

# Primary Care Falls Evaluation Checklist

Assessment	Comment	Intervention
<b>HISTORY</b>		
<ul style="list-style-type: none"> <li>Number of falls</li> </ul>		
<ul style="list-style-type: none"> <li>Circumstances of falls</li> </ul>		<ul style="list-style-type: none"> <li>Suspected environmental hazards Refer to occupational therapist</li> </ul>
<ul style="list-style-type: none"> <li>Related symptoms Altered consciousness Disequilibrium Urinary frequency, urgency, nocturia</li> </ul>		<ul style="list-style-type: none"> <li>Altered conscious state Consider cardiology Consider neurology Consider urology</li> </ul>
<ul style="list-style-type: none"> <li>Assess osteoporosis risk</li> </ul>		<ul style="list-style-type: none"> <li>Treatment as per Osteoporosis Guidelines – BMD test, calcium, Vit. D</li> </ul>
<ul style="list-style-type: none"> <li>Acute medical problems</li> </ul>		<ul style="list-style-type: none"> <li>Treat all acute medical problems</li> </ul>
<ul style="list-style-type: none"> <li>Chronic medical problems</li> </ul>		<ul style="list-style-type: none"> <li>Manage all chronic medical problems to optimize function</li> </ul>
<ul style="list-style-type: none"> <li>Change in mobility level and/or use of gait aid</li> </ul>		<ul style="list-style-type: none"> <li>Consider referral to physiotherapist for education on proper technique</li> </ul>
<b>EXAMINATION</b>		
<ul style="list-style-type: none"> <li>Cognitive and mood assessment: Impaired cognition Depression</li> </ul>		<ul style="list-style-type: none"> <li>Investigate for cause, consider specific dementia treatment, manage depression to improve activity levels</li> </ul>
<ul style="list-style-type: none"> <li>Vision Corrected acuity &lt; 12/20 Bifocal use</li> </ul>		<ul style="list-style-type: none"> <li>Optometry / ophthalmological review</li> <li>Caution with bifocal use when ambulating</li> </ul>
<ul style="list-style-type: none"> <li>General condition Nutritional status, skin care Physical Endurance and muscle bulk</li> </ul>		<ul style="list-style-type: none"> <li>Dietetic advice</li> <li>Physical exercise / training</li> </ul>
<ul style="list-style-type: none"> <li>Neurological assessment Muscle strength, tone &amp; reflexes Proprioception and sensation Cerebellar function Extrapyramidal function Gait (Timed Up &amp; Go test)</li> </ul>		<ul style="list-style-type: none"> <li>Neurological diagnostic assessment</li> <li>Allied health management of identified disability – <ul style="list-style-type: none"> <li>Remediation - exercise</li> <li>Compensation (gait aids, equipment, etc)</li> </ul> </li> </ul>
<ul style="list-style-type: none"> <li>Cardiovascular Heart rate, rhythm Postural pulse &amp; BP Heart sounds</li> </ul>		<ul style="list-style-type: none"> <li>Manage orthostatic hypertension (symptomatic or &gt;20mm Hg)</li> <li>Assessment of valvular lesions, ventricular function &amp; rhythm</li> </ul>
<ul style="list-style-type: none"> <li>Feet and footwear Disturbed foot anatomy</li> </ul>		<ul style="list-style-type: none"> <li>Podiatry / orthotic advice</li> </ul>
<b>OFFICE-BASED FUNCTION ASSESSMENTS</b>		
<ul style="list-style-type: none"> <li>Timed Up &amp; Go (TUG)</li> <li>Single Leg Stance</li> <li>Sternal push test</li> </ul>		<ul style="list-style-type: none"> <li>Poor functional performance Refer physiotherapy: 1:1 / group / home based exercise program</li> </ul>
<ul style="list-style-type: none"> <li>Vestibular assessment if indicated by symptoms</li> </ul>		<ul style="list-style-type: none"> <li>Vestibular dysfunction Ear, Nose &amp; Throat specialist Falls &amp; Mobility Clinic Specialist physiotherapy</li> </ul>