

Fracture Prevention in Long-Term Care

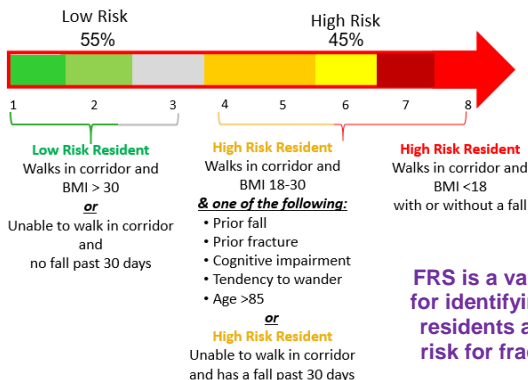


Fracture Risk Scale (FRS) to assess fracture risk at admission/ quarterly

Developed specifically for LTC residents

FRS is part of the Resident Assessment Instrument Minimum Data Set (RAI MDS)
The FRS is available in Point Click Care

Residents at Low and High Risk



**FRS is a valid tool
for identifying LTC
residents at high
risk for fractures**

Treat residents at high risk for fractures

Recommendations



Recommend calcium 1200mg/d preferably dietary, or supplemental, and vitamin D 800-2000IU



Consider medications to treat osteoporosis and prevent fracture



Promote exercise for improving balance, strength and function



Implement fall prevention strategies
Consider hip protectors



Work as a team with residents and families combining interdisciplinary care strategies to meet their care needs

Prevent pain, disability, reduced quality of life and transfers to hospital

For more information about the FRS, fracture prevention recommendations*, and support tools go to:

www.osteoporosis.ca

www.geras.ca