

Talking with your Patient about Falls

If you hear:	You can say:
Precontemplation Stage	
Falling is just a matter of bad luck.	As we age, falls are more likely for many reasons, including changes in our balance and how we walk.
Contemplation Stage	
My friend down the street fell and ended up in a nursing home.	Preventing falls can prevent broken hips & help you stay independent.
Preparation Stage	
I'm worried about falling. Do you think there's anything I can do to keep from falling?	Let's look at some factors that may make you likely to fall & talk about what you could do about one or two of them.
Action Stage	
I know a fall can be serious. What can I do to keep from falling and stay independent?	I'm going to fill out a referral form for a specialist who can help you improve your balance.

For more information, go to:
www.cdc.gov/steady



**Centers for Disease
Control and Prevention**
 National Center for Injury
Prevention and Control

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Preventing Falls in Older Patients Provider Pocket Guide

Key Facts about Falls:

- One in four older adults (age 65+) fall each year.
- Many patients who have fallen do not talk about it.

This is What You Can Do:

RITUAL:

- R**eview self-assessment brochure
- I**dentify risk factors
- T**est gait & balance
- U**ndertake multifactorial assessment
- A**pply interventions
- L**ater, follow-up

STEADY Stopping Elderly
Accidents, Deaths & Injuries

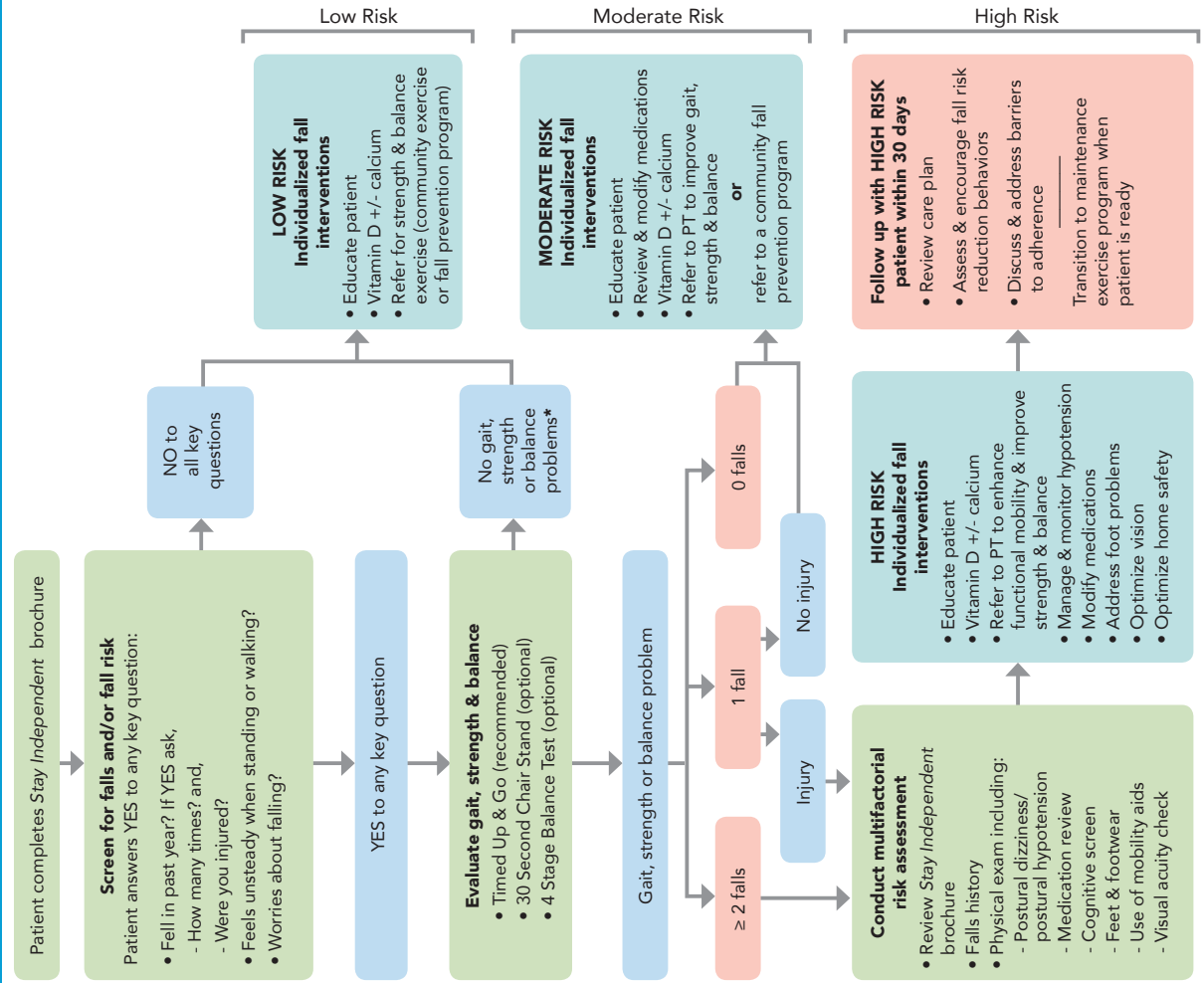
Key Steps for Fall Prevention

1. Be proactive—ask all patients 65+ if they've fallen in the past year.
2. Identify & address fall risk factors:
 - Lower body weakness
 - Gait and balance problems
 - Psychoactive medications
 - Postural dizziness
 - Poor vision
 - Problems with feet and/or shoes
 - Home safety
3. Refer as needed to specialists or community programs.
4. Follow-up with patient within 30 days.

Key Fall Interventions

- Educate patient
- Enhance strength & balance
- Modify medications
- Manage hypotension
- Supplement vitamin D +/- calcium
- Address foot problems
- Optimize vision
- Optimize home safety

Algorithm for Fall Risk Assessment & Interventions



*For these patients, consider additional risk assessment (e.g., medication review, cognitive screen, syncope)