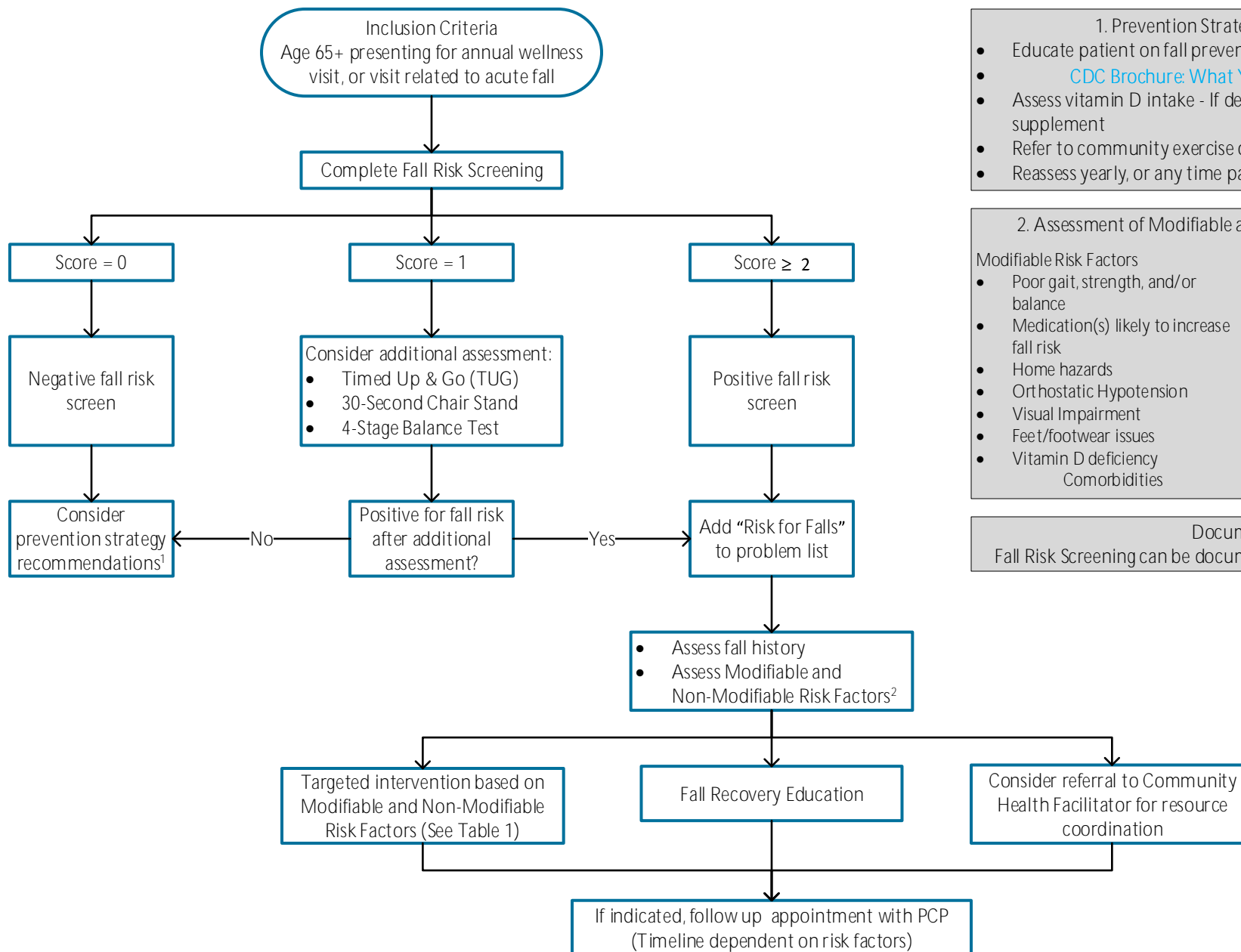


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Ambulatory Care Pathway: Geriatric Fall Prevention



1. Prevention Strategy Recommendations

- Educate patient on fall prevention
- [CDC Brochure: What You Can Do to Prevent Falls](#)
- Assess vitamin D intake - If deficient, recommend daily vitamin D supplement
- Refer to community exercise or fall prevention program
- Reassess yearly, or any time patient presents with an acute fall

