



integrated working

Falls risks:

Although the causes of falls can sometimes be varied and complex, the first step is to identify whether a person may be at risk of falling. Older people in contact with a health professional should be routinely asked whether they have fallen in the past year and asked about the frequency, context and characteristics of the fall (NICE 2013).

These are the most common falls risk factors:

1. An unexplained trip or fall in the past year
2. Experiencing light headedness on standing
3. Difficulty standing from a chair, toilet or bed
4. Difficulty walking with poor balance
5. Long term conditions such as depression, stroke, Parkinson's disease, dementia and diabetes
6. Taking more than 6 medications a day
7. Poor eye-sight and hearing
8. Poor diet and fluid intake
9. Unsuitable footwear and clothing
10. Home hazards such as cluttered stair ways, loose mats, worn or torn carpets etc.
11. Bladder and bowel problems
12. Excessive alcohol intake.

The National Institute for Health and Care Excellence (NICE) Guideline CG161(29) 'the assessment and prevention of falls in older people' states:

'In successful multifactorial intervention programmes the following specific components are common, against a background of the general diagnosis and management of causes and recognised risk factors:

1. strength and balance training
2. home hazard assessment and intervention
3. vision assessment and referral
4. medication review with modification/withdrawal'.

However, once you have medically assessed your patient, if you feel that they have difficulty walking, with transfers or safe use of walking aids, balance and gait problems when walking, require assessment for a walking aid, require rehabilitation following a fall e.g. to conquer fear of falling issues, environmental assessment for home hazards etc. then please refer to the Community Health Team via the Care Co-ordination Centre (CCC) on 0300 123 2425, or email a referral via suffolkcommunityhealthcare.referrals@nhs.net or via FAX to 01473 276470/1/2/3/4



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For further information see:

- [Are you at risk of falling? \(leaflet\)](#)
- [Stage 1 Falls & Fracture Screening/Case-finding Tool](#)
- [Stage 2 - review - Dec 2011 \(2\).doc](#)
- [Intervention Tool to support Stage 2 Falls and Fracture Assessment](#)