

**Patient
Information**

Falls Assessment Clinic

Introduction

This leaflet explains what to expect when you come to the Falls Assessment 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 Assessment Clinic is for people who have had a fall or who are at risk of falling. 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 Assessment 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 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
- a urine sample
- 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 Assessment Clinic

The following assessments may be carried out:

- a review of your medication
- a bone health assessment
- 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

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- an eyesight test
- a medical examination by the doctor.

Other tests such as an ECG, X-ray or blood tests may also be carried out.

Follow up

Depending on the risk factors we find, you may be asked to return to a follow-up clinic or have further tests. You may be taught exercises to improve your strength and balance or be referred to an active balance class. You may also be given advice or equipment to help you increase your physical activity.

You will be given a written summary of recommendations made by the Falls Assessment Team, to help reduce your risk of falling.

A letter will be sent to your GP and the person who referred you to the clinic (if different), with a summary of the risk factors identified for falling and any recommendations to reduce the risk. If you would like to receive a copy of this letter, please ask at the clinic.

Contact information

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

Falls Assessment Clinic

Cheltenham General Hospital

Tel: 0300 422 2082

Monday to Friday, 8:15am to 3:00pm

Falls Assessment Clinic

Gloucestershire Royal Hospital

Tel 0300 422 6455

Monday to Friday, 8:15am to 3:00pm

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