2. Assessment of Modifiable and Non-Modifiable Risk Factors

Modifiable Risk Factors

- Poor gait, strength, and/or balance
- Medication(s) likely to increase fall risk
- Home hazards
- Orthostatic Hypotension
- Visual Impairment
- Feet/footwear issues
- Vitamin D deficiency
- Comorbidities

Non-Modifiable Risk Factors

- History of Falls
- History of CVA with residual deficits
- Lives alone
- Lower limb prosthesis
- Use of assistive devices (e.g. walker, cane, wheelchair)

Documentation

Fall Risk Screening can be documented in the note using .FALLRISK

Table 1: Focused Interventions for Modifiable and Non-Modifiable Risk Factors

Risk Factor	Intervention	Resources/Patient Education
Poor gait, strength and/or balance	<ul style="list-style-type: none"> • Refer for physical therapy (Consider home health vs outpatient) • Refer to evidence-based exercise or fall prevention program (e.g., Tai Chi) 	<ul style="list-style-type: none"> • Home Health Agencies • Community Activities for Seniors • Transportation Resources • Home Exercise Programs • Home Exercise Program for Fall Prevention • Home Exercise Program for Balance • Home Exercise Program for Strength
Medication(s) likely to increase fall risk	<ul style="list-style-type: none"> • Optimize medications by stopping, switching, or reducing dosage of medications that increase fall risk 	<ul style="list-style-type: none"> • Tip Sheet: Ten Medications Older Adults Should Avoid or Use with Caution (HealthinAging.org) • Beers criteria (UptoDate)
Home hazards likely	<ul style="list-style-type: none"> • Refer to occupational therapist to evaluate home safety • Refer to community assessment and/or home repair program 	<ul style="list-style-type: none"> • Home Health Agencies • Check for Safety Brochure (CDC) • Home Assessment and Repair Resources
Orthostatic hypotension observed	<ul style="list-style-type: none"> • Stop, switch, or reduce the dose of medications that increase fall risk • Educate about importance of exercises (e.g., foot pumps) • Establish appropriate blood pressure goal • Encourage adequate hydration • Consider compression stockings 	<ul style="list-style-type: none"> • Postural Hypotension, What It Is and How to Manage It (CDC)
Visual impairment observed	<ul style="list-style-type: none"> • Refer to ophthalmologist/optometrist • Stop, switch, or reduce the dose of medication affecting vision (e.g., anticholinergics) • Consider benefits of cataract surgery • Provide education on depth perception and single vs. multifocal lenses 	<ul style="list-style-type: none"> • Eye Care Resources • Transportation Resources
Feet/footwear issues identified	<ul style="list-style-type: none"> • Provide education on shoe fit, traction, insoles, and heel height • Refer to Podiatrist 	<ul style="list-style-type: none"> • Foot Care Resources
Vitamin D deficiency observed or likely	<ul style="list-style-type: none"> • Recommend daily vitamin D supplement 	
Comorbidities documented	<ul style="list-style-type: none"> • Assess cognition • Optimize treatment of conditions identified • Consider medical identification bracelet 	Medical ID Bracelets: <ul style="list-style-type: none"> • American Medical ID • Medic Alert
History of falls	<ul style="list-style-type: none"> • Provide fall recovery education 	<ul style="list-style-type: none"> • Fall Prevention and Recovery Flyer
Lives alone	<ul style="list-style-type: none"> • Consider medical alert device 	<ul style="list-style-type: none"> • Personal Emergency Response Systems • Transportation Resources
Lower limb prosthesis	<ul style="list-style-type: none"> • Ensure patient has appropriate prosthesis (functions correctly, correct fit) 	
Use of assistive devices (e.g. walker, cane, wheelchair)	<ul style="list-style-type: none"> • Educate patient on use of devices, reminder to bring with them to clinic visits 	<ul style="list-style-type: none"> • Durable Medical Equipment (DME) Suppliers

This pathway is informational and for general guidance only. It is not intended to be used as or replace actual clinical judgment.



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 Next Expected Review: Jun 2024
 For questions about this pathway, email:
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