



SAINT LOUIS
UNIVERSITY

Hey Doc! Am I at Risk for Falls?

Together, you and your health care provider can help prevent injuries from falls. Answer the questions below by circling "Y" for Yes or "N" for No. Then, take the completed form to your next doctor visit.

Patient Name

Age

ME during the past 12 months...

Y N I fell two or more times.

Y N I was injured by a fall that limited my regular activities for at least one day.

Y N I saw a doctor because I had a fall.

Y N It's been hard for me to walk or climb stairs.

Y N I've had trouble getting up from a soft chair.

Y N I've been unable to stand on one foot for 12 seconds without losing my balance.

Y N I've had trouble with my eyesight.

Y N I was told that I'm having memory trouble.

Y N I've felt dizzy or light-headed after a big meal.

Y N I've taken medication that caused me to feel dizzy or light-headed.

Y N I've taken 9 or more different medications.

Y N I've dropped some of my regular activities.

Y N I've been taking a calcium supplement regularly. If "Yes," how many milligrams per day? _____

Y N I've been taking a vitamin D supplement regularly. If "Yes," how many units per day? _____

Y N My doctor checked the vitamin D level in my blood.

Y N I've walked, danced, exercised, or practiced tai chi at least 3 times a week.

Y N My home was checked for any dangers and modified as needed.

Clinician Signature

Date/Time Reviewed

THE DANGER OF FALLS: IMPORTANT FACTS

- About 1.5 million bone fractures occur in the United States each year.
- Hip fractures are increasing out of proportion to the aging population.
- Half of those who have fallen once will fall repeatedly.
- Of those who have had a bone fracture, 40% cannot walk independently and 20% have a permanent disability.
- There is a higher mortality rate for men who have bone fractures than for women.

