Freedom From Fractures™
Volunteer Guide
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Welcome
Thank you for participating in American Bone Health’s Annual Freedom From Fractures™ National Fracture Prevention Awareness Week. We appreciate your help to make this a success.

We could not do the event without you!

Freedom From Fractures™
National Fracture Prevention Awareness Week
July 8th – 16th, 2017
10:00am – 2:00pm (times may vary)

Why we care about fractures

• Every 20 seconds someone in this country has a preventable fracture
• 50% of all Americans over age 50 will have a life-altering fracture
• Two million preventable fractures occur each year in the U.S.
• Fractures costs our health care system 2 billion dollars every year

What we do about fractures

American Bone Health teaches people how to build and keep strong and healthy bones for life with practical and up-to-date information and resources to inspire them to prevent bone loss, osteoporosis and fractures. Our aim at American Bone Health is to identify people at risk for a preventable fracture and teach them simple steps to prevent them.

www.americanbonehealth.org
Freedom From Fractures™ Overview

In July, American Bone Health wants people to think about their personal independence by staying strong and fracture free so they can live a long and healthy life. To reduce the number of fractures, American Bone Health has proclaimed July 8th-16th National Fracture Prevention Awareness Week to educate people about the risk of fractures and how to keep their bones strong.

As part of Freedom From Fractures, trained Peer Educators use our web-based fracture risk calculator to screen older adults and educate them about how to reduce their risk of having a fracture. Peer Educators enter clinical factors such as age, weight, previous fractures, medications, and medical conditions to generate a graph showing risk.

With the risk level identified, Peer Educators speak with each individual about steps they can take to prevent fractures and stay independent and strong. These steps include nutrition, proper exercise, fall prevention strategies, and further screening. Participants walk away with a road map for better bone health and points to discuss with their health care provider.

Help Us Publicize The Event!

Snap a picture and upload it to your preferred social media account with the #FreedomFromFractures hashtag. Email your pictures to emely@americanbonehealth.org.
Previous Year Results – Freedom From Fractures

2016
- 37 Locations
- 17 States
- 240 Peer Educators
- 777 adults screened

2015
- 12 Locations
- 6 States
- 90 Peer Educators
- 452 adults screened

2014
- 36 Locations
- 1 State
- 138 Peer Educators
- 523 adults screened

2013
- 30 Locations
- 1 State
- 66 Peer Educators
- 631 adults screened
**Peer Educator and Volunteer Information**

Thank you for taking the time to volunteer. We appreciate your help to make this a successful event. We could not do the event without you!

**Organization of Teams**

Each team will have one Peer Educator Leader and several Community Peer Educators and volunteers. The Peer Educator Leader is the liaison between American Bone Health, the hosting location staff, Peer Educators, volunteers, and participants to ensure a successful screening event. Community Peer Educators will greet participants and help guide them through the screening process. You will receive the list of locations and the assigned Peer Educator Leader by email.

**Roles of Team Members**

The Peer Educator Leader will assign volunteers to greet the participants and Community Peer Educators to enter risk factors into the FORE Fracture Risk Calculator, transfer the results to a worksheet, and email the results to the participant.

Next, the Peer Educator Leader and Community Peer Educators who complete the extended training will review the results with the participants, identifying two to three “next steps” on risk worksheet for participants to discuss with their health care providers.

The Peer Educator Leader or Community Peer Educators who complete the extended training will review results for high risk participants. Since these participants are at high risk, we want to follow-up with them to make sure that they have taken steps to reduce their risk.

**Please encourage high risk patients provide their contact information.**

As much as we try to anticipate how the event will flow, we appreciate your flexibility in working together to ensure the event in your location runs smoothly.
**Peer Educator Leader Information**

As the Peer Educator Leader, we ask that you be the liaison between ABH, the location staff, Community Peer Educators, and participants to ensure a successful event.

**Please plan to:**
- Connect with the location staff and other volunteers by email or phone.
- Ensure materials get to the location ½ hour before start time.
- Direct activities, trouble shoot issues, and wrap up the event.

**To prepare, please watch the following videos (see Appendix 1):**
1. Orientation
2. Bone Health Basics
3. Event Flow
4. Example results review for high risk participants
5. How to put data into Fracture Risk Calculator

**Pre-Event Planning & Preparation Timeline**

<table>
<thead>
<tr>
<th>June</th>
<th>Materials preparation and team introduction:</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Receive event materials in the mail from American Bone Health</td>
</tr>
<tr>
<td></td>
<td>• Pick up event poster at your local FedEx Print Center</td>
</tr>
<tr>
<td></td>
<td>• Send an email to your team and introduce yourself with your:</td>
</tr>
<tr>
<td></td>
<td>o Name, Email, Phone, Background</td>
</tr>
</tbody>
</table>

