hearing or ENT clinic and/or Sensory Impairment Team
Continance problems	Identify cause if possible Identify extent of problem	Discuss/Treat/Refer to Continance Advisor 020 8349 6341
Weight loss - 5% of body weight over 1 month	Undertake further evaluation	Discuss/Treat/Refer Involve carer as appropriate
Unable to transfer safely	Discuss with client & carer	Advise on Safety Equipment or Refer to OT 020 8???? ???? ?
Environmental hazard	Discuss with client & carer	Discuss Environmental Safety Refer to OT if appropriate
Lifestyle issues (Alcohol/ Drug misuse/ Exercise / Smoking)	Discuss with client	Advise and refer as appropriate See PCT Drug & Alcohol services <b>Stop Smoking Service 0800 32 82 784</b>

**Those at high risk of falling** i.e. someone that has had

- Multiple falls
- Unexplained or unresolved falls
- A single fall with multiple risk factors

**should be referred to the Falls Clinic**  
020 8349 6359/52 (FMH Day Hospital) or 020 7749 0500 (RFH)

**For information about local services, see the Resource Pack for Falls and Osteoporosis**

**Remember**  
Carers have needs too  
Carers' Nurse 020 8732 6783 or Barnet Carers' Centre 020 8343 9698