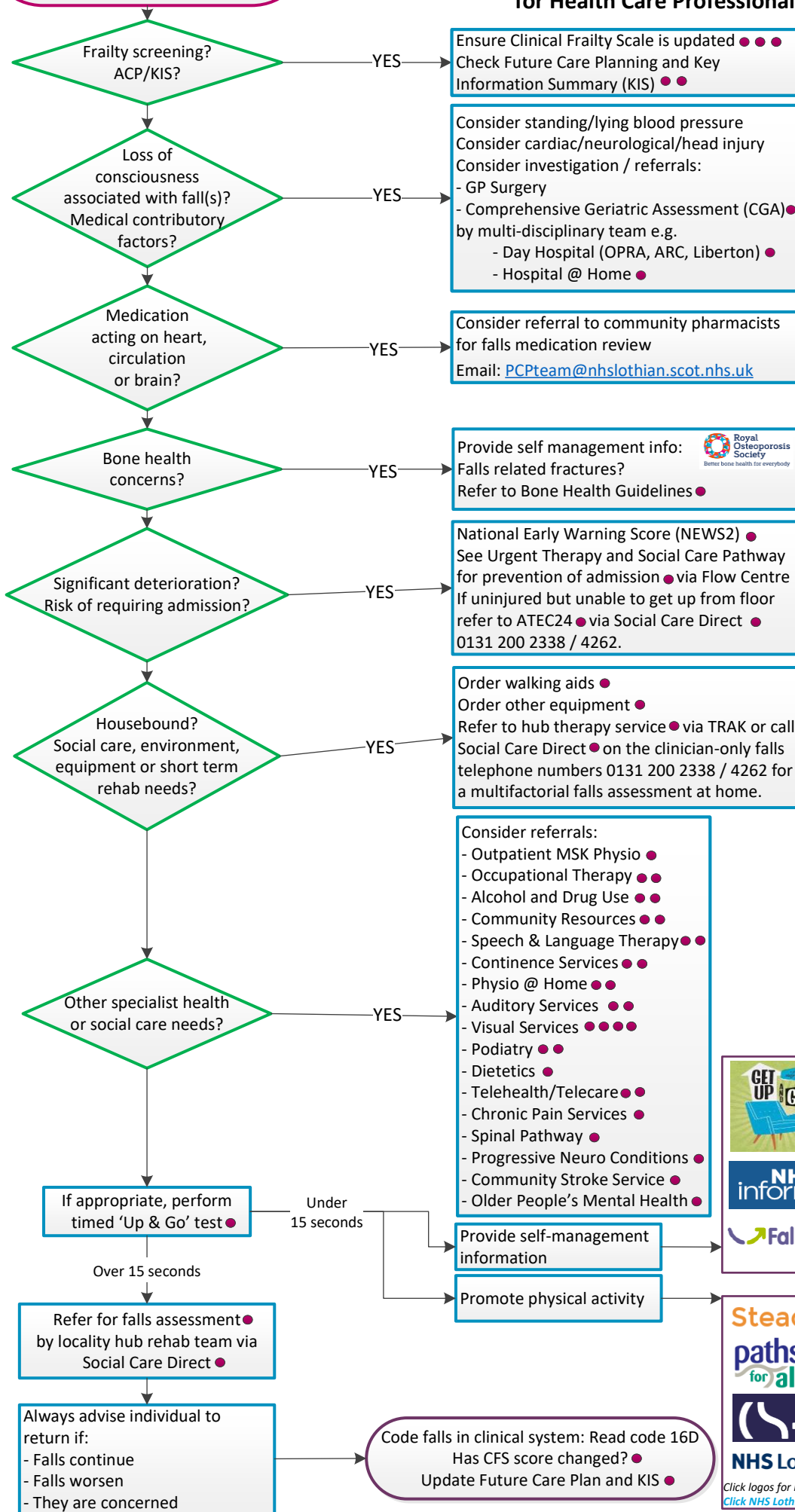


# Edinburgh Falls

## Prevention Pathway

for Health Care Professionals

Adult individuals:  
 - Lives in the community  
 - Has fallen recently  
 - or is at risk of falls  
 - or falls have increased



● Click for web links

### HAVE YOU CONSIDERED?:

#### Health and Symptoms:

- Hypo/hypertension
- Head injuries
- Musculoskeletal injuries
- Dizziness, blackouts or fainting
- Visual changes
- Auditory changes
- Sensation changes
- Headaches
- Chest pain or palpitations
- Joint pain and range
- Bone health
- Red flag(s)
- Mobility changes
- Condition management
- Recent medication review?

#### Lifestyle, Psychological and Physical:

- Nutrition and hydration
- Alcohol and drug use
- Body weight changes
- Diet supplementation
- Foot health
- Confusion, cognition and communication changes
- Confidence and mood
- Safety awareness
- Access to physical activity
- Mental health

#### Environment, Equipment and Support:

- Mobility aids
- Social support
- Community engagement
- Care needs and support
- Foot wear
- Home equipment
- Community alarms
- Other telehealth/telecare

Click logos for more info  
 Click NHS Lothian Intranet logo for Steady Steps and Be Able referrals