FALLS (PEARL CARD)

Step one: **SYNCOPE?**—yes------add syncope work up

Step two: answer all of the five questions for the **Quest**

**Question #1:** Anything **ACUTE**?
(resemble D-E-L-I-R-I-U-M-S* work-up) mnemonic
D rugs-------------------------------includes alcohol
E motional-------------------------depression & anxiety
L ow O2 states----------------------CHF, COPD, anemia
I nflection------------------------most common in NH population
R etention-------------------------of urine &/or feces
Ictal status------------------------seizure related problems
U nde nutrition/ hydration/postural hypotensive?
M etabolic------------------------electrolytes, BG, BUN/Cr, LFT
S ubdural------------------------include all neurologic causes

Q2: **Question #2:** Anything **CHRONIC**
(but can be improved?)
1) **Sensory:** visual, proprioceptive, vestibular.
2) **Central:** cardiovasc., CNS dz, depression
3) **Effector:** muscular, biomechanical

Q3 **MEDICATIONS?**-sedatives/hypnoti, narcotics, antipsychotics, alcohol  
(If orthostatic symptoms consider: antihypertensives, vasodilators, diuretics, antianginals, antiparkinsonian)

Q4 **REHABILITATION?**
A **Get Up and Go Test:**“-arise from chair, walk ten feet, open door, turn sharply, return and sit.”

**Therapy:**
- strengthening------work at 80% of max. effort
- balance------------------Tai Chi or physical therapy
- gait training--------best for neurologic & joint dz
- assistive devices—ask PT/OT

Q5 **ENVIRONMENTAL/BEHAVIORAL?**
-give out Home Safety Checklist or Home Health Nurse to do home evaluation.

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To use this guide as a handy pocket reference, follow the instructions below:

1. Print out this page
2. Cut out the PEARL card and laminate.