

## **6. Falls in the elderly**

When reviewing elderly patients consider;

### **1. Drugs that might contribute to falls**

- Drugs causing sedation – e.g. benzodiazepines, sedating antihistamines, tricyclic antidepressants.
- Drugs causing hypotension – e.g. diuretics, beta blockers, ACE-I, alpha blockers, calcium channel blockers and vasodilators. Psychiatric drugs e.g. chlorpromazine and risperidone. Parkinsonism drugs

### **2. Prophylaxis that might help in preventing fractures**

The elderly, previous fractures, known osteoporosis, oral steroid treatment (>7.5mg/day), poor diet and lack of sunlight for example all contribute to fractures.

For at risk groups prescribe Calcium and Vitamin D as Adcal D3 or Calcichew D3 two daily.

### **3. Other factors that might contribute to falls**

Consider other factors such as social circumstances, alcoholism, loose carpets, lack of hand rails etc.