


BHOF BoneSource®
for Clinicians

ISO 2022
INTERDISCIPLINARY SYMPOSIUM
ON OSTEOPOROSIS
VIRTUAL CONFERENCE

May 4, 2022
**BHOF Healthcare Provider
Resources**
FLS Basic Workshop

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SPEAKER DISCLOSURES

Disclosures: None

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OBJECTIVES

- Educate the audience about BHOF's resources for clinicians interested in Bone Health and FLS
- Discover BHOF's FLS tools to support professional development and clinical education

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The National Osteoporosis Foundation (NOF) is Now the Bone Health and Osteoporosis Foundation (BHOF)

BHOF | Healthy Bones,
Build Them for Life

**Bone Health & Osteoporosis
FOUNDATION™**

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Resources

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RESOURCES

Join BHOF's Professional **Membership**

- <https://www.bonesource.org/membership>

Complete your CME requirements via courses on demand on **BHOF's Professional Learning Center**

- <https://cme.bonesource.org/>

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BHOF Professional Educational Activities

BHOF **ISD 2022**
INTEGRATING SCIENCE ON THE PROGRESS
OF BONE HEALTH

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NUTRITION WEBINAR SERIES

**NUTRITION FOR BONE HEALTH
WEBINAR SERIES**

2 part webinar series that offers in-depth reviews of nutrition issues related to building and maintaining bone health throughout the lifespan.


- Assessing Patient Calcium & Vitamin D Levels & Dietary Intake
- Nutrition for Bone Health Throughout the Lifespan

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WOMEN'S BONE HEALTH COURSES FOR NURSE PRACTITIONERS


Topics:

- Adolescent and Young Adult Bone Health
- Protecting the Fragile Spine
- Bone Health at Midlife
- Diagnosis and Treatment of Osteoporosis in Women

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ADVANCING CLINICAL EDUCATION ON BONE HEALTH AND FRACTURES IN THE U.S.




ADVANCING CLINICAL EDUCATION ON BONE HEALTH AND FRACTURES IN THE U.S.

| | | |
|---|---|---|
| OPTIMIZING COMMUNICATION TO IMPROVE MANAGEMENT OF FRACTURE RISK | FRACTURE PREVENTION AND RISK ASSESSMENT | MANAGEMENT OF VERTEBRAL COMPRESSION FRACTURES |
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Evidence-informed exercise training workshop
Designed for exercise practitioners

BoneFit™ workshops

- BoneFit™ Basics
- BoneFit™ Clinical

Find exercise professionals and clinicians who are BoneFit™ trained:
<https://www.bonehealthandosteoporosis.org/bonefit-find-a-professional/>

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Fracture Liaison Service (FLS) Resources

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BONESOURCE

BHOF Bone Health & Osteoporosis Foundation

ABOUT ANNOUNCEMENTS PROFESSIONAL RESOURCES FLS RESOURCES PROFESSIONAL LEARNING CENTER [BECOME A MEMBER](#)

FLS RESOURCES

The Bone Health & Osteoporosis Foundation's (BHOF) Fracture Liaison Service (FLS) resources promote excellence in clinical care for all healthcare professionals involved in the prevention, diagnosis, and treatment of osteoporosis. We offer a variety of programs, tools, and resources to meet the unique needs of healthcare professionals who provide bone health care.

Background

BHOF is collaborating with MedStar Health in Maryland and Atrium Health in North Carolina, with support from Amgen and UCB, to support a systems approach to creating a post-fracture care pathway to help with the osteoporosis crisis and prevent patients from suffering debilitating fractures again.

Osteoporosis is treated by multiple specialties, underscoring the need for coordinated care to support patients with the disease. This partnership will evaluate how a systems approach can help drive fracture prevention prioritization and provide better quality care for patients. Additional elements of the partnership include developing and engineering efficiencies, best practice sharing across the program sites, creating tools that document and help communicate post-fracture care effectiveness, and providing virtual and in-person mentorship and learning opportunities for healthcare providers.

