



## Post Falls Decision Making Tool for Care Homes

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

### MAJOR INJURY OR SYMPTOMS

- Loss of, or reduced level of, consciousness
- Airway or breathing problems
- Severe or uncontrollable bleeding
- New central neck or back pain
- Swelling or bruising around eyes or behind an ear
- Blood or clear fluid coming from inside an ear
- New onset of chest pain
- FAST test positive
- Repeated vomiting since the fall (not before)
- New lower limb deformity or swelling
- Any seizure activity
- Fallen from height of more than 1 metre and hit head

- Actions for carer:**
1. Do not lift the person
  2. Call 999 for an ambulance
  3. Give first aid as needed
  4. Document all findings

### MINOR INJURY OR SYMPTOMS

- New bruising or wounds
- Mild discomfort
- Isolated injury to an arm
- New loss of memory leading up to or after the fall
- Dizziness or an episode of vomiting since the fall (not before)
- No apparent injuries but person taking anti-coagulants
- Any other concerns by carer

- Actions for carer:**
1. Give first aid as needed
  2. Safely lift or assist the person from the floor
  3. Contact GP, NHS 111 or local community provider for advice and follow up
  4. Observe the person for at least 24 hours for any new symptoms
  5. Document all findings

### NO INJURY OR 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. Safely lift or assist the person from the floor
  2. Observe the person for at least 24 hours for any new symptoms
  3. Document all findings

If there are any changes in the person's condition causing concern, you should contact the GP, NHS 111 or local community provider, for advice. Contact 999 should any symptoms in the red section arise.

This guidance covers most situations care staff are likely to encounter when a person falls, but it cannot foresee every possible scenario. It must be used together with clinical judgement (in nursing homes), common sense and in line with the duty of care.

**Get the HelpFall Web App:**

