

Falls Clinic

Introduction

This leaflet explains what to expect when you come to the Falls Clinic. You will read about who you will meet, what will happen, how long the assessment will take and what you will need to bring with you.

The Falls Clinic is for people who have had more than one fall. The purpose of the clinic is for staff to carry out an assessment to identify all of the risk factors for falls and to give advice on ways to reduce the risk in the future.

The Falls Clinic Team

You will be seen by a team including a consultant or senior doctor, a nurse and a physiotherapist. Medical and other professional students may also be present during your assessment, but only with your permission. You will see each member of the team for an in depth assessment during your visit so **the appointment may take up to 2 hours.**

What do I need to bring?

Please remember to bring:

- a list of your current medications
- the glasses that you usually wear
- the walking aid that you regularly use

We encourage you to bring a partner, relative, carer or friend with you to the clinic, particularly if they have seen some of your falls.

At the Falls Clinic

The following assessments may be carried out:

- a review of your medication
- an assessment of your activities of daily living
- a strength, gait and balance assessment
- measurement of your height and weight
- measurement of your blood pressure when lying and standing
- a medical examination by the doctor
- a bone health assessment
- an ECG heart tracing

Follow up

Depending on the risk factors we find, we may ask you to have further blood tests or imaging, and we will write to you with the results of these, and refer you on to the appropriate specialist if needed. .

We may teach you exercises to improve your strength and balance or refer you to an active balance class. We might also give you advice or equipment to help you increase your physical activity.

We will give you a written summary of recommendations made by the Falls Team, to help reduce your risk of falling.

We will send a letter to you and your GP and the person who referred you to the clinic (if different), with a summary of the risk factors we have found for falling and any recommendations to reduce the risk.

If for any reason circumstances have changed, and you

no longer wish for this appointment, please contact the secretary below as early as possible so that your appointment may be given to someone else.

Clinic times

Gloucestershire Royal Hospital

Wednesday afternoons

1:00pm to 5:00pm

Lydney and District Hospital

Wednesday mornings

9:15am to 11:15am

Contact information

If you have any questions about the Falls Clinic, please contact the secretary:

Gloucestershire Royal Hospital

Tel: 0300 422 5619

Tuesday and Wednesday, 8:30am to 2:00pm

Thursday, 8:30am to 1:30pm

Outside of these hours you can call 0300 422 6455

Lydney and District Hospital

Tel 0300 422 6112

Monday to Friday

9:30am to 6:30pm

Shared Decision Making

If you are asked to make a choice, you may have lots of questions that you want to ask. You may also want to talk over your options with your family or friends. It can help to write a list of the questions you want answered and take it to your appointment.

Ask 3 Questions

To begin with, try to make sure you get the answers to three key questions if you asked to make a choice about your healthcare.

1. What are my options?
2. What are the pros and cons of each option for me?
3. How do I get support to help me make a decision that is right for me?



These resources have been adapted with kind permission from the MAGIC Programme, supported by the Health Foundation.

*Ask 3 Questions is based on Shepherd HL, et al. Three questions that patients can ask to improve the quality of information physicians give about treatment options: A cross-over trial.

Patient Education and Counselling, 2011;84: 379-85



<https://aqua.nhs.uk/resources/shared-decision-making-case-studies/>



Registered Charity 1051606

Every donation you choose to give helps your local hospitals do more to care for you, everyone you love and our passionate NHS staff.
If you would like to find out more, please contact:
Charity Office **0300 422 3231** or visit **gloshospitals.nhs.uk/charity**

GHPI1385_01_26
Department: Care of the Elderly
Review due: January 2029
www.gloshospitals.nhs.uk