

Primary Care Falls Evaluation Checklist

Assessment	Comment	Intervention
HISTORY		
<ul style="list-style-type: none"> Number of falls 		
<ul style="list-style-type: none"> Circumstances of falls 		<ul style="list-style-type: none"> Suspected environmental hazards Refer to occupational therapist
<ul style="list-style-type: none"> Related symptoms Altered consciousness Disequilibrium Urinary frequency, urgency, nocturia 		<ul style="list-style-type: none"> Altered conscious state Consider cardiology Consider neurology Consider urology
<ul style="list-style-type: none"> Assess osteoporosis risk 		<ul style="list-style-type: none"> Treatment as per Osteoporosis Guidelines – BMD test, calcium, Vit. D
<ul style="list-style-type: none"> Acute medical problems 		<ul style="list-style-type: none"> Treat all acute medical problems
<ul style="list-style-type: none"> Chronic medical problems 		<ul style="list-style-type: none"> Manage all chronic medical problems to optimize function
<ul style="list-style-type: none"> Change in mobility level and/or use of gait aid 		<ul style="list-style-type: none"> Consider referral to physiotherapist for education on proper technique
EXAMINATION		
<ul style="list-style-type: none"> Cognitive and mood assessment: Impaired cognition Depression 		<ul style="list-style-type: none"> Investigate for cause, consider specific dementia treatment, manage depression to improve activity levels
<ul style="list-style-type: none"> Vision Corrected acuity < 12/20 Bifocal use 		<ul style="list-style-type: none"> Optometry / ophthalmological review Caution with bifocal use when ambulating
<ul style="list-style-type: none"> General condition Nutritional status, skin care Physical Endurance and muscle bulk 		<ul style="list-style-type: none"> Dietetic advice Physical exercise / training
<ul style="list-style-type: none"> Neurological assessment Muscle strength, tone & reflexes Proprioception and sensation Cerebellar function Extrapyramidal function Gait (Timed Up & Go test) 		<ul style="list-style-type: none"> Neurological diagnostic assessment Allied health management of identified disability – <ul style="list-style-type: none"> Remediation - exercise Compensation (gait aids, equipment, etc)
<ul style="list-style-type: none"> Cardiovascular Heart rate, rhythm Postural pulse & BP Heart sounds 		<ul style="list-style-type: none"> Manage orthostatic hypertension (symptomatic or >20mm Hg) Assessment of valvular lesions, ventricular function & rhythm
<ul style="list-style-type: none"> Feet and footwear Disturbed foot anatomy 		<ul style="list-style-type: none"> Podiatry / orthotic advice
OFFICE-BASED FUNCTION ASSESSMENTS		
<ul style="list-style-type: none"> Timed Up & Go (TUG) Single Leg Stance Sternal push test 		<ul style="list-style-type: none"> Poor functional performance Refer physiotherapy: 1:1 / group / home based exercise program
<ul style="list-style-type: none"> Vestibular assessment if indicated by symptoms 		<ul style="list-style-type: none"> Vestibular dysfunction Ear, Nose & Throat specialist Falls & Mobility Clinic Specialist physiotherapy