

Fracture Risk Scale



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

Why is preventing fractures in long-term care important? The fracture rate in long-term care is twice as high as in the community; between 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 in long-term care residents. The FRS is the first tool developed and validated to predict hip fracture over a 1-year time period using risk factors specific to long-term care residents such as prior fractures, wandering, dementia and falls. The FRS can support clinical decisions in care-planning by identifying who is at risk. Available in **PointClickCare** the FRS score is automatically generated from data available in the MDS 2.0. There are no extra assessments or measures to complete.

What are the benefits of FRS?

- ✓ Prevent fractures by identifying those are at the greatest risk for fractures so that preventive measures can be used
- ✓ 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

Treat those at high risk! How can fractures be prevented?

- ✓ Eating calcium-rich foods
- ✓ Taking calcium and vitamin D supplements
- ✓ Protecting 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

