

# Adapted “Black Fracture Index”

(to be used for men and women as a more suitable tool is as yet not available)

Name \_\_\_\_\_

Date of Birth \_\_\_\_\_

NHS Number :

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		Point Value
1	<b>What is your current age?</b> Less than 65 65-69 70-74 75-79 80-84 85 or older	0 1 2 3 4 5
2	<b>Have you broken any bones after age 50?</b> Yes No	1 0
3	<b>Has your mother had a hip fracture after age 50?</b> Yes No	1 0
4	<b>Do you weigh 125 pounds or less (9 stone)?</b> Yes No	1 0
5	<b>Are you currently a smoker?</b> Yes No	1 0
6	<b>Do you usually need to use your arms to assist yourself in standing up from a chair?</b> Yes No	2 0
<b>Total</b>		

**Score:**

Low Risk = 0-3

Medium Risk = 4-6

High Risk = 7 and above

(from “An Assessment Tool for Predicting Fracture Risk in Postmenopausal Women by Black DM, Steinbuch M, Palermo I, Dargent-Molina P, Lindsay R, Hoseyni MS and Johnell O. *Osteoporosis International* 2001 12:519-528)