



NDoc[®] Reference for Fall Risk Screening Tool

Summary:

This Reference provides an overview of Fall Risk Assessment in NDoc.

How To:

Per CMS, the multi-factor falls risk assessment referenced in M1910 must include at least one standardized tool that has been validated as effective in identifying falls in community-dwelling elders, and which includes a standard response scale. Several tools are referenced in Chapter 5 of the CMS OASIS-C Guidance Manual. If agency policy dictates the use of the Get-up and Go test and/or the Timed Up & Go test (TUG), fields are included in NDoc for recording these results. For further information on these screening tools, please refer to Chapter 5 of the CMS OASIS manual. CMS has also identified the Home Care Reduction Initiative Risk Assessment Screening Tool from the Missouri Alliance for Home Care as one that is multi-factoral, however this tool has not yet been statistically validated. Below is the Home Care Reduction Initiative Risk Assessment Screening Tool from the Missouri Alliance for Home Care which is included in NDoc. A patient with a score of 4 or more on this tool is considered at risk for falling.

Required Core Elements Assess one point for each core element "yes"	Points
Age 65+	Auto-calculated by NDoc
Diagnosis (3 or more co-existing) <i>Assess for hypotension</i>	Auto-calculated by NDoc
Prior history of falls within 3 months <i>Fall Definition, "An unintentional change in position resulting in coming to rest on the ground or at a lower level."</i>	
Incontinence Inability to make it to the bathroom or commode in timely manner Includes frequency, urgency, and/or nocturia.	
Visual impairment Includes macular degeneration, diabetic retinopathies, visual field loss, age related changes, decline in visual acuity, accommodation, glare tolerance, depth perception, and night vision or not wearing prescribed glasses or having the correct prescription.	
Impaired functional mobility May include patients who need help with IADLs or ADLs or have gait or transfer problems, arthritis, pain, fear of falling, foot problems, impaired sensation, impaired coordination or improper use of assistive devices.	
Environmental hazards May include poor illumination, equipment tubing, inappropriate footwear, pets, hard to reach items, floor surfaces that are uneven or cluttered, or outdoor entry and exits.	
Poly Pharmacy (4 or more prescriptions) Drugs highly associated with fall risk include but not limited to, sedatives, anti-depressants, tranquilizers, narcotics, antihypertensives, cardiac meds, corticosteroids, anti-anxiety drugs, anticholinergic drugs, and hypoglycemic drugs.	
Pain affecting level of function Pain often affects an individual's desire or ability to move or pain can be a factor in depression or compliance with safety recommendations.	
Cognitive impairment Could include patients with dementia, Alzheimer's or stroke patients or patients who are confused, use poor judgment, have decreased comprehension, impulsivity, memory deficits. Consider patients ability to adhere to the plan of care.	

