

Management of Falls in Seniors Specific Recommendations for Primary Care

Evidence-based Interventions*:

- Gait training and use of assistive devices (B)
- Review / modification of medication, especially those who take psychotropics or who use 4 or more (B)
- Exercise programs that include balance as one component (B)
- Long term exercise and balance training for recurrent fallers (B)
- Treatment of postural hypotension (B)
- Modification of environmental hazards (C)
- Treatment of cardiovascular disorders including cardiac arrhythmias (D)

Other Potential Interventions:

- Environmental modifications
- Bone strengthening medications
- Cardiovascular intervention
- Visual intervention
- Footwear interventions
- Tai Chi
- Health / behavioural education

*Denotes strength of recommendation A to D where A is highest.

There is no such thing as a trivial fall – the next one might be devastating.

Laird, R.D. and Robinson, B.E. (Eds) (2006). Falls in older adults: Evaluation and management in primary practice (3r Ed). In Tool Kit 4: *The Practicing Physician Education Project Tools for the Evaluation and Management of Geriatric Patients in Primary Practice*. Supported by the Merck Institute of Aging and Health. Retrieved, July 4, 2008, from <http://www.gericareonline.net/tools/eng/falls/index.html>.