

## Medication-related Falls Risk Assessment Tool (MFRAT)

This tool enables categorisation of falls risk related to medication use and outlines recommended actions that should be taken as a result of risk categorisation.

Health Service Organisations (HSOs) may have other approved tools to assess medication-related falls risk and identify patients at high risk. This tool may be amended/adapted by HSOs that do not have their own risk stratification tool.

Risk category	Identification criteria		Action required
<b>High</b>	Patient's vFRAT category or score is high  <b>AND</b>  The patient is prescribed (or has had temporarily withheld during hospital admission) <b>2 or more FRIDs.</b>		Referral for a hospital-based medication review. Other further medication-related interventions may also be appropriate.
<b>Moderate</b>	Patient's vFRAT category or score is high  <b>AND</b>  The patient is prescribed (or has had temporarily withheld during hospital admission) <b>1 FRID.</b>	OR  Patient's vFRAT category or score is NOT high  <b>AND</b>  The patient is prescribed (or has had temporarily withheld during hospital admission) <b>2 or more FRIDs.</b>	Medication-related interventions such as medication review may be appropriate.
<b>Low</b>	The patient is <b>NOT on any FRIDs</b> (nor is any FRID on a temporary withheld medication list).		Non-medication-related interventions for falls reduction may still be applicable.

FRIDs include medicines causing adverse effects such as postural hypotension, drowsiness, dizziness, blurred vision or confusion.<sup>1</sup> See accompanying table for a list of medicines commonly associated with falls risk.

If further risk stratification is required due to limited resources for intervention, the addition of risk factors such as frailty, age over 75 years, previous ADR, recent and/or frequent hospitalisation may be added to the risk assessment.

NSW TAG QUM Indicator 8.2 provides further information about identifying risk of and preventing medication-related falls in older hospitalised patients. Available here: <https://www.nswtag.org.au/qum-indicators/>

Abbreviations: vFRAT = validated Falls Risk Assessment Tool; FRIDs = Fall-Risk-Increasing Drugs; ADR= Adverse Drug Reaction; QUM = Quality Use of Medicines

**Reference:**

1. Australian Medicines Handbook Aged Care Companion [Internet]. Adelaide: Australian Medicines Handbook Pty Ltd; 2020 [cited 2020 Mar]. Available from: <https://agedcare.amh.net.au/chapters/musculoskeletal/fall-prevention?menu=hint>

## Common Fall-Risk-Increasing Drugs (FRIDs)

*Disclaimer: The list provided is not exhaustive; for a more comprehensive list or further detailed information, consult medicine reference texts such as the current Australian Medicines Handbook.*

*Hyperlinks to relevant Australian Medicines Handbook (January 2020 edition) information are provided.*

Psychotropic medicines			
<b>Antidepressants</b>	<a href="#">Monoamine oxidase inhibitors</a> <a href="#">SSRIs</a>	<a href="#">SNRIs</a> <a href="#">Other antidepressants</a>	<a href="#">Tricyclic antidepressants</a> <a href="#">Comparative adverse effects</a>
<b>Antipsychotics</b>	All <a href="#">Comparative adverse effects</a>		
<b>Anxiolytics/ Sedatives/ Hypnotics</b>	<a href="#">Benzodiazepines</a>	<a href="#">Z-drugs</a>	<a href="#">Other</a> • Suvorexant
Cardiovascular medicines			
<b>Antiarrhythmics</b>	<ul style="list-style-type: none"> <li>Amiodarone</li> <li>Digoxin</li> </ul>	<ul style="list-style-type: none"> <li>Flecainide</li> <li>Sotalol</li> </ul>	
<b>Antihypertensives</b>	<a href="#">ACE inhibitors</a> <a href="#">Sartans</a> <a href="#">Beta-blockers</a>	<a href="#">Calcium channel blockers</a> <a href="#">Thiazide &amp; Related Diuretics</a>	<a href="#">Other antihypertensives</a> • Clonidine • Methyldopa • Prazosin
<b>Heart failure medicines</b>	<a href="#">Aldosterone antagonists</a>	<a href="#">Loop diuretics</a>	<a href="#">Other HF medicines</a> • Ivabradine • Sacubitril with valsartan
<b>Nitrates and other vasodilators</b>	<a href="#">Nitrates</a>	<a href="#">Pulmonary hypertension medicines</a>	<a href="#">Other vasodilators</a>
Other medicines			
<b>Anticholinergics</b>	Numerous drugs have <a href="#">anticholinergic effects</a>	• Hyoscine (butylbromide & hydrobromide)	• <a href="#">Inhaled bronchodilators</a>
<b>Antihistamines</b>	<a href="#">Sedating antihistamines</a>	<a href="#">Less sedating antihistamines</a>	
<b>Parkinsonism Medicines</b>	<a href="#">Dopamine agonists</a>	<a href="#">Monoamine oxidase type B inhibitors</a>	<a href="#">Anticholinergics</a> • Benztropine • Trihexyphenidyl
<b>Opioids</b>	All, alone or in combination		
<b>Beta-blocker eye drops</b>	• Betaxolol	• Timolol	
<b>Genitourinary</b>	<a href="#">Selective alpha blockers</a>	<a href="#">Phosphodiesterase inhibitors</a>	<a href="#">Anticholinergics</a>
<b>Hypoglycaemics</b>	<a href="#">Sulfonylureas</a>	<a href="#">Insulins</a>	
<b>Other</b>	• Prochlorperazine		