

Mini falls assessment for doctors, nurses and allied health professionals

1. Previous falls

No falls in past 12 months	4 points
2 falls in past 12 months	3 points
2 falls in past 6 months	2 points
3 or more falls in past 6 months	1 point

2. Functionality

Able to stand without using hands and stabilize independently	4 points
Able to stand independently using hands	3 points
Needs moderate or maximal assist to stand	2 points
Unable to stand from sitting position	1 point

3. Balance

Complete each test for up to 10 seconds. Do not progress to the next exercise if the patient can't make 10 seconds on particular test.

- a) Stand with feet together for 10 seconds



- b) Stand in instep position (toes next to mid point of other foot) for 10 seconds



- c) Stand in tandem position (heel to toe) for 10 seconds



- d) Balance on one leg (any leg) for 10 seconds



Scoring system:

Able to do all 4 tests	4 points
Able to do first 3 tests only	3 points
Able to do first 2 tests only	2 points
Able to do first one only	1 point

4. Medication, vision and hearing

Vision issues classified as severe impairment such as macular degeneration, glaucoma, diabetic retinopathy or cataract formation

Medication issues classified as those on 5 or more medications or sedatives, antidepressants or antipsychotics.

Hearing issues classified as any issues with hearing.

Scoring system:

No issues with vision and medication	4 points
Medication issues only	3 points
Medication and vision issues	2 points
Vision, medication and hearing issues	1 point

Test	Score
Previous falls	
Functionality	
Balance	
Medication, vision and hearing	
Total score	
Falls risk	

Total score analysis:

Scores 14-16 are low risk of falling
 Scores 11-13 are medium risk of falling
 Scores 8-10 are high risk of falling
 Scores 0-8 are very high risk of falling

*This mini-assessment has been developed as a guide to help professionals to go through a quick test. New Edge Performance will not be held responsible for incorrect use of this mini-assessment form and your use of this form is voluntary. If you are worried about a particular issue which may increase the patient’s risk of falling then it is important to seek further testing.

Current options for reducing falls risk

The Still Standing group exercise program is currently suspended due to the COVID-19 situation. Another option for patients wanting to reduce the risk of falling is to consult an Accredited Exercise Physiologist via telehealth services (via video or phone). We currently offer telehealth services which are bulk-billed through Medicare for eligible patients. Patients will be prescribed a home exercise program to help reduce the risk of falling. The Still Standing program has been successful in reducing the risk of falling and our Accredited Exercise Physiologists are experienced with what exercises help patients reduce their risk of falling and can provide an individualised program.

Contact us today to start telehealth services with an Accredited Exercise Physiologist

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