



# Post Falls Decision Making Tool

When a patient experiences a fall or has been found on the ground use the following tool to check for any injury or new symptoms prior to moving them. Please then follow the appropriate course of action.

## GREEN – NON-INJURY AND NO SYMPTOMS

- Conscious and responding as usual
- No apparent injury, bruising or wounds
- No head injury
- No new pain or discomfort (verbal or non-verbal)
- Able to move limbs on command or spontaneously
- No sign of limb deformity, shortening or rotation

### Action for carer

1. Assist off the floor to a comfortable position.
2. Observe patient for a minimum of 24 hours for pain or any changes in condition.\*
3. Document all findings.

## AMBER – MINOR INJURY OR SYMPTOMS

- New bruising or wounds
- Mild discomfort
- Isolated injury to upper limb
- No apparent injuries but patient taking anti-coagulants/blood thinning medication
- New loss of memory leading up to or after the fall
- New dizziness or vomiting
- Any other concerns by carer

### Action for carer

1. Administer first aid as required.
2. Assist off the floor.
3. Contact GP in hours or NHS 111 out of hours for advice and follow up.
4. Observe patient for a minimum of 24 hours for new or worsening pain or any changes in their condition.\*
5. Document all findings.

## RED – MAJOR INJURY OR SYMPTOMS

- Reduced level or loss of consciousness
- Any seizure activity
- Repeated vomiting following the fall
- Swelling or bruising around eyes or behind an ear
- Blood or clear fluid coming from an ear
- Airway or breathing problems
- Severe or uncontrolled bleeding
- New onset of chest pain
- New lower limb deformity or swelling
- New neck or back pain
- New immobility
- New, unresolved numbness to a limb
- A fall from a height over 3 feet/0.9 metres or 5 or more stairs/steps
- FAST positive
- Suspected drug or alcohol intoxication

### Action for carer

1. Do not lift the patient.
2. Call 999 for an ambulance.
3. Make patient comfortable and, where possible, encourage minimal, regular positional changes to improve comfort and circulation.
4. Administer first aid as required.
5. Document actions.

If there are any changes in the patient's condition causing concern contact the GP in hours, or 111 out of hours, for advice. Contact 999 should any symptoms in the red section arise.

\* We recognise that observation for 24 hours post fall may not be possible for care agencies. Providers are advised to utilise any other support that may be available. A plan should be agreed with senior care staff which could include, but not limited to:

- Use of visits later in the day (additional visits could also be requested from care provider Commissioners).
- Use of a 'Responder List', pre agreed with the service user, consisting of family and/or friends who have agreed to be contacted in case of a fall.
- Use of tele-healthcare, if installed.