

Clinical Falls Risk Assessment Form

NAME

DATE

For the following risk factors score 'YES' if risk factor is present, score 'NO' if risk factor is not present

| MEASURE | RISK FACTOR PRESENT | ACTION |
|---------|---------------------|--------|
|---------|---------------------|--------|

Previous Falls

| | | |
|------------------------------|----------|--|
| One or more in previous year | Yes / No | |
|------------------------------|----------|--|

Medications

| | | |
|-----------------------------------|----------|--|
| Four or more (excluding vitamins) | Yes / No | |
| Any psychotropic | Yes / No | |

Recommendation: Review current medications

Vision

| | | |
|---|----------|--|
| Low contrast visual acuity test Unable to see all of line 16 | Yes / No | |
|---|----------|--|

Recommendation: Give vision information sheet. Examine for glaucoma, cataracts and suitability of spectacles. Refer if necessary.

Peripheral Sensation

| | | |
|---|----------|--|
| Tactile sensitivity test Unable to feel 2 out of 3 | Yes / No | |
|---|----------|--|

Recommendation: Give sensation loss information sheet. Check for diabetes.

Strength/ Reaction Time/ Balance

Time (secs)

| | | | |
|--|----------|--|--|
| Near tandem stand test Unable to stand for 10 secs | Yes / No | | |
| Alternate step test Unable to complete in 10 secs | Yes / No | | |
| Sit to stand test Unable to complete in 12 secs | Yes / No | | |

Recommendation: Give strength/balance information sheet. Refer to community exercise class or home exercise program if appropriate to individual level of functioning.

| Number of risk factors | 0-1 | 2-3 | 4-5 | 6+ |
|------------------------|-----|-----|-----|-----|
| Probability of falling | 7% | 13% | 27% | 49% |

Probability Score: The patient has _____% probability of falling in the next 12 months.

QUICKSCREEN® *Brief Guide to Assessment*

LOW CONTRAST VISUAL ACUITY

- **Position** the eye chart 3 metres from the person at eye level
- **Instructions:** ask them to read from left to right, continue through the chart until no letter can be correctly identified
- Score **'Yes'** the risk factor is present if unable to read all of line 16 (third line from top) correctly and a correction of one further line 20 (second line from top) could be made if lighting is poor (i.e. testing a person in a poorly lit room at home etc).

TACTILE SENSITIVITY

- **Show** the monofilament and explain the test, allowing the person to feel it with their finger
- **Instructions:** ask the person to close their eyes and say "yes" if they feel the monofilament on their lateral malleolus. Repeat three times
- Repeat any trials which "flick off"
- Score **'Yes'** the risk factor is present if unable to feel at least 2 of the 3 trials

NEAR TANDEM STAND TEST

- **Demonstrate first** – show foot position – eyes closed for 10 seconds without moving feet
- **Support** the person as they assume the near tandem stance and use the template to ensure correct positioning of feet
- When they are steady, remove support and ask them to close eyes
- **Start timing** when eyes are closed, **stop** when eyes are opened or feet move
- Score **'Yes'** the risk factor is present if unable to stand for 10 seconds

ALTERNATE STEP TEST

- **Demonstrate first** – whole foot should be placed on the step- only a foot tap NOT a full step up
- **Stand** near the person to ensure they do not fall
- Task is to be completed as fast as possible
- Count aloud each repetition
- **Time** four repetitions per foot, alternating right and left
- **Stop timing** when the last repetition is complete and both feet are on the floor
- Score **'Yes'** the risk factor is present if unable to complete in 10 seconds

SIT TO STAND TEST

- **Demonstrate first** – remember to stand all of the way up
 - knees and hips should be fully extended
 - sit all of the way down
- Person starts with feet in line with knees and arms folded
- **Start timing** from the first movement of the shoulders
- Count aloud each of the five repetitions
- **Stop timing** when the person has completed 5 repetitions and is seated
- Score **'Yes'** the risk factor is present when unable to complete in 12 seconds.