



# Post Falls Decision Support Tool

When a person experiences a fall or has been found on the ground use the following tool to check for any injury or new symptoms prior to moving them. Please then follow the appropriate course of action

## RED - MAJOR INJURY OR SYMPTOMS

- Loss of or reduced level of consciousness
- Any seizure activity
- Repeated vomiting post fall
- Swelling or bruising around eyes or behind an ear
- Airway or breathing problems
- Severe or uncontrolled bleeding
- New onset chest pain
- New limb deformities such as swelling, shortening or rotation
- New neck or back pain
- New immobility
- New, unresolved numbness to a limb
- A fall from over 3 feet/0.9 metres or 5 or more stairs/steps
- FAST positive
- Suspected drug or alcohol intoxication

### ACTIONS FOR CARER

1. Do not lift the person.
2. Call 999 for an ambulance.
3. Make the person comfortable and where possible, encourage minimal, regular positional changes to improve comfort and circulation.
4. Administer First Aid as required.
5. Document actions.

## AMBER - MINOR INJURY OR SYMPTOMS

- New bruising
- Small skin tear, wound or laceration where bleeding can be stopped
- Isolated injury to an arm
- No apparent injuries but person taking anti-coagulant/blood thinning medication
- New loss of memory leading up to or after the fall
- New dizziness or an episode of vomiting post fall
- Any other concern from carer

### ACTIONS FOR CARER

1. Administer first aid as required.
2. Assist from the floor where safe to do so.
3. Contact GP in hours or NHS 111 out of hours for advice and follow up.
4. Nursing Homes (who have completed the falls training programme) can refer to Rapid Response between 08:00 - 18:00 7 days a week - see inclusion and exclusion criteria.
5. Observe person for a minimum of 24 hours for new or worsening pain or changes in their condition
6. Document all findings.

## GREEN - NON-INJURY AND NO SYMPTOMS

- Conscious and responding as usual
- No apparent injury, bruising or wounds
- No head injury
- No new pain or discomfort (verbal or non-verbal)
- Able to move limbs on command or spontaneously
- No sign of limb deformity, shortening or rotation

### ACTIONS FOR CARER

1. Assist from the floor into a comfortable position.
2. Observe person for a minimum of 24 hours for pain or any changes in condition.
3. Document all findings.

If there are any changes in the person's condition causing concern contact the GP in hours or NHS 111 out of hours. Eligible Nursing Homes can contact Rapid Response. Contact 999 should any symptoms in the red section arise.