

Falls Efficacy Scale - International

Falls Efficacy Scale - International	SS	APC	RPC
How concerned are you that you might fall if you did this activity			
1. Cleaning the house (e.g., sweep, vacuum, dust)		BC	
2. Getting dressed or undressed		BC	
3. Preparing simple meals		BC	
4. Taking a bath or shower		BC	
5. Going to the shop		BC	
6. Getting in or out of a chair		BC	
7. Going up or down stairs		BC	
8. Walking around the neighborhood		BC	
9. Reaching for something above your head or on the ground		BC	
10. Going to answer the telephone before it stops ringing		BC	
11. Walking on a slippery surface (e.g., wet or icy)		BC	
12. Visiting a friend or relative		BC	
13. Walking in place with crowds		BC	
14. Walking on an uneven surface (e.g., rocky ground, poorly maintained pavement)		BC	
15. Walking up or down a slope		BC	
16. Going out to a social event (e.g., religious service, family gathering, or club meeting)		BC	

Diagnosis	Fall risk cut-off	MDC/MCID
Stroke	Chronic: > 28 points	Not reported
Parkinson's Disease	> 29 points	MDC = 20%
Vestibular	Not reported	MDC = 8.2 pts
Multiple Sclerosis	Not reported	MCID = 9.5 points
Older adults	Low concern about falls: 16-19 pts Moderate concern about falls: 20-27 pts High concern about falls: 28-64 pts	Not reported

ANPT Movement System Diagnoses for Balance Dysfunction Knowledge Translation Task Force
Handout created by:
Christina Burke, PT, DPT, NCS; Heidi Moyer, PT, DPT, NCS; Ana Sanchez Junkin, PT, DPT, NCS; Suzanne Trojanowski, PT, DPT, NCS; Wendy Kriekels, PT, DPT, NCS, Arco Paul, PT, DPT, NCS

KEY
Items suggestive of deficits in the areas indicated in the table.
SS = Steady state
APC = Anticipatory postural control
RPC = Reactive postural control

BC = Balance confidence
PV = Perception of verticality
PM = Postural movement strategies
SP = Sensory processing
MT = Multi-tasking

Considerations
The higher the score, the greater the fear of falling

Equipment Needs
FES-I form (paper or electronic)

References:

1. Gill-Body KM, Hedman LD, Plummer L, et al. Movement System Diagnoses for Balance Dysfunction: Recommendations From the Academy of Neurologic Physical Therapy's Movement System Task Force. *Phys Ther*. 2021;101(9):pzab153. doi:10.1093/ptj/pzab153
2. Morgan MT, Friscia LA, Whitney SL, Furman JM, Sparto PJ. Reliability and validity of the Falls Efficacy Scale-International (FES-I) in individuals with dizziness and imbalance. *Otol Neurotol*. 2013;34(6):1104-1108.
3. Faria-Fortini I, Polese JC, Faria CDCM, Scianni AA, Nascimento LR, Teixeira-Salmela LF. Fall Efficacy Scale-International cut-off score discriminates fallers and non-fallers individuals who have had stroke. *J Bodyw Mov Ther*. 2021;26:167-173.
4. Monjezi S, Negahban H, Tajali S, Mofateh R, Molhemi F, Mostafaei N. Psychometric properties of the Persian-version of the Activities-specific Balance Confidence scale and Fall Efficacy Scale-International in Iranian patients with multiple sclerosis. *Physiother Theory Pract*. 2021;37(8):935-944.
5. Jonasson SB, Nilsson MH, Lexell J. Psychometric properties of the original and short versions of the Falls Efficacy Scale-International (FES-I) in people with Parkinson's disease. *Health Qual Life Outcomes*. 2017;15(1):116.
6. Almeida LRS, Valenca GT, Negreiros NN, Pinto EB, Oliveira-Filho J. Comparison of Self-report and Performance-Based Balance Measures for Predicting Recurrent Falls in People With Parkinson Disease: Cohort Study. *Phys Ther*. 2016;96(7):1074-1084.