

Osteoporosis and Fracture Prevention in the Frail Older Adult

Primary Care

The FRAMO Index Clinical Risk Model

is strongly associated with hip fracture, fragility fracture and mortality risk

Questions	Points
1. What is your present age? <ul style="list-style-type: none">• ≥ 80 years• 70-79 years	1 0
2. What is your current weight? <ul style="list-style-type: none">• < 60 kg• > 60 kg	1 0
3. Can you rise 5 times from a chair without using your arms (try if you want) <ul style="list-style-type: none">• No, I must use my arms to rise• Yes	1 0
4. Have you broken any bones after the age of 40 years? If so, which bone? <ul style="list-style-type: none">• Fracture of wrist/lower arm, upper arm, hip or vertebra, or vertebral compression seen on x-ray.• No fracture, or fracture in some other location	1 0
High risk if total score is 2-4	

FRAMO INDEX Albertsson, DM., Mellstom, D., Petersson, C., & Eggertsen, R (2007). Validation of a 4-item score predicting hip fracture and mortality risk among elderly women. *Ann Fam Med*, 5, 48-56.