



# BRIEF CLINICAL REFERENCE GUIDE:

# interRAI Fracture Risk Scale (FRS)

Identifies fracture risk in the next year. Scored from 1 (lowest risk) to 8 (highest risk).

Located in the Outcome Summary Report Page (PointClickCare®: MDS 2.0, interRAI LTCF).

	LOW RISK			HIGH RISK				
FRS Score	1	2	3	4	5	6	7	8
<b>Hip Fracture</b> (yearly incidence)	0.6%	1.8%	2.5%	3.1%	5.0%	6.8%	7.8%	12.6%
<b>All Fractures</b> (yearly incidence)	1.0%	2.8%	4.7%	4.4%	7.4%	9.2%	9.7%	13.8%
<b>% LTC Residents</b> at Fracture Risk	13.5%	18.3%	24.1%	17.0%	16.6%	2.1%	8.0%	0.5%
	56% of all LTC residents			44% of all LTC residents				
<b>Treatment Considerations</b>	<ul style="list-style-type: none"> <li><b>Vitamin D:</b> 800-2000IU</li> <li><b>Calcium:</b> 1200mg (daily total diet &amp; supplement)</li> <li><b>Exercise:</b> functional strength &amp; balance</li> </ul>			<ul style="list-style-type: none"> <li><b>Vitamin D:</b> 800-2000IU</li> <li><b>Calcium:</b> 1200mg (daily total diet &amp; supplement)</li> <li><b>Exercise:</b> functional strength &amp; balance</li> <li><b>Osteoporosis medications</b></li> <li><b>Hip protectors</b></li> </ul>				

Papaioannou et al. Recommendations for preventing fracture in long-term care. CMAJ 2015 187(15), 1135–1144.  
Ioannidis et al. Development and validation of the Fracture Risk Scale (FRS) that predicts fracture over a 1-year time period in institutionalized frail older people living in Canada: an electronic record-linked longitudinal cohort study. BMJ Open 2017;7:e016477.  
McArthur et al. Developing a Fracture Risk Clinical Assessment Protocol for Long-Term Care: A Modified Delphi Consensus Process, JAMDA 2021;22(8):1726-1734  
Negm et al. Validation of a one year fracture prediction tool for absolute hip fracture risk in long-term care residents. BMC Geriatrics 2018;18:320.

