**Figure 1: Flow Chart for Falls Prevention and Injury Reduction**

**Ensure Safe Environment; Universal Falls Precautions (Recommendation 5.1)**

Screen all adults to identify those at risk for falls (Recommendation 1.1)

At minimum, screening includes:
1. history of previous falls
2. gait, balance, and/or mobility difficulties
3. use of clinical judgment

Positive screen (appears at risk)

Comprehensive assessment (Recommendation 1.2a)
- detailed history of falls
- routine assessment/history
- validated tools
- multifactorial assessment, as appropriate

Refer (Recommendation 1.2b) those with recurrent falls, multiple risk factors, or complex needs to the appropriate clinician(s) or interprofessional team

Negative screen (does not appear to be at risk)

- Maintain universal falls precautions
- Re-screen if significant change in health status

Interventions (Recommendation 2.4; Appendix G):
Implement a combination of interventions that are tailored to the person and the health-care setting to prevent falls and fall injuries

Interventions
- Provide education to person and their family (Recommendation 2.2)
- Recommend exercise interventions and physical training (Recommendation 2.5)
- Collaborate to reduce, withdraw, or discontinue medication associated with falling, as appropriate (Recommendation 2.6)
- Refer to appropriate health-care provider for advice about vitamin D supplementation (Recommendation 2.7)
- Encourage dietary interventions and strategies to optimize bone health (Recommendation 2.8)
- Consider hip protectors as an intervention for those at risk for falls and hip fracture (Recommendation 2.9)

If a person falls (Recommendation 3.1):
- Conduct a physical exam to assess for injuries; provide treatment
- Monitor for injuries that may not be immediately apparent
- Determine factors that contributed to the fall (post-fall assessment)
- Conduct further assessments; determine appropriate interventions
- Refer for physical rehabilitation and/or to support psychological well-being

Source: Created by RNAO.