

RISK ASSESSMENT

SOME THINGS TO CONSIDER BEFORE A TELEHEALTH SESSION

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65+

Is your patient over the age of 65? Yes/No

28-35% of people over the age of 65 fall each year, this increases to 32-42% of people over the age of 70. It is important to consider if your patient is at risk of falling prior to their telehealth assessment

Is the patient independently mobile? Yes/No

Patients with mild mobility impairments are at highest risk of falling. While this is not a barrier to telehealth, patients must have appropriate hand supports and supervision in place if you determine them to be at risk



Have they had any falls in the last 6-12 months? Yes/No

A falls history is the number one risk factor for future incidence of falls in patients. With increased age and frailty, falls have the potential to be life threatening



Has the patient been hospitalised in the last month or have they had a rapid health decline in the last 1-2 months? Yes/No

Patients who have been hospitalised recently or have experienced rapid health decline are not only likely to have increased frailty and weakness, but they may also be at risk of medical emergency with physical activity depending on other factors and the nature of their health concerns



Will someone be in the vicinity of the patient while conducting their telehealth appointment? Yes/No

If you are concerned regarding a patient's level of risk during their telehealth session, ask them to ensure someone is present with them when arranging the appointment



Does the patient have any red flags? Yes/No

If the patient reports any red flags during your session or if you become aware of any when arranging their appointment, it is advisable to refer them to a doctor or emergency medical service to ensure they are safe and appropriate for telehealth



Does the patient have an emergency contact person/number? Yes/No

The physiotherapist should have an emergency contact person/number as well as know the location/address that the patient is at in case they need to call emergency services



Does the patient consent to the telehealth session? Yes/No

