Algorithm for Fall Risk Assessment & Interventions

Waiting room: Patient completes *Stay Independent* brochure

Identify main fall risk factors

Clinical visit: Identify patients at risk

- Fell in past year
- Feels unsteady when standing or walking
- Worries about falling
- Scored ≥4 on *Stay Independent* brochure

No to all

- Educate patient
- **Refer to community exercise, balance, fitness or fall prevention program**

Evaluate gait, strength & balance

- Timed Up and Go
- 30-Sec Chair Stand
- 4 Stage Balance Test

No gait, strength or balance problems

Gait, strength or balance problem

≥2 falls or a fall injury

1 fall in past year

0 falls in past year

- Educate patient
- **Refer for gait and/or balance retraining or to a community fall prevention program**

Determine circumstances of latest fall

Determine circumstances of fall

Conduct multifactorial risk assessment

- Review *Stay Independent* brochure
- Falls history
- Physical exam
- Postural dizziness/ postural hypotension
- Cognitive screening
- Medication review
- Feet & footwear
- Use of mobility aids
- Visual acuity check

Implement key fall interventions

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

Patient follow-up

- Review patient education
- Assess & encourage adherence with recommendations
- Discuss & address barriers to adherence

STEADI Stopping Elderly Accidents, Deaths & Injuries