Appendix 1: FRAX and falls assessment

FRAX® and fall questions

Paramedic: Before completing this, check you have obtained verbal consent from the patient to do so, and record agreement on Form 1.

1. Record here the patient’s age: __________  2. gender: __________________________

3. Height (can be recorded in feet/inches or cm)  Feet __________  Inches __________  cm __________

4. Weight (can be recorded in stones/lbs  Stones __________  lbs __________  kg __________

Now tick each box where there is a positive answer:

5. Have you ever broken a bone in adult life that resulted from a low level of injury e.g. a simple fall from standing height?

6. Have/did either of your parents ever suffer broken a hip after age 50?

7. Are you a current smoker?

8. Have you ever taken steroids (e.g. prednisolone) as tablets for more than 3 months?

9. Have you had any of the following disorders: Type 1 (insulin dependent) diabetes, an over active thyroid, early (before age 45) menopause in women, low testosterone in men, coeliac, crohn’s disease or ulcerative colitis, chronic liver disease?

10. On average, do you drink 3 or more units each day?

11. How many falls have you had in the last 12 months?

12. Do you have any problem with your gait (walking) or balance?

13. Do you use a stick or frame to help your balance?

The paramedics will have learnt how to administer the questionnaire by attending a training package. They will have aide memoires available.
Appendix 2: Patient Information Sheet

Patient Information Sheet
The OAK Project

We would like to invite you to join our study.
This information sheet will explain what is involved and help you decide whether to take part.

Thank you very much for taking the time to read this sheet.
If you would like to ask any questions, please telephone us:
(Research Follow)

Or, if you prefer, email:

This study and the above staff are under the supervision of Dr Shane Clarke, Consultant Rheumatologist, University Hospitals Bristol NHS Foundation Trust
Tel. .......... Email. ..........
1. **What will I need to do if I take part?**

- **Read a short booklet:** We will send you an information booklet about reducing your risk of having another trip, or slip or fall and we would like you to read through it.

- **Read a letter:** If we write to you about your chance of having a broken bone in the future, we would like you to go along and discuss the letter with your GP.

- **Give your permission:** You would give your permission for us to contact your GP and access your medical records.

If, after reading this information sheet, you would like to help with this part of the study – please sign **PART A** of the CONSENT FORM.

The above could be your only commitment to the study.

Some people will be content to leave their involvement just with the above. For those who are interested, there are two other parts of our project you may like to become involved with:

**B: Questionnaires:** These are about your treatment and your general health. We would ask you to complete 3 questionnaires (with some help if you need it). The first takes about 5 minutes, the second and third, in three months time, will take about 30 minutes.

**C: An Interview:** Research fellow name would arrange to interview you about your health and what you think of the study. This can be over the phone, or at home if that is easier for you.

You don’t have to complete the questionnaires or be interviewed to be in our study – they are optional extras!

If, after reading this information sheet you would like to take part in either of these extra parts of the study – please ALSO sign PARTS B and/or C of the CONSENT FORM.
Some people may worry about falling again and breaking their bones. This study is looking at ways to reduce the chance of this happening again. We would really appreciate your help by taking part in this study and help others in a similar situation.

2. What is the purpose of the study?

- We are interested in finding out if ambulance personnel can help identify people most at risk of broken (fractured) bones.

- If they can, it might lead to those patients being offered treatment to help them avoid breaking bones in the future.

3. Why have I been chosen?

- You have been invited to take part because you had a slip, trip or fall and called the ambulance.

- We think that people who slip, trip or fall are more likely to have a fracture in the future and so this study is asking people like you to take part.

4. Do I have to take part?

- No, it is up to you to decide whether or not to take part. If you decide not to take part, your care will not be affected.

5. Is the study confidential?

- Yes, all the information you give us will be kept strictly confidential and will be used only for the purposes of this study. Data will be stored so it will be impossible to be linked to you, except by two team researchers.

- Your name and any personal details will not be given in any reports that may be written about this study.

- The study written reports will include quotations from interviews. These will be anonymous, and it will not be possible to link them to you.
6. **What will happen if I don’t want to carry on with the study?**

   - Your participation is voluntary and if you decide to take part you are still free to leave the study at any time, without giving a reason, and without your medical care or your legal rights being affected.

7. **What will happen to the results of the trial?**

   - The results of this study will be shared with other health staff and patients by reports in medical and health journals, newsletters, and talking about the results at conferences.

8. **Who is funding and organising the study?**

   - The trial has been funded by the NHS National Institute for Health Research, Research for Patient Benefit (RfPB) programme, study reference PB-PG-0711-25070. It is being organised jointly by the South Western Ambulance Service, the University Hospitals Bristol NHS Trust and three Universities.

9. **Which ethics committee has reviewed the study?**

   - This study has been given a favourable opinion by the NRES Committee South Central – Oxford C. REC reference: 12/SC/0604.

10. **How to give feedback about the study**

    - The Patient Advice and Liaison Service (PALS) can provide general advice about taking part in research. PALS can be contacted through your local NHS trust or www.pals.nhs.uk. The Bristol PALS office telephone number is:

    - For University Hospitals Bristol the contact telephone number is