

Guidelines for completing the Multifactorial Falls Risk Assessment (MFRA)

NICE (2013) guidelines for the assessment and prevention of falls in older people say that older people who have

- More than one fall in last 12 months OR
- difficulty with balance or walking OR
- presented with single fall requiring medical attention

should have a Multifactorial Falls Risk Assessment .

(Older persons reporting only a single fall and reporting or demonstrating no difficulty or unsteadiness during the evaluation of gait and balance should be given lifestyle advice.)

The **Multifactorial Falls Risk Assessment** (MFRA) tool which can be downloaded from this web page was designed by Bristol Community Health in order to assist their staff to complete an evidence based falls assessment based on the NICE (2013) guidelines and the AGS/ BGS (2010) guidelines. BCH staff now complete this MFRA as an EMIS template using the problem code “Falls risk assessment complete”.

The following guidelines will assist in completion of a Multifactorial Falls Risk assessment

- It is important to address any unstable medical condition first which includes screening for infection and blood tests for Thyroid, Full blood count, electrolytes, liver function, calcium, glucose, Vitamin B12 and folate
- Check if the MFRA has been done within the last year and if it has that any interventions have been completed and that any prescribed exercises are being maintained
- If you have been unable to complete a section and you are concerned about this area of the patient’s health consider making an appropriate referral and communicate what you have already done.

The following resources listed under the number for each section of the form will assist you.

Resources for the MFRA Tool

- 1 Urgent Care service)
- Community Therapy) see BCH “Falls in older people” webpage for links
- Community Nursing)

Comprehensive geriatric assessment “a multi-dimensional diagnostic process focused on determining a frail older person’s medical, psychological and functional capability in order to develop a co-ordinated and integrated plan for treatment and follow-up” (Rubenstein et al 1991).

NBT Falls clinic referral <http://www.nbt.nhs.uk/clinicians/services-referral/medicine-older-people-gps/falls-clinic-older-people-gps>
UHB outpatient referrals in usual way

- 2 Useful information on medications is in “Guidance sheet medicines and falls in hospital” which can be found on the following page
<https://www.rcplondon.ac.uk/guidelines-policy/fallsafe-resources-original>
- 3 Postural hypotension- measurement and patient information
<https://www.rcplondon.ac.uk/projects/outputs/measurement-lying-and-standing-blood-pressure-brief-guide-clinical-staff>
<http://www.patient.co.uk/doctor/Hypotension.htm>
- 4 Brief intervention – a discussion with the patient about whether the alcohol they drink is a problem for them
- 5 MUST <http://www.bapen.org.uk/screening-for-malnutrition/must/introducing-must>
FRAX <http://www.shef.ac.uk/FRAX/tool.jsp>
Osteoporosis resources <https://www.nos.org.uk/health-professionals/osteoporosis-resources-for-primary-care>
Patients taking bone protection medication should be seeing a dentist regularly.
Check patients are taking their bisphosphonate correctly
<https://www.nos.org.uk/scans-tests-drugs/drug-treatments#druginfo>
the questions regarding parent hip fracture and menopause are to enable you to complete the FRAX form
- 6 For housebound people there are companies who will complete eye tests in the home
- 8 Strength and Balance groups see link to staying steady classes on webpage
Podiatry –<http://briscomhealth.org.uk/our-services/podiatry/> or advise private chiropody
11. Bladder and bowel pathway <http://briscomhealth.org.uk/our-services/bladder-bowel-service/>
12. Care and Repair <http://www.wecr.org.uk/>
<http://www.thisisliving.org.uk/>
Care Direct <http://www.bristol.gov.uk/page/adult-care-and-health/care-direct>
13. Link with local Dementia Pathway

Leaflets

Staying steady Age UK http://www.ageuk.org.uk/Documents/EN-GB/Information-guides/AgeUKIG14_staying_steady_inf.pdf?dtrk=true

Abbreviations on tool

GP- General Practitioner