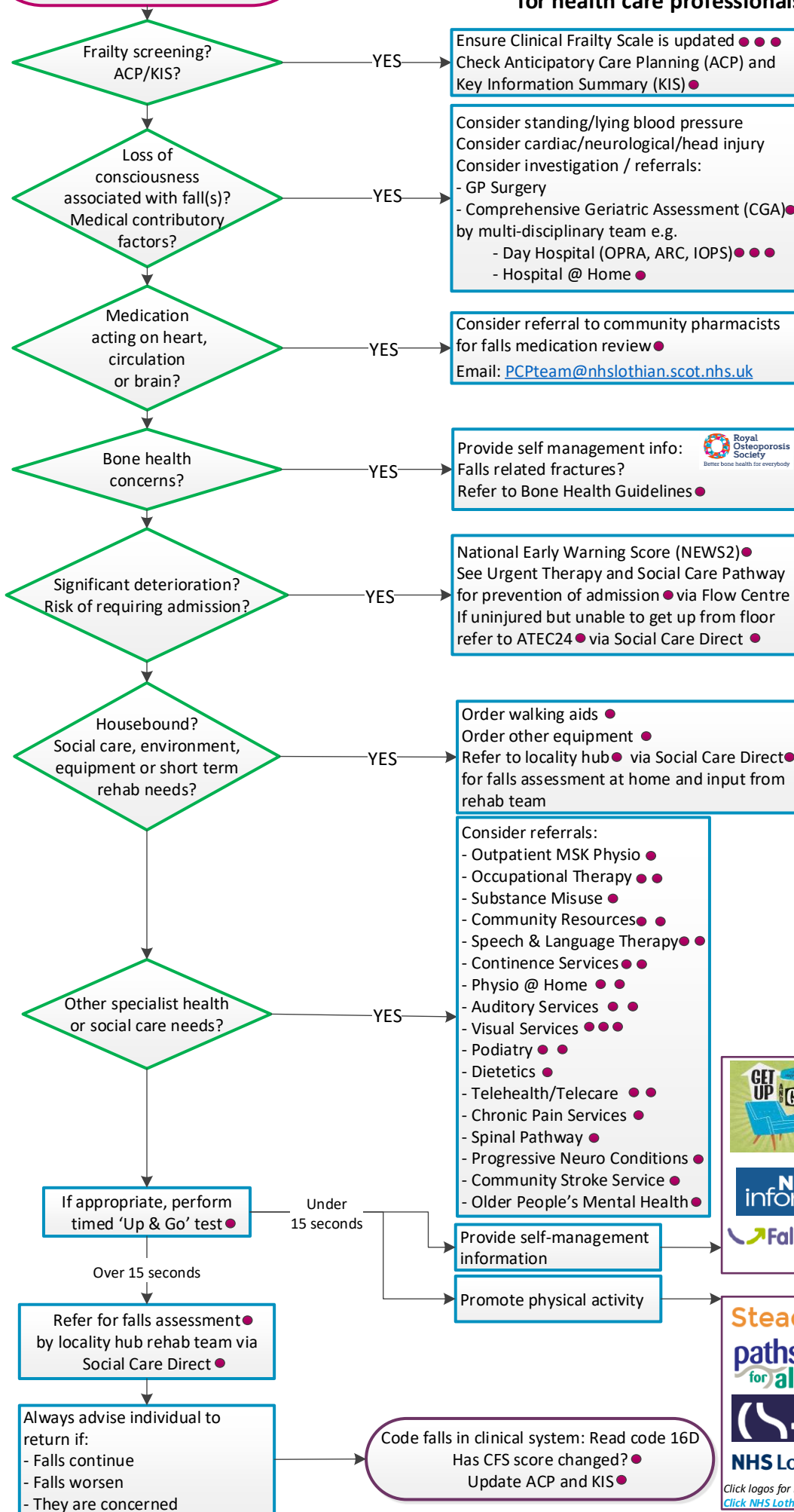


Edinburgh Falls

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
- Fainting
- Visual changes
- Auditory changes
- Sensation changes
- Headaches
- Chest pain
- Palpitations
- Joint pain and range
- Bone health
- Red flag(s)
- Mobility changes
- Condition management
- Number and type of medications

Lifestyle, Psychological and Physical:

- Nutrition
- Hydration
- Alcohol
- Body weight
- Vitamin supplementation
- Foot health
- Cognition
- Confidence
- Mood
- Safety awareness
- Alcohol
- Physical activity
- Mental health

Environment, Equipment and Support:

- Mobility aids
- Social support
- Care needs and support
- Foot wear
- Home equipment
- Telehealth/Telecare

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