

**Table. Common risk factors for falls in dialysis patients and sources of help**

<b>Risk factor</b>	<b>What you can do</b>	<b>Who can help</b>
<b><u>Predisposing (long-term) factors</u></b>		
Diabetes	Control blood glucose as much as possible; get recommended screenings (especially foot/vision checks)	Nephrologist, primary care physician, endocrinologist, dietitian
Peripheral arterial disease	Address diabetes/stop smoking, get recommended screenings (including foot checks)	Nephrologist, primary care physician, cardiologist
Heart failure	Control fluid intake, take diuretics as prescribed	Nephrologist, primary care physician, cardiologist
Vision loss (general or night-time)	Get regular eye exams, identify and address underlying issues	Ophthalmologist, optometrist
Frailty/loss of muscle mass	Follow recommended physical activity plans, ensure healthy diet	Nephrologist, physical therapist, dietitian
Problems with balance, walking, etc.	Rule out and/or treat medical causes, follow recommended physical activity plans, obtain and use walking aids	Primary care physician, physical therapist, occupational therapist, social worker
Cognitive and/or psychiatric issues	Rule out and/or treat medical causes, learn workarounds (e.g., using technology)	Neurologist, psychologist/psychiatrist
Taking unnecessary or harmful medications long-term	Ask for a medication reconciliation (to ensure no duplicate medications and stop or taper any medications that are no longer needed, including any over-the-counter medications or supplements)	Nephrologist, primary care physician, pharmacist
<b><u>Precipitating (short-term) factors</u></b>		
Starting a new medication (including those given during dialysis treatment)	Immediately report any new issues with dizziness, vision, balance, etc., if you recently started or were administered a medication, particularly those commonly used for itching ( <i>Benadryl</i> , or <i>diphenhydramine</i> ), sleep ( <i>temazepam</i> , <i>zolpidem</i> ), anxiety ( <i>lorazepam</i> ) or high blood pressure ( <i>clonidine</i> )	Nephrologist, nurse, primary care physician, pharmacist

<b>Risk factor</b>	<b>What you can do</b>	<b>Who can help</b>
Large volume shifts during dialysis (leading to very low blood pressure/dizziness)	Ask for longer dialysis duration; reduce fluid intake	Dialysis nurses, nephrologists, dietitians
Dialysis clinic factors ( <i>examples: blocked walkways, insufficient time to transition from dialysis to walking</i> )	Ask that wheelchairs, IV stands, etc., be moved out of the way during shift changes and request recovery seating areas	Dialysis medical directors, clinic administrators, nurses, social workers
Home factors ( <i>examples: low lighting, unsecured rugs/furniture, lack of handrails, pets</i> )	Get a home evaluation and make necessary changes	Occupational therapist, social worker, family members/friends
Neighborhood factors ( <i>examples: cracked or blocked sidewalks, insufficient time to navigate crosswalks</i> )	Contact local services ( <i>e.g.</i> , Department of Transportation), politicians, and/or consumer advocates	Social worker, family members/friends
Rushing	Plan ahead so that you have adequate time to catch public transportation, go to appointments, and complete errands	Family/friends, social worker
Weather (icy or rainy conditions)	Take extra time and wear appropriate footwear; ensure sidewalks are cleared of snow/ice before going out	Family/friends
Footwear	Wear only closed-toe shoes with sufficient support (no flip-flops); obtain neuropathy shoes if needed	Orthopedist
Eyewear	Ensure you are wearing a current prescription; be especially careful when transitioning to bifocals or progressives	Optometrist