multiple appointments over weeks or months, may be completed in one clinic visit. A faster diagnosis means treatment may be provided sooner to avoid a second fainting episode or recurrent fall.

Standardized Care
At the first clinic visit, patients are asked a set of questions to help determine the most appropriate specialist for evaluation. Tests are ordered according to the most recent guidelines, and all efforts are made to obtain the results on the same day. Once a diagnosis is made, the patient may be referred to additional specialists for treatment or referred back to the patient’s primary care provider for follow-up.

A recent study evaluating the incremental value of a standardized approach, such as the one used in the Faint and Fall Clinic, showed that the number of tests or consultations associated with additional charges was significantly lower when compared to the conventional approach.

UW Health’s Faint and Fall Clinic draws on the combined expertise of specialists in cardiovascular medicine, geriatrics and neurology. A fainting spell or a fall can be alarming and frightening. A primary goal of the Clinic is to understand as quickly as possible what caused the patient to faint or fall, and determine the best treatment to prevent recurrence.

The Faint and Fall Clinic uses a unique, standardized approach to care—believed to be the only clinic of its kind in the Midwest. Rather than sending the patient to multiple specialists at different locations, all the specialists are brought to the patient while in clinic. As a result, patients benefit from a quicker and better diagnosis.

Studies have shown that with the conventional approach, the rate of unexplained diagnosis is 42–54 percent. With the standardized approach used in syncope units and the Faint and Fall Clinic, the rate of unexplained diagnosis is as low as 2–5 percent.

The Clinic is also readily accessible. Patients are seen within 24–48 hours of the faint or fall, and tests that usually occur through
**Who is appropriate for the clinic?**

### Falls

Any adult who has experienced a non-accidental fall is appropriate for the Faint and Fall Clinic. According to the Centers for Disease Control and Prevention (CDC), 20–30 percent of people who fall suffer moderate to severe injuries such as lacerations, hip fractures or head traumas. These injuries can make it hard to get around or live independently, and increase the risk of early death.

Often when people fall, they develop a fear of falling, even if they were not injured in the initial fall. Unfortunately, this fear can cause people to limit their activity, which leads to reduced mobility and loss of physical fitness that in turn increases their future risk of falling.

Non-accidental falls are often the result of a combination of factors including cardiovascular disorders such as orthostatic hypotension and unspecified cardiac arrhythmias.

Through evaluation and testing in the Faint and Fall Clinic, patients receive diagnosis and recommendations for treatment to avoid subsequent falls.

### Fainting

Patients age 18 and older can be seen in the Faint and Fall Clinic. Fainting is a sudden, brief loss of consciousness. When people faint, or pass out, they usually fall down. After they are lying down, most people will recover on their own. There are many reasons why patients faint, including cardiac, neurologic, metabolic and psychogenic causes. Depending on the person’s age and circumstances, a fainting spell could be a warning sign for a serious medical condition. When someone faints, it is important to seek medical help to make the right diagnosis and prevent future recurrences.

Fainting may be a sign of a serious problem if:

- It happens during exercise or while laying flat.
- It happens without warning.
- The person feels chest pain or shortness of breath.
- The person feels like the heart is racing or beating unevenly (often called palpitations).
- The person has neurologic symptoms such as seizure activity, weakness or numbness on one side of the face or body.

In the Faint and Fall Clinic, we use a standardized approach that includes a multidisciplinary team of specialists. Studies show that using a standardized approach to evaluate patients who have fainted decreased the number of hospital admissions and increased the rate of diagnosis. With a standardized approach, fewer tests and consultations are used to reach a diagnosis.

### Providers

- **Mohamed H. Hamdan, MD**
  Professor of Medicine
  Chief of Cardiovascular Medicine
  Director, Faint and Fall Clinic

- **Gerald T. Pankratz, MD**
  Assistant Professor
  Division of Geriatrics

- **Joy Amundson, NP**
  Nurse Practitioner

- **Trisha Baneck, NP**
  Nurse Practitioner

To schedule an appointment:
(608) 890-8400

Patients self refer or be referred to the Faint and Fall Clinic by a health care provider.

Patients are seen within 24–48 hours of referral or request for consultation.

Please check with your insurance provider regarding coverage.

**Clinic Location**

Faint and Fall Clinic
(within UW Hospital and Clinics)
600 Highland Avenue, G3/4
Madison, WI 53792
(608) 890-8400

Visit uwhealth.org/faintfall to request a consultation online.