

Urgent falls checklist



STOPFALLS

This falls checklist is a guideline used by the East of England Ambulance service and is used as a recommendation on how to best respond to a fall. The checklist is an easy to follow guide to ensure you have done everything possible, in the correct order, to make the best decision on how to respond to the fall.

Use the post monitoring checklist to ensure that ongoing care is happening, and that no signs of complications/deterioration are missed. This will ensure that you as a provider are giving the correct level of support for the person following a fall.

Things to monitor post falls:

- Mobility
- Acting normal self
- Any pain
- Acute vomiting
- Acute confusion
- Acute memory loss
- Well-being
- Confidence

For 24 hours

	Yes	No	Comments
1 Has the person fallen more than 1 metre or more than 5 stairs?			
2 Is the person showing any signs of a Stroke - facial droop or limb weakness?			
3 Is there any evidence of intoxication?			
4 Is the person acting out of their normal self?			
5 Is the person not fully alert and conscious throughout with no loss of consciousness?			
6 Is the person dizzy or sweaty?			
7 Has the person suffered any amnesia or confusion post or prior to the event - that is not normal for them?			
8 Has the person vomited since the fall?			
9 Has the person's colour changed in their face, limbs or centrally?			
10 Has the person lost circulation or nerve function to limbs?			
11 Has the person got any evidence of swelling, deformity or body tenderness?			
12 Is there any history of blunt or penetrating trauma to the chest or abdomen?			
13 Is there any break in the continuity of the skin - excluding minor abrasions?			
If ANY answers to the above questions are YES then you should call 999 without delay.			
If all answers to the above questions are NO, then the person may be aided from the floor to a chair or bed. If the person is normally mobile then after a few minutes they will need to attempt to weight bear - then continue			
14 Is the person unable to weight bear as normal with evidence of reduced mobility or pain anywhere that is not normal for them since the fall with or without mobility aids?			
15 Does the person have shortness of breath?			
16 Does the person have chest pain?			
17 Is the person very hot or cold to touch?			
18 Was the person dizzy before the fall?			
19 Does the person have a head injury associated with:			
• Loss Of Consciousness			• Dizziness
• Vomiting			• Blurred vision
			• On Warfarin
If ANY answers to the above questions are YES then you should call 999 without delay			
If all answers to the questions are NO, then the person should be encouraged to rest but continue as normal, while being monitored for 24 hours for any changes. If you have any concerns, call the GP, 111 or 999 at any time.			

