

# Seven Tips for Fall Prevention

Courtesy of Lindsey Yourman, M.D.

- 01. Orthostats
- 02. Gait and balance
- 03. Vision
- 04. Cognition

- 05. Functional Status
- 06. Medications
- 07. Home Hazards

01.



A new study showed that orthostats are still predictive of falls if you test the standing blood pressure immediately after the person stands

05.



Look to see if the person has good tread on the bottom of their shoes

02.



Ask patient to semi-tandem stand, if they can't do it >10 seconds, = increased fall risk

06.



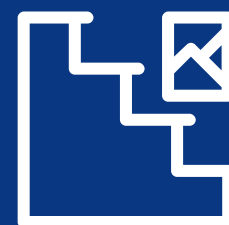
Check AGS Beers Criteria for potentially inappropriate medication

03.



Bifocal glasses, the ones with the horizontal line across the lens, are a fall risk on stairs or outside on uneven surfaces

07.



Share CDC fall safety checklist that a patient can do on their own at home

04.



Check for Delirium: Ultra-Brief 2 (UB-2) is a 2 question test (What is the day of the week and ask the patient to say the months backward)

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