

## **Falls**

(March 2023)

#### Rationale

Falls are common and have many possible contributing factors. They can be associated with serious injury. Multifactorial interventions can prevent falls and their sequelae.

#### **Causal Conditions**

(list not exhaustive)

- Medical conditions (e.g., vertigo, gait disturbances, syncope)
- Psychiatric conditions (e.g., cognitive impairment, substance use disorder)
- Medications
- Environmental or behavioural risk factors (e.g., walking surface, choice of footwear)
- Other contributors (e.g., decreased vision, urinary urgency)

### **Key Objectives**

Given a patient who is at risk of falls, the candidate will identify contributing factors and initiate an appropriate management and prevention plan.

# **Enabling Objectives**

Given a patient at risk of falling, the candidate will

- list and interpret critical clinical findings, including those based on
  - a. a description of recent and previous falls;
  - b. a medical history for risk factors (e.g., medical conditions, medication history, substance use disorder);
  - c. environmental hazards; and

- d. a complete physical and functional evaluation;
- list and interpret relevant investigations, and
- construct an effective initial management plan, including
  - a. managing acute and chronic illness with particular attention to a review of medications;
  - b. suggesting specific interventions for preventing further falls (e.g., balance and gait training, muscle strengthening exercises);
  - c. suggesting appropriate home safety interventions (e.g., removing environmental hazards, grab bars, emergency response systems);
  - d. appropriate consultation, including with medical specialists and other health professionals (e.g., physiotherapist and occupational therapist, social worker, pharmacist); and
  - e. referral to an addiction rehabilitation service if appropriate (e.g., addictions counsellor, addictions rehabilitation program).