OSTEOPOROSIS GERAS CENTRE

Stronger bones. Better lives.
ONTARIO OSTEOPOROSIS STRATEGY

NEW

Fracture Risk Scale

An innovative tool for assessing & managing fracture risk in long-term care

Why is preventing fractures in LTC important? The fracture rate in LTC is twice as high as in the community; 2-6% of residents sustain a hip fracture each year. *Fractures can be prevented*, particularly if the risk for fracture is known.

What is the Fracture Risk Scale (FRS)? A validated tool for assessing fracture risk for LTC residents. The FRS is the first tool developed and validated to predict hip fracture for LTC residents over a 1-year time period using risk factors such as prior fractures, wandering, dementia and falls. The FRS supports clinical decisions in care-planning by identifying who is at risk. Available in **PointClickCare** (auto-generated from data in MDS 2.0).

Benefits of FRS?

- ✓ Use preventative measures with those identified at the greatest risk of fracture
- ✓ Improve quality of life for residents as fractures can have life-changing and debilitating consequences
- ✓ Improve care to reduce pain, disability, and transfers to hospital
- ✓ No extra assessments to complete.

Preventing Fractures by treating those at high risk

- ✓ Eating calcium-rich foods
- ✓ Taking calcium and vitamin D supplements to protect hips from injury during a fall (through hip protector use)
- ✓ Exercising to promote balance & strength
- ✓ Multifactorial interventions for falls prevention
- ✓ Osteoporosis medications for those at high risk of fracture

For more information on the FRS/ fracture prevention
http://www.gerascentre.ca/fracture-risk-scale

For more information on osteoporosis
https://osteoporosis.ca/