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)

Negative screen (does not appear to be 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

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.