

F1 FALLS ENVIRONMENT AND RISK TOOL

Mobility / Balance	Cognitive Impairment	Falls History	Medication	Continenace	Footwear / Clothing	Hearing / Vision	Environment	Frailty / Nutrition	Bone Health	Furniture	Dizziness / blackouts	Lighting
Is the service user unsteady or have muscle weakness? Do they have a fear of falling?	Is the service user more confused than normal?	Has the pre-admission assessment been completed?	Are they taking psychotics, sleeping tablets, sedatives? Review medication?	Is the service user incontinent of faeces / urine?	Is the clothing & footwear suitable? Are there any foot problems?	Does the service user have impaired vision / hearing?	Is the environment safe and suitable?	Is the service user underweight or have poor intake?	Has there been a diagnosis of Osteoporosis ? What are the risk factors?	Is there adequate room for moving and handling aids, walking aids?	Does the service user appear dizzy or have fainting attacks? "Just went down"	Is the lighting suitable for the service user's needs?
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Consider												
Referral to specialist / physio / ches	Pain assessment	Preadmission falls prevention	Blood pressure check	Toilet regime	Good foot care regime	Ensure aids in place & working	Orientation of environment	Referral to dietician	Calcium / vitamin D rich diet	Re-arranging furniture. Remove unnecessary furniture. Are footstools store easily? Are alert bells accessible?	GP review	Night light
Supervision plan	Dehydration	Review incidents: location / time	Reviewing medication	Steps to go to toilet	Referral to podiatry	Refer to optician	Individual signage	MUST tool	Discuss with GP about bone health		Blood pressure check	Bedside
What activities are appropriate	Mood	Patterns	GP / CPN review	Is infection present?	Colour sensation of feet	Hearing clinics	Environment assessment	Fluid intake	Exercises		Heart rate	Timer light
Hip protectors	Medication			Referral to continence team	Splints / orthotics	Ensure good lighting	Activities of daily living	Calcium and vitamin D	Weight bearing activity		Referral to falls clinic	
Walking aids	Advice from GP/ CPN			Use night lights	prosthetics	Check for ear wax	Reablement	Referral to Speech and Language Therapist for swallowing	Medication			
DIAG	Assertive technology			Hydration		Dementia and sight loss environment	Referral to Occupational Therapy	Referral to Occupational Therapist				
Monitor alcohol intake	Environment			Appropriate clothing								
Support to build confidence	Health Needs			Commode / urinal								
	Capacity			Catheter bag secured to leg								

Date	10/07/19							Issue date
Amendment	1							12/05/16 P&P