



CEP Falls Prevention EMR Tool

Intended Tool Use

The CEP falls prevention tool is designed to support primary care clinicians and other inter professional team members prevent and manage falls among people aged 65 and older living in the community. Our goal is to help standardize documentation and support primary care providers in integrating falls prevention into practice.



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Overview

The purpose of the CEP fall prevention tool is to identify contributing risk factors for patients who are at risk for falls and implement individualized multifactorial interventions tailored to each patient's risk factors.

Setup

1. Import the reminder

In the patient record select **Settings > Edit Reminders > Edit > Import Reminder**. Navigate to where the toolkit files have been downloaded and select the reminder file, click **choose**.

Reminder criteria is patients 65 and older*

*There may be patients who do not meet these criteria who would still be appropriate. Other opportunities for screening include after a hospitalization, after a bone mineral density test, decrease in bone density or diagnosis of osteoporosis, after a significant change in health status (e.g. weight gain or loss, increased frailty, dementia), or after a relevant medication change or addition (CNS medications or hypotensives.) Please reference appendix A for Updating Reminders.

2. Import the forms

In the patient record select **Settings > Edit Custom Forms > File > Import Form(s)**. . Navigate to where the toolkit files have been downloaded and select the custom form files, click **choose**.

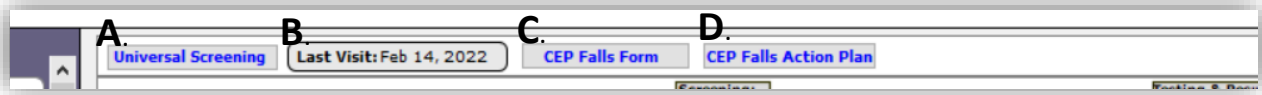
Toolkit Components

1. TOOLBAR

The toolbar is a quick reference to the necessary components of the tool and helps to initiate a falls prevention workflow. It works in conjunction with the reminder to ensure that it is visible only for patients who meet a specific criterion. *



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A. Universal Screening Button

Inserts the Universal Screening into the patient chart.

B. Last Visit:

References the last time the universal screening was completed. This should be completed yearly. When the screening is overdue the button will change colours.

C. CEP Falls Form

Inserts The CEP falls risk factors and interventions form into the chart

D. CEP Falls Action Plan

Inserts the Falls action plan into the chart

*See reminder criteria

2. CEP FALLS UNIVERSAL SCREENING - Custom Form

The universal screening is used to stratify patients based on their risk for falls (low/high) as well as highlights* specific interventions that can be applied based on the identified risk category.

Universal Screening

Has the patient experienced a fall in the last year? Yes No

Does the patient demonstrate issues with gait, mobility or balance? Yes No

This can be:

- Observed by the provider, supporting staff, family members or caregivers
- Assessed by asking "Do you feel unsteady when walking, standing or climbing the stairs? Or do you worry about falling?"
- Measured using the Timed Up and Go (TUG) test. Time: **never done** Last done:

★ Your patient is at high risk for falls
Review the appropriate risk factors based on patient's level of fall risk

The screening consists of two questions.

1. Has the patient experienced a fall in the last year?



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2. Does the patient demonstrate issues with gait, mobility, or balance?

A **yes** to either question indicates that the patient is at high risk for falls. A **no** to both questions indicates that the patient is at low risk for falls.

