



**Home Health Aide On-the-Go In-Service Lessons:  
Vol. 4, Issue 2: Compression Fractures (Home  
Health Aide on-the-Go in-Service Lessons, Volume  
4)**

*HCPPro, Inc., Beacon Health*

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# Home Health Aide On-the-Go In-Service Lessons: Vol. 4, Issue 2: Compression Fractures (Home Health Aide on-the-Go in-Service Lessons, Volume 4)

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## **Home Health Aide On-the-Go In-Service Lessons: Vol. 4, Issue 2: Compression Fractures (Home Health Aide on-the-Go in-Service Lessons, Volume 4) HCPPro, Inc., Beacon Health**

This lesson on Compression Fractures includes a complete training packet. Each in-service packet takes approximately one hour to complete and fully meets the Medicare in-service training requirements. As aides need training, you can make as many copies as you want - there s no restriction when used with aides assigned from your office location. Remember that Home Health Aides must have 12 hours of in-service training every year. LESSON OBJECTIVES Upon completion of this program, the home health aide will be able to: Define compression fracture as a collapse or breakdown of one or more of the vertebrae Name the most common cause of compression fracture List three components of the medical treatment of compression fracture, and Describe three home health aide actions in caring for patients with compression fractures. OVERVIEW Approximately 25% of all post-menopausal women in the United States have or will develop vertebral compression fractures. The incidence continually increases with age, and the prevalence is 40% in women 80 years of age. While only two-thirds of these fractures cause acute symptoms, they are all associated with increased morbidity and mortality. Women who have sustained a compression fracture have a 15% higher mortality rate that those who have not. Vertebral compression fractures often cause chronic pain and physical limitations. In almost all instances, they have a negative effect on function and quality of life. As is the case with many other chronic illnesses, compression fractures can cause psychosocial problems associated with loss of function and/or mobility. Treatment for compression fractures often involves bracing, adherence to a strengthening program, and activity limitations. Many patients with compression fractures receive homecare for various lengths of time and most will need assistance from home health aides for personal care and to assist with the treatment regimen. The purpose of this in-service is to provide information about the care of these patients.

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