### Steps to Prevent Falls

**1. Ask**
- Ask your 65+ patients if they have fallen in the past year.  

**2. Identify & Screen**
- Identify risk factors for falls through screenings.  

**3. Refer**
- Refer patients to specialist or community programs.  

**4. Follow Up**
- Follow up with patients within 30 days.  

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**References**


2. Unpublished data retrieved by the Maryland Core VIPP Program from the Health Services Cost Review Commission (HSCRC) datasets, July 2016.


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Photo Retrieved from:
Facts & Statistics

Unintentional Fall Death Rates, Adults 65+

Unintentional death due to falls has been increasing steadily.¹

- Unintentional deaths due to falls in the 65+ age group are on the rise in the US.¹

- In Maryland alone, there were 15,549 hospitalizations for fall injuries among older adults 65+ in 2014.²

- Fall related hospitalizations in older adults cost over $250 million in Maryland during 2014.²

- Emergency department visits due to falls in older adults totaled 32,886, and costs over $20 million in Maryland during 2014.²

- Many patients do not report falls to their healthcare providers, and few providers ask.³

Educate Your Patients about Ways to Prevent Falls³,⁴

<table>
<thead>
<tr>
<th>Risk Factors</th>
<th>Medicines</th>
<th>Sensory Input</th>
<th>Exercise Programs</th>
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<tbody>
<tr>
<td>- Muscle weakness</td>
<td>- Review and talk to your patients about their medicines, both prescription and over the counter ones</td>
<td>- Refer your patients for a vision and/or hearing check up if necessary</td>
<td>- Walking and flexibility exercises may be beneficial (see “Resources for Your Practice”)</td>
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<tr>
<td>- Poor balance</td>
<td>- Fall risk increasing drugs (FRIDs)</td>
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<td>- Postural hypotension</td>
<td>- Calcium and vitamin D supplementation</td>
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<td>- Dizziness</td>
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<td>- Foot abnormalities</td>
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<td>- Vision difficulties</td>
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<td>- Medicines</td>
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<td>- Home hazards</td>
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<td>- Recent falls</td>
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<tr>
<td>- Fear of falling</td>
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Resources for Your Practice

- Center for Disease Control and Prevention (CDC) Stopping Elderly Accidents, Deaths & Injuries (STEADI) toolkit and materials available for free at [www.cdc.gov/steadi/materials.html](http://www.cdc.gov/steadi/materials.html) and includes:
  - Algorithm for Fall Risk Assessment & Interventions
  - Preventing Falls in Older Adults: Provider Pocket Guide
  - Fall Risk Checklist
  - Talking about Fall Prevention with Your Patients
  - Stay Independent Brochure

  - Fact sheets, brochures and handouts
  - Webinars
  - Videos
  - PowerPoint presentations

- Maryland Department of Health and Mental Hygiene resources available for free at [http://phpa.dhmh.maryland.gov/ohpetup/Pages/eip_falls.aspx](http://phpa.dhmh.maryland.gov/ohpetup/Pages/eip_falls.aspx)

- Baltimore County programs for balance and fall prevention are available at [http://www.baltimorecountymd.gov/Agencies/aging/healtheducation/](http://www.baltimorecountymd.gov/Agencies/aging/healtheducation/)