**What to Bring**
- Laptop, tablet or device with internet capability
- A white shirt (to wear so we can identify each other)
- ABH poster (ready for pick-up at your local FedEx Print Center)
- Pens or Sharpies (preferred for graph plotting)
- Materials mailed to you from ABH (see Appendix 2)
- Willingness to help others learn about bone health with a friendly attitude

**Freedom From Fractures Day of Event Timeline**

<table>
<thead>
<tr>
<th>½ hour before start</th>
<th>Arrive and set up and meet orient your team</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>• Set up laptop or other device &amp; check WiFi</td>
</tr>
<tr>
<td></td>
<td>• Test the calculator at <a href="http://www.americanbonehealth.org">www.americanbonehealth.org</a></td>
</tr>
<tr>
<td></td>
<td>• Review the plan with your team</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Start</th>
<th>Greet participants, enter data, discuss results</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Clean up</td>
</tr>
<tr>
<td></td>
<td>Thank location staff</td>
</tr>
<tr>
<td></td>
<td>Gather names and contact information of high risk patients to send to American Bone Health</td>
</tr>
</tbody>
</table>


Information for Community Peer Educators

As a Peer Educator, you will greet participants and help guide them through the process.

Please plan to:

- Enter participant risk factors into web-based screening tool (FORE Fracture Risk Calculator) using a laptop, tablet or other device.
- Transfer the results to the appropriate risk level worksheet.
- Discuss the results and next steps with participants, if you completed the additional training on the screening tool and risk factors. The worksheets walk through the steps and include nutrition, proper exercise, fall prevention strategies, and further screening. Participants will take away a road map for better bone health and points to discuss with their health care provider.

To prepare, please watch the following training videos (see Appendix 1):

1. Orientation
2. Bone Health Basics
3. Event flow
4. How to input data into the Fracture Risk Calculator
5. Example results review for high risk participants

Freedom From Fractures Day of Event Timeline

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<td>Test the calculator at <a href="http://www.americanbonehealth.org">www.americanbonehealth.org</a></td>
</tr>
<tr>
<td>Start</td>
<td>Greet participants, enter data, discuss results</td>
</tr>
<tr>
<td>End</td>
<td>Help clean up</td>
</tr>
</tbody>
</table>

What to bring

- Laptop, tablet or device with WiFi (if available, but not a requirement)
- Pen
- A white shirt (to wear so we can identify each other)
- Willingness to help others learn about bone health with a friendly attitude
### Appendix 1: Training Videos for Volunteers

<table>
<thead>
<tr>
<th>Orientation</th>
<th>Click here</th>
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<tbody>
<tr>
<td>Bone Health Basics</td>
<td>Click here</td>
<td>Bone Health Basics</td>
</tr>
<tr>
<td>How To Input Data Into the FORE FRC Calculator</td>
<td>Click here</td>
<td>How To: Enter Data into FRC</td>
</tr>
<tr>
<td>Event Flow</td>
<td>Click here</td>
<td>How To: Event Flow</td>
</tr>
<tr>
<td>*Example Results Review for High Risk Participants</td>
<td>Click here</td>
<td>How To: Review Results w/ High Risk Participant</td>
</tr>
<tr>
<td>*Mandatory for Peer Educator Leaders</td>
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Appendix 2: Freedom From Fractures Materials

*Freedom From Fractures Materials Checklist

A handy checklist to make sure you have all the materials you need for the event.

FORE Fracture Risk Calculator™ Bone Health Screening Questionnaire

This is the screening questionnaire that will be used to assess participants’ bone health.

FORE Fracture Risk Calculator™ Graph of Results

Risk factors and screening results are plotted on this report. (If a printer is not available)

*For Peer Educator Leaders
FORE Fracture Risk Calculator™
Risk Sheet – Low Risk

Given to and reviewed with participants who are at low fracture risk.

FORE Fracture Risk Calculator™
Risk Sheet – Moderate Risk

Given to and reviewed with participants who are at moderate fracture risk.

FORE Fracture Risk Calculator™
Risk Sheet – High Risk

Given to and reviewed with participants who are at high fracture risk.

*High Risk Participant Contact Reply Card

Given to high fracture risk participants for follow-up.
## Contact Information

For issues on the day of the event, please call:  
(888) 266-3015

| Training, material shipment, & technical questions | Emely Wendell, Project Coordinator  
emely@americanbonehealth.org  
(510) 832-2663 ext. 1011 |
|-------------|------------------------------------------------------------------|
| Facility & volunteer teams | Camille Martin, Volunteer Services Manager  
camille@americanbonehealth.org  
(510) 827-7542 |
| General support | Shelley Powers, Director of Volunteer Services  
sheelleypow@yahoo.com  
(510) 693-9036 |
| Donations | Kathleen Cody, Executive Director  
kathleen@americanbonehealth.org  
(510) 832-2663 ext. 1015 |