

GERIATRIC MEDICINE CENTRE

Falls Assessment Clinic



Changi
General Hospital

Why is it Important to Attend Falls Assessment Clinic?

When you have fallen once, you have a **higher chance** of falling **again**.

Fall injuries can lead to

- × Hospitalisation
- × Loss of independence
- × Death



Appointments are by referrals only, from

- GPs
- Polyclinics
- Specialist Clinics

What Happens in the Falls Assessment Clinic Session?



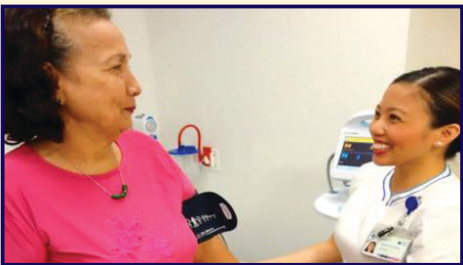
Consult with the Geriatrician

- Identify and modify risk factors for falls
- Learn to protect your bones



Review by the Physiotherapist

- Check muscle strength and balance
- Assess posture and walking



Health check-up by the nurse

- Blood pressure
- Height and weight
- Vision
- Memory



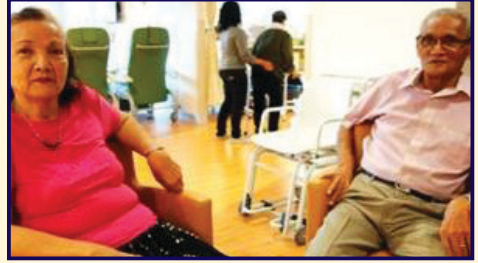
Discussion with the nurse

- History of falls
- Geriatric assessment
- Falls precaution education

Preparing Your Visit to the Falls Assessment Clinic



Visit will last for approximately two hours.



You are welcome to bring a friend or relative.



Please bring along any medications you are taking.

What Happens After the Falls Assessment Clinic?

1. Additional Assessment

You may be asked to go for basic blood tests, bone health scans (BMD), heart tracing (ECG), and other tests as required.

2. Professional Recommendations

You will receive a letter summarising the reasons for falling and any recommendations specifically for you.

3. Specialist Referrals

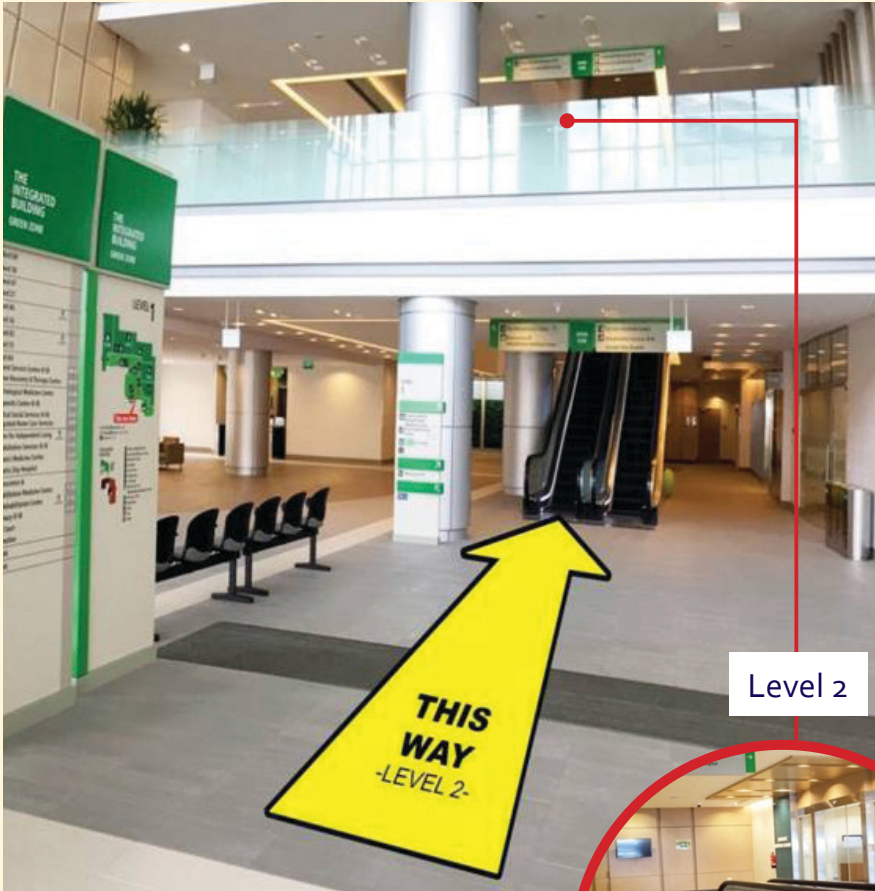
Additional referrals may be given to see other specialists, including:

- Orthopaedics
- Neurology
- Ear, Nose & Throat
- Ophthalmology
- Physiotherapy
- Occupational Therapy

If you can't attend any referrals, we'll be happy to reschedule. Please call us on **6850 3333** in advance so that we can offer the spot to another patient in need.

How to get there?

Falls Assessment Clinic is located inside Geriatric Medicine Centre, Level 2, Integrated Building (IB)

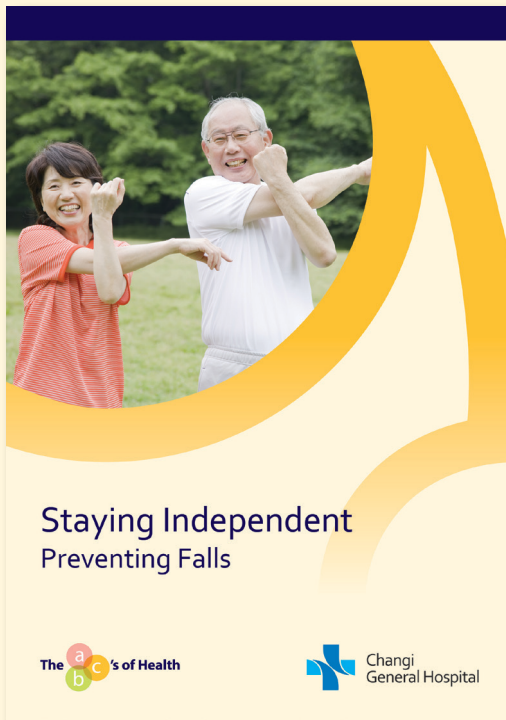


Clinic operating hours:

Mondays, Tuesdays and
Wednesdays 1.30pm



Pick up a copy of our brochure
Staying Independent, Preventing Falls
from the clinic for more information
on preventing falls.



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For appointments and enquiries,
please call the CGH Appointment Centre at
Tel: (65) 6850 3333

CGH Appointment Centre operating hours:
8.30 am to 8.00 pm (Monday to Friday)
8.30 am to 12.30 pm (Saturday & Sunday)
Closed on Public Holidays

For more information, please visit
<http://www.cgh.com.sg>



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All information is valid at the time of printing (June 2015)
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