

Bay Navigator Fragility Fracture - Osteoporosis Pathway

Aims:

To reduce the incidence of patients sustaining a second fragility fracture by:

1. Providing Primary Care access to DEXA scans for appropriate patients.
2. Providing recommended treatment options for patients diagnosed with osteoporosis.
3. Providing an understanding of the Fracture Prevention Service and how this service communicates to you as a GP.

1. Providing Primary Care access to DEXA scans for all patients who have had recent fragility fractures – criteria are:

- The patient is between the ages of 50 and 75.
- The patient has had a recent (within last 4 months) fragility fracture.
- The patient has not had a DEXA scan in the last 18 months.
- The patient has not had an isolated fracture of the face, hands, feet or clavicle.
- The patient does not have a fracture caused by evident trauma.
- The patient is not already on antiresorptive osteoporosis medication.
- The patient has not had been reviewed by the Fracture Prevention Service.

2. Providing recommended treatment options for patients diagnosed with osteoporosis

- Lifestyle Advice
 - Smoking cessation, limiting alcohol intake, increasing physical activity, adjusting diet.
- Minimising the effects of medications that can reduce bone density
 - Stopping some of these medications may not be an option, but suggestions are presented to limit their negative effects.
- Calcium and Vitamin D recommendations
 - Specifically for this patient group who have had an osteoporotic fracture.
- Bisphosphonate treatment
 - The recommended bisphosphonate treatment options are presented and information provided to help you choose between them.
 - Treatment duration is discussed and when to consider discontinuation.
- Follow up and further investigations
 - When to refer and what further investigations may be appropriate.

3. Providing an understanding of the Fracture Prevention Service and how this service communicates to you as a GP

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