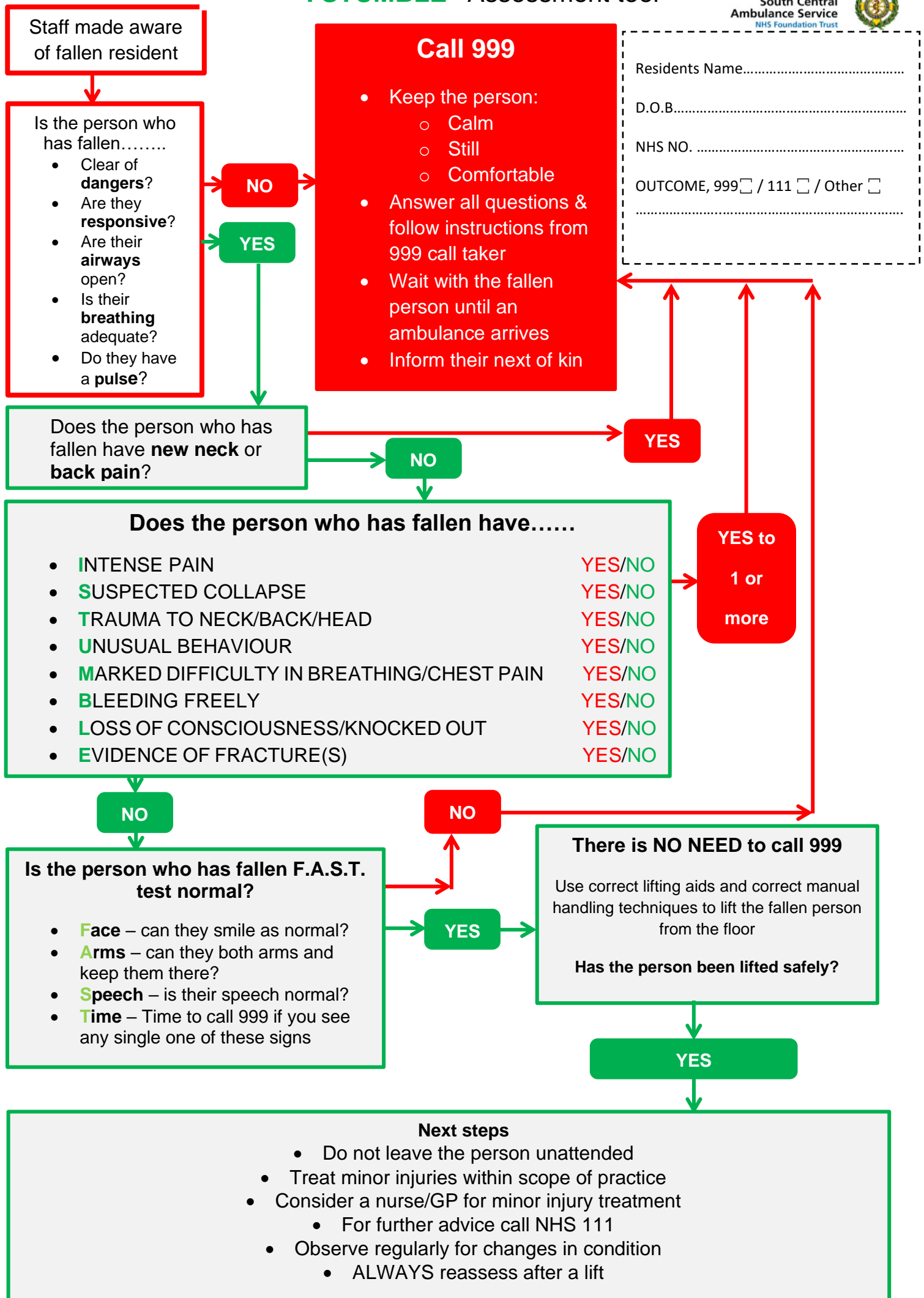


# "I STUMBLE" Assessment tool



## **Intense Pain**

New pain since falling, including:

- Headache
- Chest Pain
- Abdominal Pain

## **Suspected Collapse**

Ask resident if, before their fall, they:

- Collapsed
- Felt dizzy
- Felt nauseous

## **Trauma – to Head/Neck/Back**

- New pain in Head/Neck or Back following the fall
- New lump or dent in head with/without bleeding
- Any new numbness or paralysis in any limbs
- Have they taken blood thinning medication e.g. Warfarin?

## **Unusual Behaviour**

- New Confusion
- Acting Different to Normal Self e.g. agitated, drowsy, quiet
- Difficulty Speaking e.g. Slurred Speech, words mixed up, marked stuttering

## **Marked Difficulty in Breathing/Chest Pain**

- Severe shortness of breath, not improved when any anxiety is reduced
- Unable to complete full sentences
- Blue/Pale lips, blue fingertips, becoming lethargic or confused

## **Bleeding Freely**

- Free flowing, pumping or squirting blood from wound
- Apply constant direct pressure to injury with clean dressing, (elevate if possible)
- Try to “estimate” blood loss, (per mugful)

## **Loss of Consciousness**

- Knocked Out
- Drifting in and out of consciousness
- Limited memory of events leading up to, during or after fall
- Unable to retain or recall information/repeating themselves

## **Evidence of Fracture**

- Obvious Deformity – e.g. shortened/rotated, bone visible, severe swelling
- Reduced range of movement in affected area
- Unusual movement around affected area