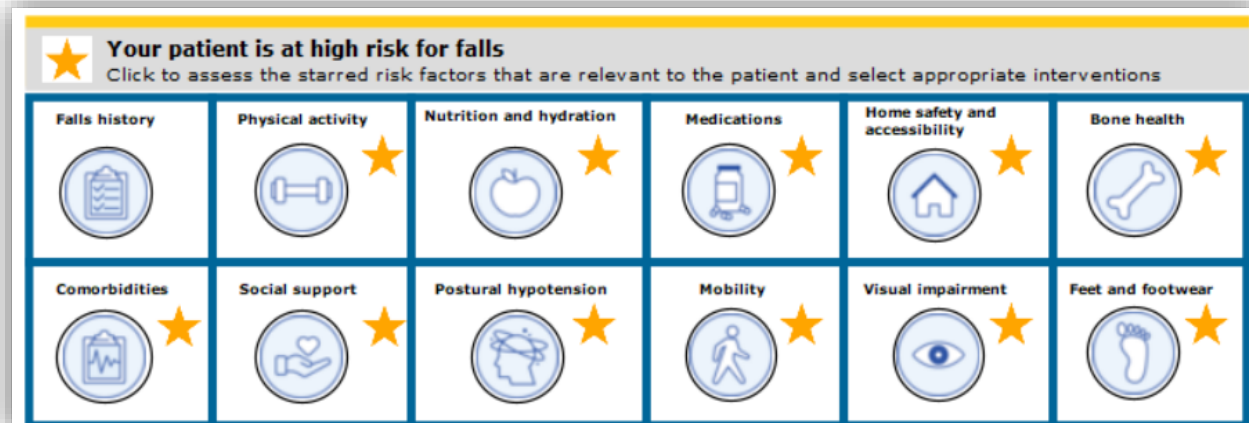
An alternative clinical assessment (Timed Up and Go**) can also be used to measure risk for falling.

*Uses a ★ symbol to highlight risk factor categories.

** See appendix B for Timed Up and Go Instructions

3. CEP FALLS RISK FACTORS AND INTERVENTIONS - Custom Form

At the core of this form is an **interactive tile index grid**. The grid allows clinicians to select relevant risk factors without subscribing to a specific chronological order. This is intended to support opportunistic use of the tool.



There are 12 sections in the grid with corresponding intervention

- Falls history*
- Physical activity**
- Nutrition and hydration**
- Medications
- Home safety and accessibility



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- Bone health
- Comorbidities
- Postural hypotension
- Mobility
- Visual impairment
- Feet and footwear

Each section can be opened/closed by clicking on the icon. There is also a close button located in the header of each section. Multiple sections can be opened at once. A gray background on the tiled grid will identify open sections. When opening multiple sections, you may have to scroll to see the corresponding "forms"

Filling out sections

Sections are comprised of both risk factors **and** interventions. Use the checkboxes to identify factors that pertain to individual patients. Based on selections made, specific interventions will become visible. Checkboxes can be used to indicate items that have been actioned. Blue text indicates a hyperlinked resource.

When selected, the interventions addressed will be associated with the falls action plan. For this reason, it is important to ensure that the checkboxes are used when appropriate.

Risk Factor	Yes	No
Patients lives alone	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Patient recently experienced a loss (e.g. spouse, family member)	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Patient's living arrangement recently changed	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Patient is a caregiver for another individual	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Patient faces barriers related to food or housing security	<input type="checkbox"/>	<input checked="" type="checkbox"/>
Patient reports/shows signs of elder abuse	<input checked="" type="checkbox"/>	<input type="checkbox"/>

[Connect with a local Seniors Active Living Centre \(minimal membership fees\)](#)

[Connect to Elder Abuse Prevention Ontario](#)

[Provide Senior Support Line \(1-866-299-1011\)](#)

Patient has recently downsized from a house into a basement apartment.

* Only needs to be completed if the patient has had a fall in the past year

** Recommended for patients who are at a low risk for falls



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4. CEP FALLS ACTION PLAN - Custom Form

The falls action plan is a patient centric handout that details relevant fall prevention information from the patient visit, including: goals set by patient, referrals sent by provider and handouts/resources provided.

In addition to the information gathered from the CEP falls risk factors and intervention form, users have the option of selecting/deselecting resources for the action plan using a guide on the right-hand side of the form. This guide **will not** be included in the printout.

Each section of the action plan has a place for free text. These can be used to document information for the patient that may not be captured in the tool or to add detail and specifics.

Feb 15, 2022 CEP falls action plan KW

Falls action plan for: Kathleen Test Today's Date: Feb 15, 2022

Falls are the leading cause of injury and death among people aged 65 and older living in the community. The good news is that most falls can be prevented! This action plan lists how you and your healthcare provider are going to work together to reduce your risks for falling and maintain your health and independence. It will be reviewed at future appointments.

