Online resource 4. Detailed results.

Falls prevention and management for older adults in home care services in Norway: A retrospective patient record review

European Geriatric Medicine


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**Table S2** Adherence to recommendations on fall risk assessment and fall prevention interventions. This table provides a comprehensive list of the city districts' documentation of the fall risk factors and interventions to prevent falls recommended by the WFG2022, grouped by fall risk.

| Fall risk factors and fall prevention interventions | Intermediate fall risk patients*, n = 54 | | High fall risk patients*, n = 171 | |
|---|---|---|---|---|
| **n (%)** | | | | |
| Received a multifactorial fall risk assessment** | 33 | (61) | 120 | (70) |
| Balance, gait, muscle strength | 27 | (50) | 99 | (58) |
| Of these, an intervention of exercise or physiotherapist† | 12 | (22) | 76 | (44) |
| Footwear and foot problems‡ | 16 | (30) | 44 | (26) |
| Of these, an intervention for footwear or feet‡ | 1 | (2) | 4 | (2) |
| Concerns about falling§ | - | - | - | - |
| Of these, an intervention to address concerns about falling§ | - | - | - | - |
| Dizziness | 11 | (20) | 46 | (27) |
| Vision or hearing loss¶ | 21 | (39) | 76 | (44) |
| Of these, an intervention of vision/hearing optimisation¶ | 1 | (2) | 4 | (2) |
| Cognition†† | 13 | (24) | 62 | (36) |
| Behaviour (alcohol or drug use) | 8 | (15) | 48 | (28) |
| Orthostatic hypotension | 11 | (20) | 47 | (27) |
| Urinary incontinence | 12 | (22) | 36 | (21) |
| Cardiovascular disorders# | 8 | (15) | 51 | (30) |
| Contributing diseases## | 28 | (52) | 111 | (65) |
| Osteoporosis+ | 9 | (17) | 37 | (22) |
| Of these, osteoporosis treatment! | 0 | (0) | 0 | (0) |
| Parkinson's disease | 18 | (33) | 74 | (43) |
| Depressive disorders | - | - | - | - |
| Polypharmacy!! | 18 | (33) | 63 | (37) |
| Of these, medication intervention | 1 | (2) | 11 | (6) |
| Nutritional status | 16 | (30) | 52 | (30) |
| Of these, nutritional intervention | 2 | (4) | 18 | (11) |
| Vitamin D§ | - | - | - | - |
| Environmental risk | 21 | (39) | 85 | (50) |
| Of these, environmental intervention | 11 | (20) | 57 | (33) |
| Used the checklist during assessment | 15 | (28) | 58 | (34) |

| | | |
|---|---|---|
| Received a multifactorial fall prevention intervention‡‡ | 10 (19) | 68 (40) |
| **Median (min – max)** | | |
| Number of fall risk factors assessed per patient | 3 (0 – 16) | 7 (0 – 16) |
| Number of fall prevention interventions provided per patient | 1 (0 – 5) | 2 (0 – 6) |

The table shows how many patients received the indicated fall risk assessment, and of those, how many received indicated intervention (indicated in grey rows). No intervention underneath a risk factor means that no intervention was systematically initiated.
* Intermediate fall risk: 1 fall past 12 months and ADL score < 3 and no admission to an institution following the fall. High fall risk: ≥ 2 falls past 12 months or ADL score ≥ 3 or an admission to an institution following the fall.
** An assessment of ≥ 2 modifiable fall risk factors.
† An intervention including physical exercise or referral to physiotherapist.
‡ Assessment of issues with feet or footwear. Management included advice about footwear and ordering new shoes, or a referral to a pedicurist.
§ Not systematically assessed or managed following a fall.
¶ May include advice about glasses, or referral to optician or ophthalmologist.
†† Dementia or cognitive impairment.
# Includes assessment of hearth rhythm and referral to general practitioner.
## Includes assessment of diseases that increase fall risk, ABCDE, NEWS 2, SAFE, urine test, pain or swelling in legs or feet, and referral to general practitioner.
+ Assessment of fall-related fractures during the past 10 years.
! No information about osteoporosis assessment or treatment available in the patient records.
!! Use of four or more prescription medications.
‡‡ An intervention consisting of ≥ 2 components, one of which was exercise or referral to a physiotherapist.