

OPIC Questions

Falls

1. What needs to be asked in a falls history?

What were they doing, how did it happen, how did they feel before fall, any dizziness/lightheadedness, did they lose consciousness, any cardiac symptoms, any weakness, has it happened before, what medications do they take, how do they normally mobilise?

2. State different causes of a fall.

Cardiac (arrhythmia), neurological (seizure, stroke, peripheral neuropathy), vasovagal, intoxication, BPPV, infection, environmental.

3. What examinations should be done in a patient presenting with a fall?

Functional assessment of mobility, CVS exam (inc. ECG and lying and standing BP), neurological exam, musculoskeletal exam (GALS examination -gait, arms, legs, spine).

4. Which drugs can contribute to falls?

Sedatives, cardiac medications, anticholinergics, hypoglycaemics, opiates.

5. State some risk factors for falls.

Fear of falling, limitations in mobility and ADLs, impaired gait, impaired balance, visual impairment, reduced muscle strength, poor reaction times, polypharmacy.

6. What investigations are needed in a patient presenting with a fall?

ECG (arrhythmias), LSBP (postural hypotension), urine dipstick (UTI), neuro observations, bloods (U&Es, CRP, WCC, CK), X-ray, CT/MRI head.

7. What is classed as significant postural drop?

>20 systolic or >10 diastolic from lying position.

8. How can we prevent falls?

Regular medication review, limiting alcohol, vision testing, strength and balance training, reducing osteoporosis risk.

9. What needs to be assessed in people who have fallen?

Osteoporosis risk – patients who've fractured bones with minimal trauma usually commenced on osteoporosis treatment if over 75.

10. 73-year-old man presents to A&E after a fall. You treat a head wound and perform a full medication review. He has a postural drop on assessment. Which one of these

Opic Sample Questions Answers

LP Steffe



Opic Sample Questions Answers:

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