

**Osteoporosis Risk Plan**

**Individual’s Name:**

**Date plan begins:**

**Date Plan expires:**

**Dates of Revisions:**

**Written by:**

**Risk:**       is at risk of bones becoming fragile and easily broken.

**Desired Outcome:**       will eat a balanced diet, rich in foods and nutrients that prevent bone loss, be protected from falls, and remain safe in all environments**.**  Staff will report and respond as trained to any changes in condition, stability, or falls.

**Why at risk/History:**

**Osteoporosis**, which means porous bone, is a disease in which the density and quality of bone are reduced. Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone. It causes bones to become weak and brittle — so brittle that a fall or even mild stresses such as bending over or coughing can cause a fracture. Osteoporosis-related fractures most commonly occur in the hip, wrist or spine.

**Supports and interventions:**

* Staff will encourage      , as needed, to regularly exercise, including weight-bearing exercise.
* Staff will monitor for and address environmental hazards that may present a risk of falling such as poor lighting, clutter, uneven surfaces, slippery surfaces, stairs, or throw rugs.
* Staff will encourage      , as needed, to wear shoes appropriate for the weather.
* Staff will assist      , as needed, when walking up or down stairs, on uneven terrain, and in inclement weather.
* Staff will be aware that even a minor fall may cause a broken bone.
* Staff will encourage      , as needed, to eat a balanced diet, rich in foods and nutrients that prevent bone loss, which include:
  + Calcium -- Low fat milk, cheese, and broccoli are rich in calcium. Orange juice and cereals often are fortified with calcium
  + Magnesium -- Avocado, banana, cantaloupe, honeydew, lima beans, low fat milk, nectarine, orange juice, potato, spinach
  + Potassium -- Whole grains, nuts, spinach, oatmeal, potato, peanut butter
  + Vitamin D -- The body makes vitamin D after exposure to sunlight. It is also found in fatty fish , fortified cereals, and milk
  + Vitamin K -- Leafy greens, cauliflower
* Fruits and Vegetables
* If fall or harm occurs, assess       for injury and administer medical attention as necessary.

**Monitor:**

* Back pain
* Hip or joint pain
* Bone pain of any kind
* Bone that breaks much more easily than expected
* Loss of height over time
* Stooped posture
* Changes in condition or stability

**Notify:**

* **Call 911 if exhibiting signs of bone or joint pain following a fall, emergency intervention was necessary, such as, back blows, abdominal thrusts, CPR, etc., exhibiting multiple or severe symptoms, if more than first aid is needed for injuries, if they hit their head, any type of reaction that interferes with the ability to breathe or swallow, rapidly worsening symptoms, or loss of consciousness.**
* Notify Program Manager and Health and Safety Tech and/or Nurse of any symptoms of osteoporosis, falls, changes in condition or stability, or concerns.
* If fall occurs, assessed for injury and administer medical attention as necessary.
* Program Manager will notify family, guardian, other Program Managers, and/or Providers of any symptoms of osteoporosis, falls, changes in condition or stability, or concerns.
* Staff will document on incident report by end of shift.

**If 911 is called:**

* Remain with       until EMTs arrive. If emergency intervention was necessary, continue as trained until relieved by EMTs.
* Ensure that emergency personnel are aware of all medical conditions, allergies, and medications.
* Follow       to the hospital and remain with participant until relieved by staff or family.
* Complete an incident report by end of shift and BDDS report within 24 hours.

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| **Provider** |  | **Risk Plan** |  |  | **Date Effective** |
| **Paladin** | | **Osteoporosis** | | |  |
| **Print Name** | | **Signature** | **Company/Title** | | **Date** |
|  | |  | **Paladin/Program Manager** | |  |
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