



Cleveland Clinic

# Geriatric Falls Clinic

A comprehensive, multidisciplinary approach to the prevention and treatment of falls in the elderly

The Geriatric Falls Clinic provides evaluation and follow-up for the treatment and prevention of falls. The multidisciplinary assessment includes screening of vision, medical conditions, polypharmacy, nutritional status, mental alertness, physical function, balance and strength. A summary letter will be provided to the patient and physician. The Falls Clinic is advised for any elderly patient who has had a fall or fracture, has balance problems, or is at high risk for falls.

## BEFORE THE APPOINTMENT

The patient should plan to arrive 15 minutes early and wear comfortable shoes. The patient will meet separately with a nurse practitioner and a physical therapist. The appointment will last about 90 minutes.

The patient should bring the following to the evaluation:

- All medicine in original containers, including over-the-counter medicines
- Medical records for care obtained outside the Cleveland Clinic's hospitals and family health centers (including results of bone mineral density tests)
- Lab tests from the past two years
- Details of past falls, prior evaluations, illnesses, surgeries and allergies
- Current insurance information

## EVALUATING PATIENT

Clinical nurse specialist Anne Vanderbilt, MSN, CNS, CNP, will talk with the patient about health issues, nutrition and living environment as related to falls, evaluating for the following:

- Depression
- Malnutrition
- Cognition
- Vision
- Osteoporosis
- Medical conditions
- Neurological issues
- Multiple medications
- Safe living environment

A physical therapist will assess the patient's physical function, balance and strength and, if appropriate, recommend a physical therapy program tailored to the patient's needs. The patient can go to any Cleveland Clinic facility to carry out this program.

The team will generate a summary of recommendations for the patient and primary care provider and facilitate testing and referrals to other specialists if needed. A follow-up appointment typically is requested in six weeks.

## SCHEDULING AN APPOINTMENT

To schedule an appointment, please call 216.444.5665 or 800.223.2273, ext. 45665.