I am going to work on:

- Gradually increasing my physical activity, such as aerobic exercise (includes housekeeping, gardening, shopping and walking), muscle-strengthening exercise, balance exercise and posture awareness. For exercise examples, review the Too Fit to Fall or Fracture handout
- Addressing hazards and accessibility issues at my home using the Home Safety checklist.
- Setting up falls alarms and/or a medical alert device (\$25-\$70/month).
 - Seniors Active Living Centre (<https://link.cep.health/seniorsactiveliving>)

My healthcare provider is going to refer me to a:

- Home and community care coordinator

Other ways my healthcare provider is going to support me:

- Provide a Too Fit to Fall or Fracture handout
- Provide a Home Safety Checklist

Clinician/User Instructions:
Select the info you want to include in the checkboxes below

<input checked="" type="checkbox"/> Too Fit To Fall	<input type="checkbox"/> Blood pressure targets
<input type="checkbox"/> Consult GeriMedRisk	<input type="checkbox"/> Orthostatic hypotension
<input type="checkbox"/> Home Safety Checklist	<input type="checkbox"/> Education for lenses
<input type="checkbox"/> Osteoporosis	<input type="checkbox"/> Vision medications

Contact Us

We would love to hear any feedback or suggestions you may have on how we can improve this tool to better suit you or your patients' needs. For any feedback/technical support or questions about installing the tool, please contact emrtools@ehealthce.ca



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Appendix

APPENDIX A

Editing Reminders

In the patient record select **Settings > Edit Reminders**. Navigate to the CEP Falls Reminder. Highlight the last line by clicking on it. Select the add line button. In the search criterion select **Demographics > Patient Number > =**, in the dropdown, write the corresponding patient number.*

IMPORTANT: Highlight the “and” operator and hit the and <-> or button to change the word to or.

*The patient number can be found in the upper right-hand corner of the patient record.

Refer to a home and community care coordinator (to arrange connection with a local exercise and falls prevention program)

Edit Reminders

Edit

<Enter search text>

Reminders

- CEP Falls Toolbar
- CEP Fall Toolbar Reminder**
- Chronic Non Cancer Pain CNC...
- Cond_BMD-Osteoporosis Oste...
- Cond_BW-Bariatric Surgery M...
- Cond_BW-fatty liver
- Cond_SPEP-Osteoporosis Ost...
- Coumadin Truants
- COVID_19_3rd_dose_Patients...
- COVID 19 3rd dose Allergies
- COVID 19 3rd dose antiCD20 ...
- COVID 19 3rd dose Hematolog...
- COVID 19 3rd dose Patients w...
- COVID 19 3rd dose Patients w...
- COVID19 at Risk - Age reminder
- COVID19 At Risk - Asthma re...
- COVID19 At Risk - Asthma re...
- COVID19 at Risk - CAD reminder
- COVID19 at Risk - Cancer remi...
- COVID19 at Risk - CHF reminder
- COVID19 at Risk - COPD remin...
- COVID19 at Risk - Diabetes re...
- COVID19 at Risk - Heart Disea...

Reminder Name: CEP Fall Toolbar Reminder

Age >= 65

or

Patient Number = 552

Delete Line

↑

↓

Add Line

Indent Line ->

and <-> or

<- Outdent Line

Comments:

Show Intervention as Reminder: Screen for Falls CEP Falls Prevention

Show Custom Form or Stamp: N/A

Priority: High (scan daily) Medium (reminder report) Low (next visit) Ignore (do not evaluate)

Delete Reminder

New Reminder

Done



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APPENDIX B

Timed Up and Go Instructions

Purpose: To assess mobility

Equipment: A stopwatch

Directions: Patients wear their regular footwear and can use a walking aid if needed. Begin by having the patient sit back in a standard armchair and identify a line 3 meters or 10 feet away on the floor.

Instructions to the patient:

When I say “Go,” I want you to:

1. Stand up from the chair
2. Walk to the line on the floor at your normal pace
3. Turn
4. Walk back to the chair at your normal pace
5. Sit down again

On the word “Go” begin timing. Stop timing after patient has sat back down and record. Time in seconds.

An older adult who takes ≥ 12 seconds to complete the TUG is at high risk for falling.