

Report of A Structured Fall Risk Assessment Service in the Polyclinics

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INTRODUCTION

- **Falls** in the elderly pose real health issues and the consequences may lead to subsequent decline in their functional status.
- In SHP, falls assessment of patients is not routinely done during general clinic medical consultation even though they may be screened to have fall risk.
- The structured fall risk assessment, piloted by 8 Advanced Practice Nurses (APN) and Interns from August to October 2014 over 8 polyclinics, provides a channel of assessment of such patients.



AIMS

 To assess and manage patients with fall risk

METHODOLOGY

Identify Cases

- Continuing Care Patient
- > Falls risk screened

> Patient accepts

Perform assessment

- Focused medical history and targeted physical examination
- Page Refer to clinic Doctor if abnormalities detected during assessment

Offer Structured Falls assessment by APN

Appointment given/ accepted as walk-in by APN on the same day Identify modifiable risk factors

Provide patient education on falls prevention

Referral to SOC for further management and re-assessment where clinically indicated

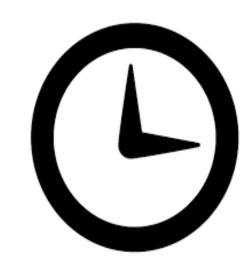
RESULTS



82 elderly been assessed

age.

Average age: 78 years old



Mean time for assessment:

27 minutes

75.6% using some form of assistive device

46.3% of the elderly had fallen in the past 1 year

72.0% of them needed to be referred to clinic doctor after assessment, but 14 declined and 31 of them already on follow up.

18.3% of them were referred by the clinic doctor to the hospital specialist clinics for further management.

97.5% patients agreed that
fall assessment was useful
92.5% patients satisfied
with the experience and care

CONCLUSION



Our pilot Structured Fall Risk Assessment service showed the value of the resource and expertise invested to assess patients who are screened to be at risk of falls. It allowed for identification of risk factors, which may not have been picked up or properly addressed in the context of the busy clinical practice for early and timely intervention. Through this service our APNs and Interns have gained valuable clinical experience.