GP Assessment and onward referral for Falls in community

### Take falls history from patient and carer
- Check pre-existing history
- Is the patient following intervention plan?
- Has the risk increased?

### Falls history
- What was patient doing at time of falls?
- Mechanism of falls?
- Any witnesses?
- Any warning symptoms?
- Syncope?

### Suspected syncope and ‘Unexplained falls’
- If dizziness, syncope, palpitations, prior to fall do Lying and standing BP and ECG and refer to Secondary Care Clinic
- If recurrent falls and no obvious risk factors identified on multifactorial risk assessment or patient still falling despite interventions, consider referral to Secondary Care clinic

### Examine patient prior to referring
- Any new neurological impairment
- Signs of infection
- Any cardiac abnormalities
- Cognitive impairment
- Observe gait

### Request prior to referring
- FBC, U+E, LFTs, B12, folate, TSH, Calcium
- MSU if urinary symptoms

### Consider doing
- ECG
- Lying and standing BP

### Consider multifactorial risk factors for falls
- Vision (cataracts? Last eye test? Visual acuity?)
- Footwear (Appropriate? Fit well?)
- Continence (fluid intake? Overactive bladder?)
- Cognitive function (AMT? Confusion screen?)
- Consider bone health (Do FRAX. Consider starting calcium and vitamin D?)

### Referral Options Bristol:
If routine multifactorial falls risk assessment is needed:
- **Practice nurse**
  - can complete multifactorial assessment in surgery
- **Community nurses**
  - for a multifactorial falls assessment in the home
- **Intermediate care**
  - For falls associated with acute medical illness admission avoidance and multi-disciplinary rehabilitation (after medical review by GP)

**Community Therapy Services can provide:**

**Domiciliary Physiotherapy** for a full balance assessment and physical/mechanical issues related to falls, provision of strength and balance exercise programmes, walking aids and advice for carers.

**Strength and Balance groups – coming soon**

**Physiotherapy - Musculoskeletal outpatient** for post fracture management and musculo-skeletal conditions who can be seen in an outpatient clinic

**Occupational Therapy** intervention within own home for home hazard and Activity Daily Living assessment, equipment provision and advice for carers

**Falls Specialist nurse**
Specialist community nurse will assess patients at home who:
- need comprehensive geriatric assessment to establish the cause of their falls
- remain at risk of recurrent falls after initial assessment and interventions
- have complex falls risks

The nurse will refer on to other services as necessary and following discussion with the GP if needed
Referral Options South Gloucestershire:

GP
Fills out Falls Risk assessment form on EMIS

Geriatric Medical Assessment
Fax Falls Risk Assessment to 0117 4149457
Patients seen at Cossham or Southmead

Falls & Balance Exercise group + Individual sessions
Fax to 0117 3408444

Podiatry Biomechanical Central booking
Patchway Fax 0117 9698166

Occupational Therapy/Physiotherapy /nurse in the community
Call JCAP 01454 865000

Podiatry Biomechanical Central booking
Patchway Fax 0117 9698166

Referral Options North Bristol NHS Trust:

Hospital Medical Assessment of Falls at Southmead and Cossham Hospitals
- Patients with suspected syncope or with unexplained symptoms of dizziness
- Patients with recurrent falls where a cause has not been found despite performing a multi-factorial falls risk assessment or patient is falling despite interventions put in place to manage risks

For NBT Hospital Medical Assessment for Falls clinic, do not refer patients to who only need physiotherapy/occupational therapy assessment/intervention. In general patients who have had a hospital assessment for falls within 24 months do not benefit from a repeat referral.

Prior to referral to Specialist nurse or Secondary Care Medical Assessment Clinic:
GP and community nurse must have carried out a multi-factorial falls assessment including blood tests and medication review as per CCG Integrated Falls Pathway. Please include details of these assessments with referral.