Why have I been referred to the Falls Clinic?

You may have been referred to the clinic by your GP, Community Nurse, Physiotherapist or other healthcare professional because they are concerned that you are at risk of falling/have fallen and would like us to investigate why you fell. If you have attended the Emergency Department recently after a fall, they may also have referred you to be seen by us here at the Falls Clinic.

What is the Falls Clinic?

The Falls Clinic is where people who have fallen or who are at risk of falling are seen. The aim of the clinic is to find out why you fell and to treat any underlying reasons that could increase your risk of falling. The clinic also takes into consideration how healthy your bones are, as you could be at particular risk of having a fracture if you are falling regularly. Falls are common, especially as you get older but there are plenty of things that can be done to reduce your risk of falling.
Who will I see when I attend the Falls Clinic?

When you attend the Falls Clinic you will see a Falls link nurse.

Where is the Falls Clinic held?

The Falls Clinics are being held in Community Hospitals across Donegal.

- The Sheil Hospital, Ballyshannon, Co. Donegal
  071 98 51300

- Dungloe Community Hospital, Dungloe, Co. Donegal
  074 95 21044

- Ramelton Community Hospital, Ramelton, Co. Donegal
  074 91 51049

- St Josephs Community Hospital, Stranorlar, Co Donegal
  074 91 89719

- Carndonagh Community Hospital, Carndonagh, Co Donegal
  074 93 74164

- Killybegs Community Hospital, Killybegs, Co Donegal
  074 97 32044

How long will the appointment last?

The appointment could last up to 1 ½ hours.
What can I expect during the appointment?

During the appointment you will be asked about:

- **Fall(s)**
  - If you have had 2 or more slips, trips or falls in the last year.
  - If you are worried about falling.
  - If you feel unsteady when walking.
  - If you sometimes feel dizzy, light-headed or drowsy.

You will be asked about your medical history, and what medication, if any, you are currently taking.

You may be asked questions about the environment you live in and what your daily routine is.
Do I need to bring anything with me to the appointment?

- It would be appreciated if you could bring a list of medication that you are currently taking.
- Wear comfortable clothes.
- You may bring a family member, carer or friend with you to the appointment if you wish.

What happens after the appointment?

After the appointment you may be sent for further investigations or have interventions/treatments commence i.e. sent to see the physiotherapist, the chiropodist or continence service nurse.

There will be a follow up phone call 3 months after you have completed the treatments or interventions. This is just to check in and see how you are getting on.
Future Appointments

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Health Promotion Department
JFK House, JFK Parade,
Co. Sligo
071-9135061