

Patient: \_\_\_\_\_

DOB: \_\_\_\_\_

## Screening Fall Risk

Patients 65+ Years

### THE EPWORTH SLEEPINESS SCALE

Using the following scale of 0-3, rate the following situations:

**0= would never doze 1= slight chance of dozing**  
**2= moderate chance of dozing 3= high chance of dozing**

#### Situation:

#### Chance of dozing:

1. Sitting and reading \_\_\_\_\_
2. Watching TV \_\_\_\_\_
3. Sitting inactive in a public place \_\_\_\_\_
4. As a passenger in a car for an hour without a break \_\_\_\_\_
5. Lying down to rest in the afternoon \_\_\_\_\_
6. Sitting and talking to someone \_\_\_\_\_
7. Sitting quietly after lunch without alcohol \_\_\_\_\_
8. In a car, while stopped for a few minutes \_\_\_\_\_
9. In traffic \_\_\_\_\_

Total: \_\_\_\_\_

1. Have you had 2 or more falls in the last 12 months? YES / NO
2. Were you injured during a fall this year? YES / NO
3. Do you use: *Cane Walker Wheelchair*
4. Do you feel unsteady when you stand/walk? YES / NO
5. Any recent loss or change in vision or hearing? YES / NO

### Immunization

Last Influenza Vaccination: \_\_\_\_/\_\_\_\_/\_\_\_\_ (or not completed)  
 Last Pneumonia Vaccination: \_\_\_\_/\_\_\_\_/\_\_\_\_ (or not completed)

## Depression Screening, Part 2

Over the <u>last two weeks</u> , how often have you been bothered by any of the following problems?		Not at all	Several days	More than half the days	Nearly every day
1.	Little interest or pleasure in doing things	0	1	2	3
2.	Feeling down, depressed, or hopeless	0	1	2	3
3.	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4.	Feeling tired or having little energy	0	1	2	3
5.	Poor appetite or overeating	0	1	2	3
6.	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7.	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8.	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9.	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3

Total Score: \_\_\_\_\_

## Preventative care

Females:

Have you had a Mammogram: Yes / No

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Result: \_\_\_\_\_

Are you diabetic? Yes / No

Hemoglobin A1C result: \_\_\_\_\_%

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Colon cancer screening?

Yes / No

Examples: (circle which applies)

Stool smear in office  
 Cologuard (send in stool sample)  
 Sigmoidoscopy  
 Colonoscopy

Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Result: \_\_\_\_\_