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FLS RESOURCES

- How to Implement a FLS Program
- Business Plans
- FLS Coding Guide

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FLS PATHWAY GUIDE

FRACTURE LIAISON SERVICE PATHWAY

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| <p>Part I THE BURDEN OF OSTEOPOROSIS AND THE ROLE OF A FRACTURE LIAISON SERVICE (FLS)</p> | <p>Part II DEVELOP A BUSINESS PLAN FOR FLS</p> | <p>Part III OPERATIONS OF A FLS: BEST PRACTICE FRAMEWORK (BPF) AND KEY PERFORMANCE INDICATORS (KPIs)</p> |
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RADICALLY SIMPLE TOOL

OSTEOPOROSIS AND FRACTURE RISK EVALUATION

A tool for primary care providers

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Bone Health & Osteoporosis Foundation

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RADICALLY SIMPLE TOOL

RISK FACTORS FOR OSTEOPOROSIS & FRACTURES:

- Previous osteoporosis, low-trauma fractures (not the hip or spine), falls, hipfracture, vertebral fracture or fracture
- General history of osteoporosis and fractures (especially hip fractures)
- Low energy trauma (not DVT or not 1.5x)
- Menopausal osteoporosis (secondary)
- Rheumatoid arthritis and hyperparathyroidism
- Diabetes
- Alcohol excess
- Hypogonadism
- Vitamin D deficiency or insufficient intake
- Low calcium or vitamin D intake
- Low testosterone in men
- Chronic and gastrointestinal diseases (malabsorption, celiac, inflammatory bowel)
- Chronic kidney disease (not treated)
- High risk medications
 - Anticancer therapy
 - Anticoagulation
 - Corticosteroids (prolonged and high-dose)
 - Proton pump inhibitors
 - Glucocorticoids (high-dose, long-term)
 - Selective serotonin reuptake inhibitors
 - Thyroid hormones
- Lifestyle factors – smoking, fully, excessive alcohol intake, immobility

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RADICALLY SIMPLE TOOL

WHEN SHOULD YOU PRESCRIBE TREATMENT?

1. In your patient 10 or older with a hip or vertebral fracture?

2. In your patient a postmenopausal woman or man aged 50 or older?

3. Does your patient have one or more risk factors for osteoporosis? See box on the right.

DECISION AND/OR RISK ASSESSMENT:

4. Discuss preventative measures and evaluation of patients in 3-5 years.

5. Consider the impact of osteoporosis on quality of life and the burden of treatment (maximal 10% for hip fracture or 20% for vertebral fracture).

6. Discuss benefits versus risk of treatment. Discuss specific antihypercalcaemic medications, calcium and vitamin D supplements. Get risk assessment and prevention as well as local care.

7. Final shared treatment decision between patient and provider.

8. Refer to country specific guidelines for treatment options.

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RADICALLY SIMPLE TOOL

KEY MESSAGES IN BENEFIT VERSUS RISK DISCUSSION

- Fractures are serious and impact health as well as survival. In addition, serious side effects from medications are very rare. The benefits/side effects differ by medication and should be explained (see side panel) without losing sight of the severe consequences of fractures we are trying to prevent.
- The significant health consequences of fractures must be considered, including pain, reduced mobility, need for assistive walking devices, loss of independence, reduced quality of life and complications such as infection, cardiovascular events, thromboembolic disease and death.
- Drug summaries and package inserts list all side effects, but do not mention how rare many of these are.
- Patients may have major concerns with regard to a particular side effect – the reasons for this should be explored and reassurance provided if appropriate.
- For each atypical femoral fracture potentially caused, 50 osteoporotic fractures may be prevented!
- Consider evaluation for secondary causes including CBC, CMP; 25-hydroxy vitamin D, 24 hour urine calcium.
- Osteoporosis is a chronic disease, just like diabetes and hypertension. We can effectively treat and reduce the risk for fracture, but do not cure it. As such, it will require lifelong attention.

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RADICALLY SIMPLE TOOL

OSTEOPOROSIS AND FRACTURE RISK EVALUATION

1. Assess patient's fracture risk using the FRAX tool.

2. Consider the impact of osteoporosis on quality of life and the burden of treatment (maximal 10% for hip fracture or 20% for vertebral fracture).

3. Discuss benefits versus risk of treatment. Discuss specific antihypercalcaemic medications, calcium and vitamin D supplements. Get risk assessment and prevention as well as local care.

