



Fracture Prevention Toolkit Resources



Fracture Risk Scale Resources



Calcium & Vit D Resources



Exercise Resources



Multifactorial Interventions Resources



Hip Protectors Resources



Pharmacological Therapy Resources

FREE FRACTURE PREVENTION TOOLKIT

<https://www.gerascentre.ca/fracture-prevention-toolkit/>

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Fracture Prevention Toolkit

Our team has created a variety of tools to increase awareness of fracture risk and to support the implementation of recommendations for fracture prevention in long-term care.

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SEARCH:
Recommendations for preventing fracture in long-term care

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Recommendations for preventing fracture in long-term care

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CMAJ Podcasts: author interview at <https://soundcloud.com/cmajpodcasts/141331-guide>

The 2010 clinical practice guideline for the diagnosis and management of osteoporosis in Canada¹ focused on the care of adults living in the community. However, the fracture rate for adults living in long-term care (residents) is two to four times that of adults of similar age living in the community, and one-third of older adults who experience hip fracture are residents in long-term care.² Hip fracture is one of the most serious consequences of osteoporosis and also one of the leading causes of admission to hospital.³ When residents return to long-term care after a hospital stay, they need additional hours of specialized care.^{4,5} In addition, fracture pain and delirium frequently associated with analgesia are distressing for residents and their families. Vertebral fractures are also a concern

toward interprofessional teams caring for frail older adults in long-term care.

Methods

This guideline, which has been endorsed by Osteoporosis Canada, was developed using the Grading of Recommendations Assessment, Development and Evaluation (GRADE) approach^{6,7} (www.gradeworkinggroup.org), in a process led by a GRADE methodology (N.S.). The guideline panel comprised the authors, other multidisciplinary health care providers and researchers, and representatives from resident and family councils (see Appendix 1, available at www.cmaj.ca/lookup/suppl/doi:10.1503/cmaj.141331/-/DC1). The

Competing interests:
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