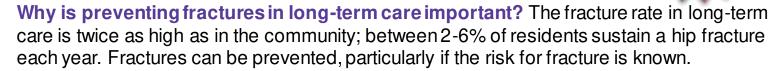






An innovative tool for assessing & managing fracture risk in long-term care



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

