FRASS

T. 06a

This tool aims to identify patients at high risk of falling.

Instructions:

Assess patient's current status for each risk factor and record the relevant rating in the scoring system. Add up total scores and record in space provided.

COMPLETED BY: _____

DATE: _____

Name:
UR/MR number:
Ward/Unit:
DOB: Gender:
Admission Date:
Place UR sticker here or add patient details:

Risk Factor	Rating	/ / 04 Score	/ / 04 Score	/ / 04 Score
AGE				
65 – 79 years	(1)			
80 and above	(2)			
MENTAL STATUS				
Oriented at all times or Comatose	(0)			
Confused at all times – poor cognition, STM, lack of insight into own safety, impulsive	(4)			
Intermittent confusion – as above	(8)			
EMOTIONAL STATUS				
Moderately agitated/uncooperative/anxious	(2)			
Severely agitated/uncooperative/anxious	(4)			
TOILETING				
Independent and continent	(0)			
Catheter &/or ostomy	(1)			
Needs assistance with toileting	(3)			
Ambulatory with urge incontinence or episodes of incontinence	(5)			
HISTORY OF FALLING WITHIN 6 MONTHS				
No	(0)			
Has fallen one or two times	(2)			
Multiple history of falling	(5)			
SENSORY IMPAIRMENT				
Blind/Deaf/Cataracts/Not using corrective device	(1)			
ACTIVITY				
Ambulates/Transfers without assistance	(0)			
Ambulates/Transfers with assist of one or assistive device	(2)			
Ambulates/Transfers with assist of two	(1)			
Unsteady gait/mobility affected by pain/deconditioned	(2)			
MEDICATIONS (MEDICATION REFERENCE TABLE OVER PAGE)				
☐ Cardiovascular/Antihypertensives ☐ Anti depressants ☐ Psychotropics ☐ Tranquillisers/Sedatives ☐ Anti-parkinsons/Anti-Convulsives ☐ Opiods ☐ Diuretics				
None of the above listed medications	(0)			
One of the above listed medication	(1)			
Two or more of the above listed medications	(2)			
Add one more point if there has been a change in these medications or dosages in the past five days.	(1)			
TOTAL SCORE				

Level of Risk: ***Score of 8 - 14*** *patient is at high risk for falls*
Score of 15 + *patient is at SUPER HIGH risk for falls*

Document each patients falls risk status in the medical history. Implement appropriate fall prevention strategies (overpage)

FRASS FALLS PREVENTATIVE STRATEGIES

T. 06b

RISK FACTOR	GOAL	INTERVENTIONS
IMPAIRED ACTIVITY OVER ACTIVITY WANDERER DECONDITIONED	Optimise mobility (Ensure safe walking)	☐ Refer for physiotherapy assessment ☐ Review footwear needs ☐ Keep walking aids within easy reach ☐ Ensure appropriate seating ☐ Document transfer/mobilisation assistance
MENTAL STATUS	Promote feeling of security (Re-orientation)	☐ Bed placed in lowest position with brakes applied ☐ Talk slowly and clearly ☐ Minimise number of bed location movements ☐ Encourage family members to sit with patient ☐ Encourage optimal hydration/nutrition
IMPAIRED VISION	Promote uncluttered environment (Prevent accidents)	☐ Remove clutter & obstacles from room ☐ Orientate patient to environment ☐ Ensure adequate night lighting in toilet and room ☐ Wear spectacles as appropriate
INFLUENCE OF MEDICATIONS	Provide safe Environment (Prevent accidents)	☐ Liaise with Pharmacy/medical staff ☐ Implement strategies to reduce effects of postural hypotension ☐ Influence of opioids/sedatives
INCONTINENCE/URINARY BOWEL URGENCY	Bladder Bowel Pattern (Anticipate needs)	☐ Nurse call button handy ☐ Establish toileting regime, toilet before settling ☐ Commode by bed, urinal handy
MISPERCEPTION OF FUNCTIONAL ABILITIES	Reinforce limitations (Anticipate needs)	☐ Do not leave alone in bathroom/toilet ☐ Assist/supervise all activities

ALWAYS ENSURE:

- Call bell is handy
- Remove clutter
- Adequate night lighting

PATIENTS AT HIGH RISK OF FALLS MUST HAVE COLOURED WRIST BAND AND CHART OR RISK FLAGGED

MEDICATION REFERENCE TABLE

CARDIOVASCULAR/ ANTI-HYPERTENSIVES

- Captopril
- Enalapril
- Sotalol
- Ca channel blocker
- ACE Inhibitors
- GTN (oral, SL, patch)
- Angiotensin II antagonists
- B blockers
- Prazosin

ANTI-DEPRESSANTS

- Amitriptyline
- Dothiepin
- Imipramine
- Mianserin
- SSRI
- Doxepin

NEUROLEPTICS

- Chlorpromazine
- Clozapine
- Pericyazine
- Thioridazine
- All others

TRANQUILLISERS/SEDATIVES

- Diazepam
- Benzodiazepams
- Clonazepam
- Nitrazepam
- Oxazepam

ANTI-PARKINSON/ANTI-CONVULSIVES

- Benztropine
- Bromocriptine
- Levodopa
- Lamotigine
- Carbamazepine

OPIOIDS

- Morphine
- MS Contin
- Endone
- Tramadol
- Panadeine Forte
- Oxycontin

DIURETICS

- Fusemide
- Thiazides
- Amiloride - Moduretic

OTHERS

- Baclofen
- Ditropan
- Statins
- NSAIDS
- Laxatives

A more extensive list of medications associated with increased falls risk is provided separately in the Tools Supplement (Minimising the risk of falls and fall-related injuries: Guidelines for acute, sub-acute and residential care settings).