



LTC Fracture Prevention Order Set

This LTC Fracture Prevention Order Set is to be used for all new residents on admission

Resident Name _____

HISTORY

INITIALS:

- Prior fracture: Vertebral _____ Hip _____
- More than one prior fracture (*excluding hands, feet, ankles)
- Recently used systemic glucocorticoids and have had one prior fracture (*excluding hands, feet, ankles)
- Previously identified as high risk for fractures and has received osteoporosis treatments (prior to admission)
- Dementia
- Resident is at risk of falling
- Medication review (Beer's criteria or STOPP/START criteria – psychotropics, selective serotonin reuptake inhibitors (SSRIs), serotonin-norepinephrine reuptake inhibitors (SNRIs), proton pump inhibitors (PPIs))

DIAGNOSTICS & INVESTIGATIONS

INITIALS:

- Chest X-Ray - screen for vertebral fractures
- Thoracic + Lumbar Spine X-Ray (lateral) - rule out vertebral fracture
- CBC, Calcium, Creatinine, Albumin, Alkaline Phosphatase, TSH
- Serum protein electrophoresis (for residents with vertebral fractures)
- 25-hydroxy-vitamin D

OSTEOPOROSIS MEDICATIONS

INITIALS:

- Calcium _____mg once daily
 - Vitamin D3 _____ UNITS oral once daily (recommended 800-2000 UNITS)
 - Alendronate 70mg once weekly
 - Denosumab (Prolia®) 60mg subcut every 6 months
 - Risedronate (Actonel®) 35mg oral once weekly
 - Risedronate DR (Actonel® DR) 35mg oral once weekly
 - Risedronate (Actonel®) 150mg oral once monthly
 - Teriparatide (Forteo®) 20mcg subcut daily
 - Zoledronic Acid (Aclasta®) 5mg IV once per year
- Calcium supplementation up to 500mg daily if resident cannot consume 1200mg of calcium through diet
 - Alendronate, Risedronate and Zoledronic Acid are not recommended for older individuals with severe renal insufficiency *(CrCl <30ml/min)
 - Alendronate and Risedronate are not to be crushed, and are to be provided to elderly who have an empty stomach and can remain upright for 30 mins after administration. (Note: Risedronate DR can be taken with food or after meals, but the individual has to remain upright for at least 30 mins after)
 - Denosumab and Zoledronic Acid medications apply to older individuals who have difficulty taking oral medications due to dysphagia, an inability to sit up for 30 mins, cognitive impairment or intolerance
 - If using Denosumab, monitor calcium levels due to higher risk of hypocalcemia

DIETARY

INITIALS:

- Dietician consultation for calcium enriched diet

OTHER INTERVENTIONS FOR FALL & FRACTURE PREVENTION

INITIALS:

- Balance, strength and functional training exercises - if at high risk of fractures. Consider other elements of a multifactorial intervention to prevent falls and fractures:
 - ___ Hip protectors
 - ___ Assessment of environmental hazards
 - ___ Minimization of physical or chemical restraints (no restraint if at all possible)
 - ___ Safe mobility devices
 - ___ Safe transferring devices and techniques
- Occupational therapy consultation
- Physiotherapy or kinesiology consultation

Date: _____

MD/NP Name (print): _____

Verbal Order Nurse Signature: _____

Time: _____

MD/NP Signature: _____