### Falls or Imbalance

<table>
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<tr>
<th>Developed by</th>
<th>American Geriatrics Society</th>
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<tr>
<td>How developed</td>
<td>Literature review and consensus process engaged in by members of expert panel and society leadership.</td>
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| Additional essential patient information | Circumstances of fall (check if present):  
  - Loss of consciousness  
  - Tripped / stumbled over something  
  - Lightheadedness / dizziness  
  - Chest pain/palpitations  
  - Recent illness  
  - Urinary frequency/dysuria  
  - Sob/cough  

History of (check if present):  
- Head trauma  
- Seizures  
- Stroke  
- Alcohol use  
- Neuropathy  
- Parkinson’s Disease  

Have patient bring an up to date list of medications, including vitamins/ over-the-counter OR “brown bag” of all medicines taking.

| Additional patient information, if available | Labs: CBC, CMP, Vitamin D level  
Brain imaging reports (only if done, not recommended routinely)  
Orthostatic BP: supine; sitting; standing  
Timed Up and Go: number of seconds  
(Check if present)  
  - Romberg test positive  
  - Glasses  
  - Uses assistive device |

| Alarm symptoms | Fall with injury.  
Progressive course.  
Focal neurologic findings or associated change in cognitive status. |
### Pertinent Data Sets

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<tr>
<th>Tests/Procedures to avoid prior to consult</th>
<th>Imaging in the absence of focal neuro findings.</th>
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<td><strong>Common rule-outs to consider prior to consults</strong></td>
<td>Intracranial event. Other identifiable and correctable causes of imbalance: Deficits in vision, including altitudinal related to multifocal corrective lenses; peripheral neuropathy; orthostatic hypotension; polypharmacy.</td>
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<td><strong>Relevant “Choosing Wisely” elements</strong></td>
<td>“Don’t use benzodiazepines or other sedatives-hypnotics...” due to risks of falls and hip fractures. “Don’t prescribe a medicine without conducting a...review” Because “Polypharmacy may lead to...falls”</td>
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<td><strong>Physician and/or patient resources</strong></td>
<td>Healthcare Professional Information: Quality indicators for falls workup: Chang JT, Ganz DA. Quality Indicators for Falls and Mobility Problems in Vulnerable Elders. J Am Geriatr Soc 2007;55;327-334. Drugs and Falls: Leipzig RM, Cumming RG, Tinetti ME.Drugs and falls in older people: A systematic review and meta-analysis. II. Cardiac and analgesic drugs. J Am Geriatr Soc 1999;47:40–50. Patient Information: Home Fall prevention checklist for older adults: <a href="http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html">http://www.cdc.gov/HomeandRecreationalSafety/Falls/CheckListForSafety.html</a> or <a href="https://healthy.kaiserpermanente.org/healthcare/lut/p/a0/FYrBDolwEAV_xR8wL4GLevMbGqPthaxlRva7QYqhr8XbjOZgcMLTmhNgVqqQnl366s0lnaLTnFM4vffK7KYyI84eAmNUyzj7A687qvScLpQzkvR22bMuz0Pji-0gj7DV3fXRdlD8MyPAy0IetfhyvsfA9GpvQ!!/">https://healthy.kaiserpermanente.org/healthcare/lut/p/a0/FYrBDolwEAV_xR8wL4GLevMbGqPthaxlRva7QYqhr8XbjOZgcMLTmhNgVqqQnl366s0lnaLTnFM4vffK7KYyI84eAmNUyzj7A687qvScLpQzkvR22bMuz0Pji-0gj7DV3fXRdlD8MyPAy0IetfhyvsfA9GpvQ!!/</a> or <a href="http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358">http://www.mayoclinic.org/healthy-lifestyle/healthy-aging/in-depth/fall-prevention/art-20047358</a></td>
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