

Mobilizing Evidence into Action to Improve Health Outcomes of Vulnerable Seniors (B4 Clinic)

Principal Investigator Dr. Maureen C. Ashe

Co-Investigators Dr. Penelope Brasher Dr. Pierre Guy
Dr. Stirling Bryan Dr. Karim Khan
Dr. Wendy Cook Dr. Heather McKay
Dr. Meghan Donaldson Dr. Joanie Sims-Gould

ABSTRACT

In Canada, there are over 25,000 fall-related fractures at the hip year with significant personal and societal consequences. Within 12 months of fracturing a hip many people do not regain their previous level of mobility. The decreased mobility leads to muscle weakness and an increased risk of falling; this combined with poor bone health can contribute to the risk of additional fractures. Consequently, understanding both falls risk factors and bone health are vital if we aim to improve outcomes and reduce injury after hip fracture. Therefore, this is a RCT comparing two different delivery modes of post hip fracture management—a specialized Fracture Follow-up Clinic versus Usual Care alone. The Specialized Fracture Follow-up Clinic includes a geriatric assessment that focuses on four key areas to assess for secondary prevention of falls and injuries. These include: Bone health, Brain function, Balance and Bladder function. By assessing these key domains and offering an exercise program through outpatient physiotherapy, we aim to decrease fracture risk factors; specifically, we aim to improve mobility and increase management of bone health.