

Fall Risk Prevention: Provider Quick Guide

Addressing fall risk improves patient safety, functional status and care coordination. Fall-risk screening also supports the Medicare Health Outcomes Survey (HOS) by reinforcing preventive, holistic care and prompting clear documentation of risk level, patient education, and next steps to ensure continuity across the care team.

Why Is This Important?

- Fall risk assessments and discussions can help prevent patients from serious injuries or hospitalization.
- Promotes patient education and strengthens preventive care interventions.



Red Flags for Fall Risk

- Recurrent or injurious falls
- New symptoms of dizziness, fainting or confusion
- Sudden decline in mobility
- Medication changes associated with symptoms

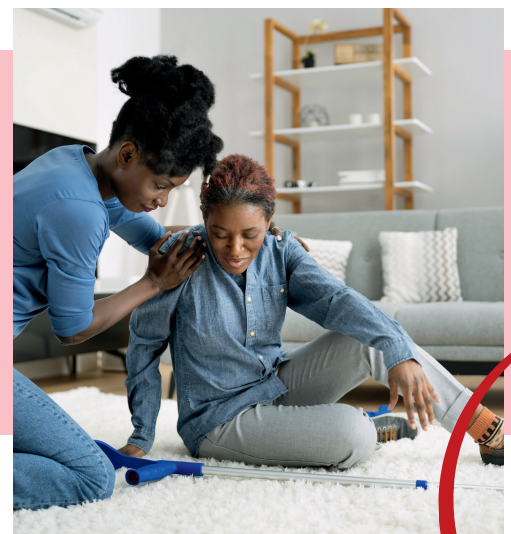


Tips for Improving Patient Safety

- Clear high-traffic areas of any objects that could pose a trip hazard.
- Wear non-slip shoes or socks that provide added traction on floors.
- Keep commonly used items at eye level which reduces the need to bend or lean.
- Ensure adequate light is available especially when walking at night.
- Reinforce rugs, loose wires, and other potential slipping hazards.
- If needed, always use a supportive device such as a walker or cane when navigating around the home.

Important Tips for After a Fall

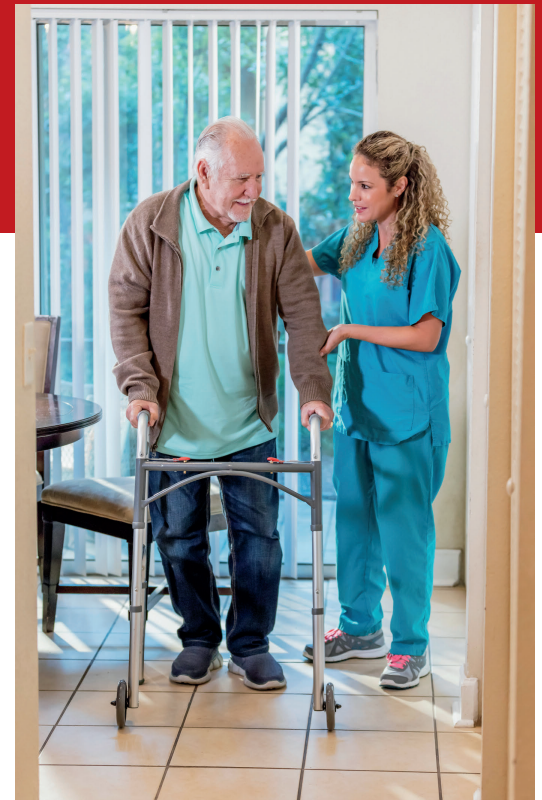
1. Don't rush to get up.
2. If you are able to move safely, use a medical alert device or phone for help.
3. Contact 911 if you are experiencing any pain, confusion, bleeding, discomfort, or suspect an injury.
4. Follow up with your primary care doctor for additional care.



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Best Practices for Providers

- Screen routinely and proactively.
- Perform fall risk assessment.
- Prescribe exercise and/or physical therapy based on patient's condition.
- Address environmental and home safety risks.
- Review and optimize medications.
- Monitor any red flags that require immediate attention.
- Recommend follow up from recent hospitalization.



Questions About Fall Risk on Health Outcomes Survey

- *In the past 12 months, did you talk with your doctor or other health provider about falling or problems with balance or walking?*
- *Did you fall in the past 12 months?*
- *In the past 12 months, have you had a problem with balance or walking?*
- *Has your doctor or other health provider done anything to help prevent falls or treat problems with balance or walking?*



Coding Tips:

CPT-CAT II

1100F: Patient screened for future falls risk; documentation of 2 or more falls in the past year or any fall with injury in the past year

1101F: Documentation of no falls in the past year or only 1 fall without injury in the past year

3288F: Fall Risk Assessment Documented

1170F: Functional Health Assessment