

Appendix I

Items in the previous version of this the Dutch falls guideline (2021):

- Presentation with an acute fall
- Two or more fall episodes in the past year (past 12 months)
- One fall episode in the past year and a high fracture risk
- One fall episode in the past year with loss of consciousness
- One fall episode in the past year and mobility problems*

**Timed Up and Go test, Performance Oriented Mobility Assessment of Berg Balance Scale worden genoemd als instrumenten om mobiliteit te meten, maar worden niet concreet aanbevolen.*

Items in World Falls Guideline (Montero-Odasso, 2023)

- Falls in the past 12 months.
 - 1 question: “Have you fallen in the last 12 months?”
 - 3 key questions (3KQ): “have you fallen in the past year?”, “do you feel unsteady when standing or walking?” “Do you have worries about falling?”
 - STEADI
- Impaired gait/balance
 - Preferred: Gaitspeed, alternatively Timed Up and Go Test
- Severity of falls
 - Accompanying injury
 - Multiple falls (2 or more the past 12 months)
 - Known frailty
 - Inability to get up after the fall
 - Accompanied by (suspected) transient loss of consciousness.

Table 1: Overview of the instrument included in the systematic reviews from Argyrou (2023); Meekes (2021); Omana (2021); Ong (2021)

	Instruments	Items tested with the instrument	Included in earlier version of guideline?	Included in World Falls Guideline? Montero-Odasso, 2022
Argyrou (2023)	3-STEADI			X
	Stay-independent (12-STEADI)			X
	ABC 16 questions, 11-point scale	Confidence during daily activities;		
	AGS/BGS	Fall history Balance/feel unsteady History of hospitalization for a fall	X	X X
	Self-reported unsteadiness 3 questions, 4-point scale	Balance/feel unsteady		X
	Questions from NHATS study	Fall history Balance/feel unsteady	X X	X X

	5 questions, MCQ	Age Gender Ethnicity		
	FRAS; Modified Suzuki's Fall assessment questionnaire 7 questions, y/n	Fall history Balance/Feel unsteady Fear of falling Gait limitation/use of walking device History of hospitalization Hearing impairment History of stroke	X X X X	X X X X
	Machine Learning 14 questions, y/n and MCQ	Fall history Fear of falling Muscle strength/physical function Frequent urination/incontinence Depression/sadness Lower limb pain Age	X X X	X X X
	Frailty Index (FI) 40 questions, dichotomous and 3-point scale	Frailty		X
	(Chinese) HomeFAST 20 questions, y/n	Home Hazards Footwear		
	NA, Orbist online questionnaire 36 questions, NA	Fall history Balance/feel unsteady Fear of falling Gait limitation/use of walking device Muscle strength/physical function Frequent urination/incontinence Dizziness Depression/sadness	X X X X	X X X X
	NA - 2 question tool) 2 questions, y/n and 3-point scale	Fall history Confidence during daily activity	X	X
	Modified Falls Efficacy scale (MFES) 14 questions, 11-point scale	Confidence during daily activity		
	Short FES-I 7 questions, 4-point scale	Fear of falling		x X
	Fell past year	Fall history	X	X
	Fallen in the past 12 months	Fall history	X	X
Meekes (2021)	Timed Up and Go Test		X	X
	Performance Oriented Mobility Assessment		X	
	Single Leg Standing Test (SLST)			
	Functional Reach Test			
	Gait Speed test			X
	Falls History		X	X
	Berg Balance Scale		X	
Omana (2021)	Timed Up and Go Test		X	X

	Performance Oriented Mobility Assessment		X		
	Single Leg Standing Test				
	Functional Reach Test				
	Gait Speed Test			X	
	Falls History		X	X	
Ong (2023)	Timed Up and Go Test		X	X	
	Single Leg Standing Test				
	Gait Speed Test			X	
	3-STEADI			X	
	Modified Suzuki's Fall assessment questionnaire (FRAS) 7 questions, y/n				
	Modified John Hopkins Fall Risk Assessment tool (mJH-FRAT)				
	Kangs FRFST	Personal factors, body functions and structures, activities/participations TUG test Diabetes Depression Gender Fall experience within a year			
	Scripted fall risk screening tool	Personal factor, body functions and structures, activities/participations, environmental			

The instruments marked in green are the instruments that were not (in total) recommended in the earlier version of the Dutch guideline, or in the World Falls Guideline (Montero-Odasso, 2022). For some instruments, some items addressed with the instruments overlap with the earlier version of the Dutch Guideline or in the World Falls Guideline (Montero-Odasso, 2022).