



## FOD 7B: Assessing and managing patients with a fall risk

### Part B: Falls risk assessment and management

#### Key Features

- This EPA focuses on managing fall risk by performing appropriate neurologic and musculoskeletal examinations and gait analysis and prescribing simple gait aids.
- This EPA includes using and interpreting appropriate fall risk and balance assessments such as gait speed, Berg Balance Scale (BBS) and Timed Up and Go (TUG) test. It also includes a comprehensive assessment of modifiable and non-modifiable extrinsic and intrinsic risk factors to guide fall risk management and integrating the assessments of interprofessional team members.
- The observation of this EPA is divided into two parts: gait analysis and balance assessment; fall risk assessment and management.
- Gait analysis and balance may be observed in a simulation setting.

#### Assessment Plan:

**Direct observation by supervisor, which may include input from physiotherapist or occupational therapist**

Collect 5 observations of achievement

- At least 1 movement disorder
- At least 1 orthostatic hypotension
- At least 2 by a geriatrician

#### Case presentation

- Case mix (select all that apply): movement disorders; MSK disorders; sensory impairment; cerebellar/ataxic; NPH; vascular (stroke/subcortical); orthostatic hypotension; multiple medications; cognitive impairment; other

#### Setting

- inpatient unit; day hospital; outpatient clinic; inpatient consult; rehabilitation unit; home visit

#### Assessor

- geriatrician; care of the elderly physician; physiatrist; neurologist

#### CanMEDS Milestones

- **ME 1.4 Perform falls risk assessments, including a comprehensive assessment of extrinsic and intrinsic risk factors that may lead to falls in older adults**
- **ME 2.2 Select and interpret appropriate investigations based on the patient's presentation**
- **ME 2.4 Develop and implement a management plan for falls**
- **ME 2.4 Prescribe appropriate simple gait aids (e.g. cane, walker)**
- **COM 3.1 Convey information on diagnosis and prognosis related to falls risk clearly and compassionately to the patient and caregivers**
- **COL 1.1 Respond appropriately to input from other health care professionals as it relates to balance and gait**
- **COL 1.2 Make effective use of the scope and expertise of other health care professionals**
- **COL 1.3 Communicate effectively with physicians and other health care professionals**