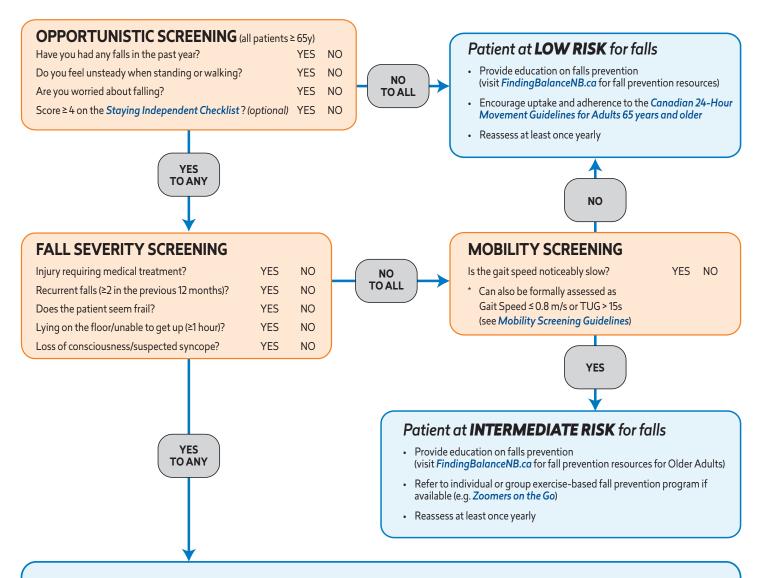
## ALGORITHM FOR FALL RISK SCREENING AND INTERVENTION





## Patient at **HIGH RISK** for falls

- Optimize the management of underlying acute and chronic medical issues. Complete a physical exam and routine labs (including B12, Vit D and TSH levels)
- Complete a medication review to deprescribe fall-risk-increasing drugs. Consider a referral to a pharmacist
- $\bullet \quad \text{Check for orthostatic hypotension with lying and standing BP, and manage if present (systolic drop \, \geq \, 20 \, \text{mm Hg or diastolic drop} \, \geq \, 10 \, \text{mm Hg})}$
- Assess and manage concerns about falling with validated tool (e.g. Staying Confident Checklist). Consider a referral for occupational therapy
  and/or cognitive behavioural therapy
- Refer to an optometrist to assess and optimize vision
- · Screen for osteoporosis and treat if present
- Refer for OT home safety assessment and modifications (e.g. EMP, outpatient or private)
- · Provide education on falls prevention (visit FindingBalanceNB.ca for fall prevention resources for Older Adults)
- · Refer to PT for gait aid assessment, and optimization of strength/balance (e.g., EMP, outpatient or private)
- Plan follow-up within 3 months to review the individualized care plan