








PreFIT Falls Risk Assessment Quick Reference Guide

EACH RISK FACTOR CHECKED	ASSESSMENT (TRAINED ASSESSOR) Q = Exploratory Questions	TREATMENT / ACTION
1. Falls history	Q Any falls in last year? Ask about context, consider potential causes & consequences.	Continue with full MFFP assessment.
2. Red flags 	Q Refer to manual. Fainting / loss of consciousness? Any dizziness? Any tongue biting or facial injury?	Consider referral to consultant led-falls service or secondary care if red flags present.
3. Gait and balance 	Conduct Timed Up and Go Test. Observe for balance problems whilst walking or turning. Observe gait: any shuffling or postural sway? Was TUGT completed within 14 seconds?	If problems with gait or balance, refer to physiotherapy for Otago strength & balance retraining programme.
4. Postural hypotension 	Q Any dizziness on rising from bed? Check radial pulse rate & rhythm. Take lying & standing BP (within 3 minutes of standing). Conduct ECG if irregular pulse or brady/tachycardia.	Advice about postural change if symptomatic. Conduct medication review. GP to assess ECGs. Refer to other services if underlying disease suspected.
5. Medication review 	Q Taking any meds to help you sleep or lift your mood? Check for any of the following: hypnotics, anxiolytics, anti-psychotics, anti-depressants. Also: BP, arrhythmia, angina, Parkinson's or prostate drugs.	Conduct full face-to-face medication review. Modify, reduce or stop culprit medications if indicated. Provide non-pharmaceutical advice for treatment of chronic conditions.
6. Vision 	Q Explore last time eyes checked. Conduct Snellen chart test on all patients. Record acuity for both eyes.	Refer to optician for eye test if no test in last 12 months. If eye disease suspected, refer to optician or ophthalmology services.
7. Foot & footwear  Podiatry	Visual inspection of feet on all patients. Check for corns, ingrowing toenails etc. Q Any problems with feet e.g. pain, numbness, any history of diabetes?	Conduct test for numbness & proprioception if indicated (numbness suspected). Refer to podiatry if indicated. Give AgeUK advice leaflet if not already received.
8. Environment hazards 	Q Any use of furniture for support when walking? Difficulty getting out of a chair or using stairs/or steps at home? Any use of walking aids?	Give safety at home Tip Sheet. Raise awareness of potential home hazards (eg. rugs, wires etc.). Remind to use lights if rising in middle of night. Refer to OT if indicated.