

Three Screening Questions for Fall Risk in the Elderly Primary Care

Ask all patients ≥ 65 these three screening questions yearly:

1. Have you fallen in the past 12 months?
2. Are you afraid of falling?
3. Have you sought medical attention as a result of your fall?

Interpretation:

YES to Question 1 – single fall only –

= Perform Timed Up & Go Test to determine fall risk

If abnormal TUG – detailed falls risk assessment

YES to Question 1 (multiple falls) OR

YES to Questions 2 or 3

= detailed falls risk assessment