

NO STUMBLES

An aid to help assess falls risk.

NHS

Wolverhampton
Clinical Commissioning Group

Normal – What is normal for the individual? Are they alert? If behaviour has changed consider infection, stroke, medication, environment and delirium.

Osteoporosis – consider bone health. If someone has osteoporosis the consequences of a fall are more severe.

Shoes and Slippers – Is footwear fit for purpose? Should be comfortable, well fitting and supportive with backs in. If someone has painful feet ask GP to consider a referral to chiropody / podiatry.

Toilet - Do they know where it is and can they get there? If getting up more than 3 times in the night to go to the toilet / experiencing urgency or frequency of urine / experiencing bowel problems, consider referral to the continence service.

Urine - Are there any signs/risks of urine infection or dehydration? What is the fluid target? Consider alternative methods of increasing intake e.g fruit, jelly, smoothies.

Medication, Medical Condition and Mobility

Some medicines that may increase falls risk include: Analgesia / sedatives / blood pressure tablets / diabetic medication. Have they had their annual medication review? Are their medical conditions being managed as well as they can be? Are walking aids in reach & fit for purpose? Are wheelchairs serviced regularly and used appropriately?

Beds, Bells and Blood Pressure - Consider high / low bed. Is buzzer within reach? Do they recognise it? Do they experience postural hypotension or other problems with dizziness / balance? If yes ask GP to consider referral to falls clinic / vestibular clinic / physio.

Lighting – Ensure good lighting around the home. Daylight helps with orientation. Is there access to the outdoors as vitamin D absorption supports bone health.

Eyesight, Exercise and Environment – Have they had an annual eye check and wearing the correct ,clean glasses? Balance and strength exercises are recommended 3 times a week. Make use of clear signage and colour contrast. Ensure correct heights for furniture. Minimise slip hazards.

Support and Supervision - What level of supervision is required? Consider sensor alarms. We can't prevent all falls. If someone is mobile then they are at risk of falling. You need to consider and document all options.



SPACE
Safer Provision and Caring Excellence