

# Osteoporosis, 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"><li>• <math>\geq 80</math> years</li><li>• 70-79 years</li></ul>	1 0
2. What is your current weight? <ul style="list-style-type: none"><li>• <math>&lt; 60</math> kg</li><li>• <math>&gt; 60</math> kg</li></ul>	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"><li>• No, I must use my arms to rise</li><li>• Yes</li></ul>	1 0
4. Have you broken any bones after the age of 40 years? If so, which bone? <ul style="list-style-type: none"><li>• Fracture of wrist/lower arm, upper arm, hip or vertebra, or vertebral compression seen on x-ray.</li><li>• No fracture, or fracture in some other location</li></ul>	1 0
<b>High Risk is Total Score is 2-4</b>	

FRAMO INDEX Albertsson, DM., Mellstrom, 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.

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