4. Final shared treatment decision between patient and provider.

5. Refer to country specific guidelines for treatment options.

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THE CLINICIAN'S GUIDE TO PREVENTION AND TREATMENT OF OSTEOPOROSIS

Clinician's Guide to Prevention and Treatment of Osteoporosis
is now available in *Osteoporosis International!*

Osteoporosis International
<https://doi.org/10.1007/978-0-21-05900-y>

CONSENSUS STATEMENT

The clinician's guide to prevention and treatment of osteoporosis

M. S. LeBoff¹ • S. L. Greenspan² • K. L. Insogna³ • E. M. Lewiecki⁴ • K. G. Saag⁵ • A. J. Singer⁶ • E. S. Siris⁷

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THE CLINICIAN'S GUIDE TO PREVENTION AND TREATMENT OF OSTEOPOROSIS

Background

Osteoporosis International
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THE CLINICIAN'S GUIDE TO PREVENTION AND TREATMENT OF OSTEOPOROSIS

Current Edition

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OTHER FLS RESOURCE

BHOF
Bone Health & Osteoporosis
FOUNDATION™
FRACTURE LIAISON SERVICE

Project
ECHO®

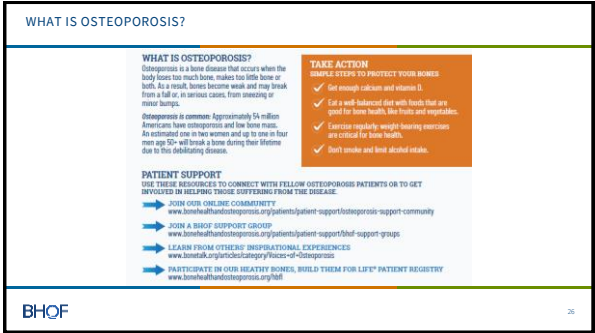
FLS One-on-One Consults

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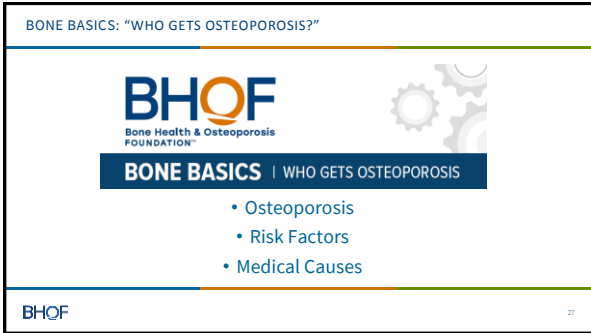
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BONE BASICS: "VERTEBRAL FRACTURES"



BONE BASICS | VERTEBRAL FRACTURES

- Vertebral Compression Fractures
- What Can Be Done About VCF?
- Treatments and Prevention Strategies

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BONE TALK

Encourage patients to learn about bone health and active aging strategies via **Bone Talk**, BHOFF's informative podcast & blog

- <https://www.bonetalk.org/>

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OSTEOPOROSIS AWARENESS & PREVENTION MONTH

May is Osteoporosis
Awareness and Prevention Month

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OSTEOPOROSIS AWARENESS & PREVENTION MONTH



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OSTEOPOROSIS AWARENESS & PREVENTION MONTH 2022
THIS MAY, EXERCISE TO MAXIMIZE YOUR BONE HEALTH!
WITH THESE TIPS, YOU CAN:

| | | | |
|--|---|---|--|
| MAY 1 OSTEOPOROSIS AWARENESS & PREVENTION MONTH KICKS OFF TODAY! | MAY 2 THE ARCHES OF OSTEOPOROSIS | MAY 3 PEAK BONE MASS 101 | MAY 4 DIAGNOSIS AND TREATMENT FOR YOUR BONE HEALTH |
| MAY 5 OSTEOPOROSIS: WHAT EVERY MAN NEEDS TO KNOW | MAY 6 DRUG-BASED HEALTH: SPECIALIST READ-UP | MAY 7 HOLD ON TO YOUR CARIBBEAN | MAY 8 HAPPY PEOPLE & BONE: CHANGING & EXERCISE |

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Questions?

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