

# Level 1

## 'Screen' for Falls or Risk of Falling for clients over 65 yrs.

Client Name: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone Number: \_\_\_\_\_

Consent Obtained: Yes ☐ No ☐

### Question 1

Ask: Client ☐ and / or Carer ☐

"In the past year have you had any fall, including a slip or trip, in which you lost your balance and landed on the floor or ground or lower level?"

☐ No → Proceed to Question 2

☐ Yes → (A) How many times did you fall in the past year? \_\_\_\_\_

(B) How did you fall? Please describe:

Activity:

Place:

Time:

☐ Single Fall → Gait & Balance Test\*(see below) - ☐ Pass → Proceed to Question 2 & 3

or

- ☐ Fail → Multi-factorial Assessment.

☐ Recurrent Falls (two or more falls in the previous year) → Multi-factorial Assessment

### Question 2

Ask Client: "Are you afraid of falling?"

☐ No (If no, proceed to question 3)

☐ Yes → Multi-factorial Assessment if considered clinically significant (Level 2)

(Significant = interfering with activities of daily living)

### Question 3

Ask Client: "Have you any difficulty with your walking or balance?"

☐ No → No further Intervention

☐ Yes → Gait and Balance and, if fail, then Multi-factorial Assessment (Level 2)

\*Gait and Balance Test (Please refer to Appendix 6 for rationale and references for Get Up and Go protocol)

The client is asked to do the following (normal mobility aid can be used):

- Client is asked to sit in a standard height arm chair (approx seat height of 46cm), arms resting on the arms of the chair
- Then he/she is asked to stand up, walk a distance of approximately 3 metres at normal pace
- Turn,
- Walk back and sit down again
- The subject wears their regular footwear and uses their customary walking aid (none, cane, or walker). No physical assistance is given.
- The observed performance is scored as steady or unsteady.

Individuals fail the test if they are unable to perform/complete the test, or have difficulty or demonstrate unsteadiness performing any component of the test

Assessor: \_\_\_\_\_

Profession: \_\_\_\_\_

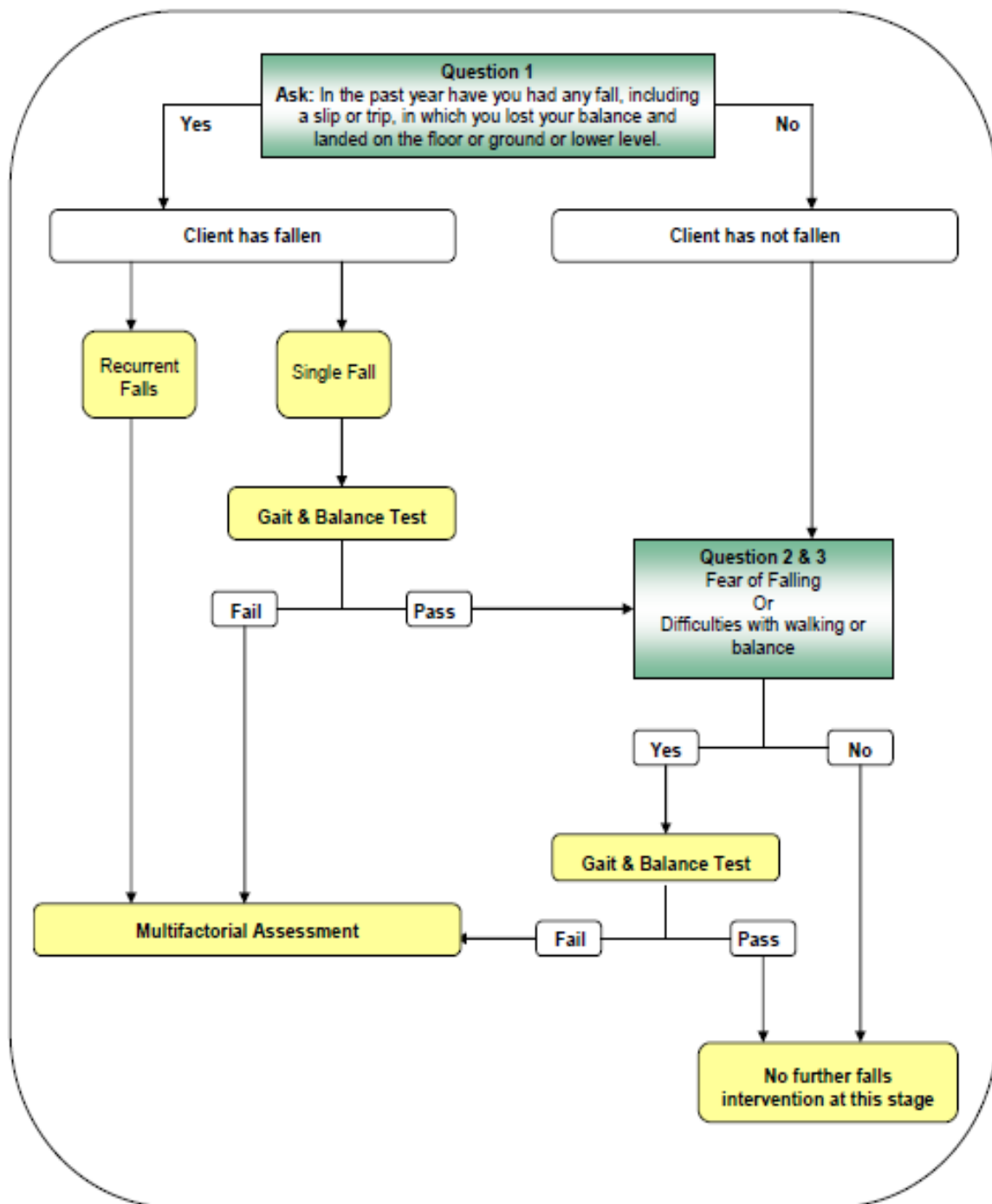
Date: \_\_\_\_\_

National Care of the Elderly and Primary Care Clinical Programmes – November 2012

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REFERENCE: HSE, Dept. of Health and Children (2008) 'Strategy to Prevent Falls and Fractures in Ireland's Ageing Population'. National Council on Aging and Older People, Report of the National Steering Group on the Prevention of Falls in Older People and the Prevention and Management of Osteoporosis throughout life. Available from www.hse.ie.

## Falls Algorithm



REFERENCE: HSE, Dept. of Health and Children (2008) 'Strategy to Prevent Falls and Fractures in Ireland's Ageing Population'. National Council on Aging and Older People, Report of the National Steering Group on the Prevention of Falls in Older People and the Prevention and Management of Osteoporosis throughout life. Available from [www.hse.ie](http://www.hse.ie).

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