

HISTORY

HPC

- When did patient fall
- Witnessed: / Unwitnessed
- Mechanism of fall: Patient recall / Witness / Unknown
- Head injury
- LOC: Pre-fall / Post-fall / Patient remember hitting the floor
- Pre-fall symptoms: SOB / Pain / Dizziness / Palpitations / Chest Pain / Confusion / Seizure / Facial drop / Limb weakness
- Post fall symptoms: SOB / Pain / Dizziness / Palpitations / Chest Pain / Confusion / Seizure / Facial drop / Limb weakness
- Post fall pain: Limb / Spine / Head
- Patient able to get up: Alone / Assistance / Unable

PMH

- Postural hypotension
- History TIA / Stroke
- History arrhythmia / MI

DH

- Anticoagulation
- Anti-hypertensives
- Diuretics
- Beta-blockers
- Alpha-blockers (Tamsulosin)
- Opioids / Sedatives / Antipsychotics

SH / FH

- Usual level of function
- History of falls
- Alcohol consumption: Usual / Recent

EXAMINATION

GENERAL OBSERVATIONS

- Distressed / Pain
- Limb deformity
- Mobile since fall

CERVICAL SPINE

- Cervical spine assessment
- Triple immobilisation if any concerns

AIRWAY

- Ensure airway patent

BREATHING

- Physical Observation: FiO₂ / RR / SaO₂
- Auscultation: Wheeze / Crackles / Air entry / Silent Chest

CIRCULATION

- Physical Observation: HR / BP (Postural BP)
- Fluid input-output: Fluid balance
- Heart sounds: Murmurs
- Hydration status: CRT / Mucus membranes

DISABILITY

- Physical Observation: Temp
- GCS
- PEARL: Normal / Constricted / Dilated
- Cranial nerve exam: Slurred speech / Facial drop / Visual-spatial neglect
- Cerebellar neurological exam: Ataxia / Coordination
- Peripheral neurological exam: Limb weakness / Tone change / Up-going Babinski
- Limb movement: Able to move / Unable / Pain on passive
- BM: Normal / Hypoglycaemic

EXPOSURE

- Head injury
- Facial injury
- Obvious limb deformity
- Lower limb: Shortened / Externally rotated leg
- Joint: Swelling / Erythema / Warm / Painful
- Skin: Open wound / Tenting / Palor (over deformity)
- Tongue biting
- Urinary / Faecal incontinence

INVESTIGATIONS

BLOODS

- FBC / U&E / CRP
- Clotting
- Group and Save (if open injury / bleeding)
- Troponin: If Chest pain

CBG

- Capillary blood glucose: < 4

ECG

- Rate
- Rhythm: Arrhythmia
- Ischaemia: ST segment / T wave inversion / New LBBB

URINALYSIS

- Blood
- Leukocytes
- Nitrites

MICRO

- Cultures: If Temp > 38
- Urine culture: If positive urinalysis

CXR

- Consolidation
- Effusion
- Collapse
- Pneumothorax
- Rib fracture

SKELETAL X-RAY

- Fracture
- Dislocation

CT HEAD

- Stroke
- Intracranial Haemorrhage
- Skull fracture

DISCUSS WITH SENIOR

CERVICAL SPINE X-RAY

- Neck pain

DISCUSS WITH SENIOR

POTENTIAL CAUSES

DELIRIUM
SEPSIS / INFECTION

STROKE / TIA

ALCOHOL INTOXICATION

ARRHYTHMIA
TACHY / BRADY

SEIZURE

HYPOGLYCAEMIA

SYNCOPE

LOWER LIMB MUSCULOSKELETAL PAIN

INTRACRANIAL HAEMORRHAGE
SAH / SUBDURAL / EXTRADURAL

OPIOID / SEDATIVE MEDICATION

MULTI-FACTORY

POTENTIAL OUTCOMES

HEAD INJURY

CERVICAL SPINE INJURY

FRACTURE / DISLOCATION