



SILVER CHAIN

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Osteoporosis Risk Assessment in the Home Care Setting

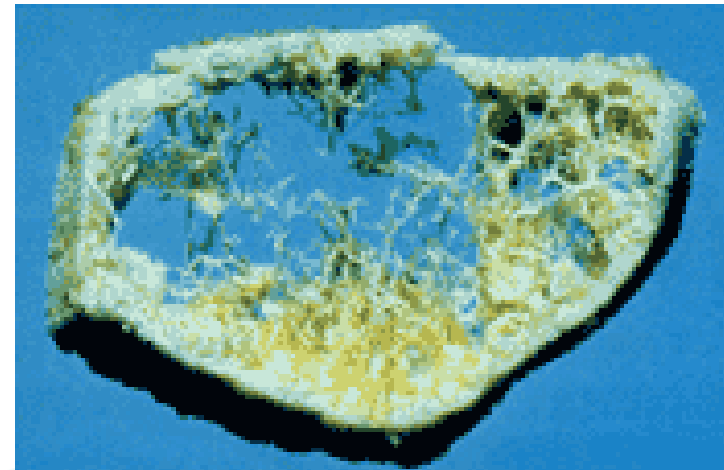
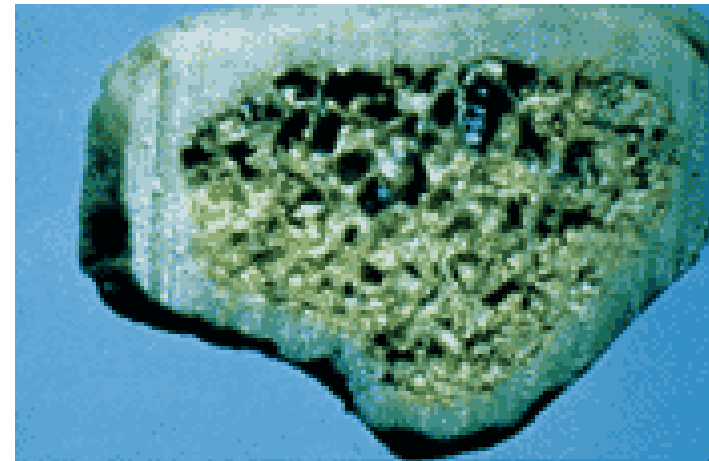
Health in Transition Conference, Adelaide
August 2009

Joanna Smith and Gill Lewin

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- Prevalence
- Association of fracture with osteoporosis
- Cost of fractures
- Evidence of effectiveness treatment
- Lack of diagnosis and treatment



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- Silver Chain clients at high risk of osteoporosis:
 - Age
 - Falls risk
 - Link between falls, osteoporosis and fractures
- Few treated or advised of preventative measures for osteoporosis



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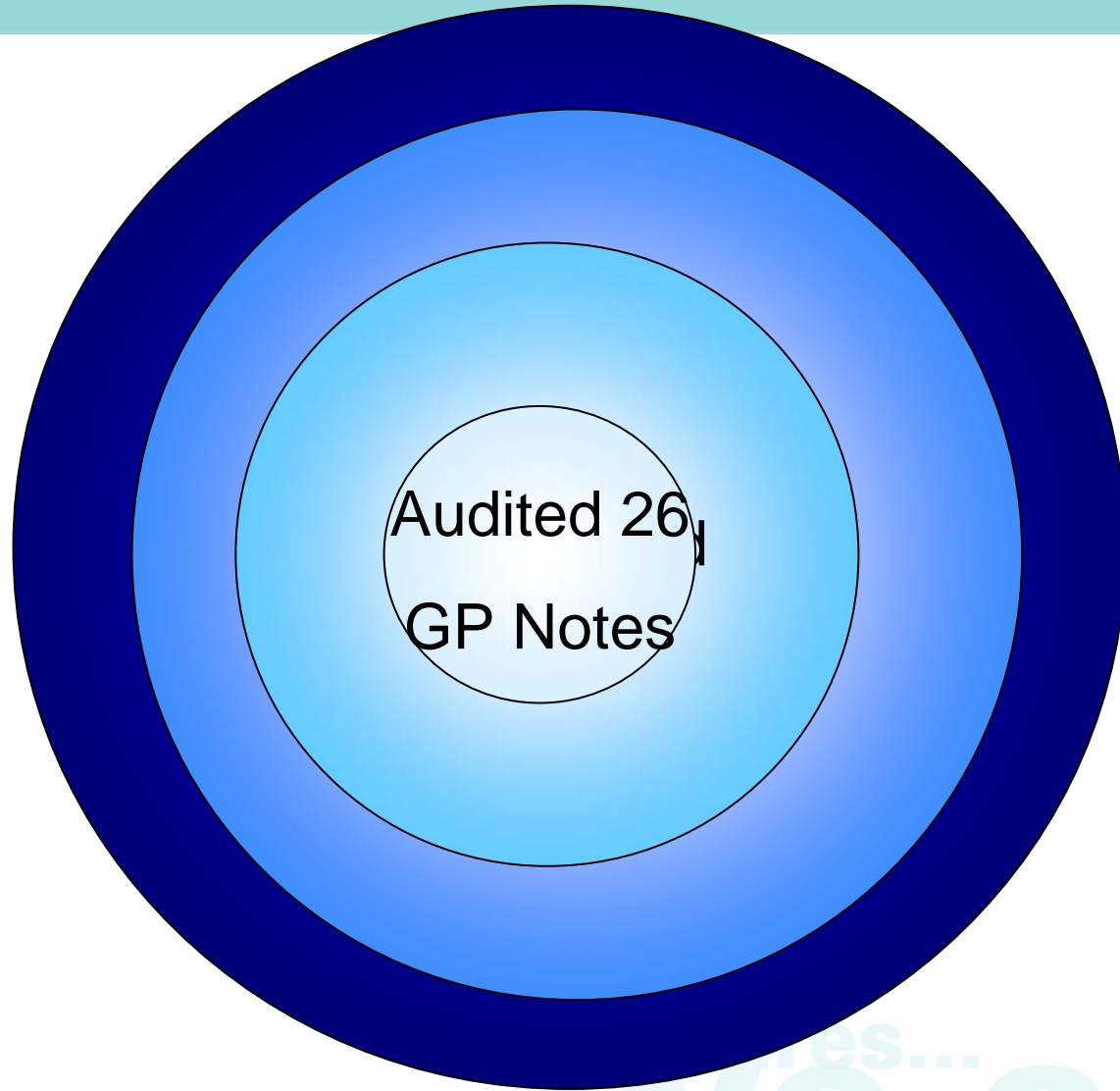
- Investigate:
 - risk profile of Silver Chain's clients
 - prevalence of fracture
 - subsequent treatment
 - whether treatment consistent with best practice
- Assist home care clients to identify and manage their risk of osteoporosis

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Method



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Sample



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- 874 (58%) returned
- 72% Female
- Mean age 80 (65-100)
- 52% lived alone
- 42% had carer
- Services:
 - 72% Domestic Assistance
 - 18% Nursing
 - 14% Personal Care

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- 53% shorter
- 44% back was rounded
- 36% (n=318) fractured
- 60% fractured once
- 20% fractured twice
- 20% fracture 3+ times
 - Wrist n=88
 - Hip n=62
 - Ankle n=47
 - Rib n=43
 - Spine n=40
 - Humerus n=30



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- 29% aware of osteoporosis diagnosis
- More likely to have been told they have osteoporosis:
 - Female (36%)
 - Previous fracture (47%)
 - Two or more fractures (63%)
 - Vertebral Fracture (80%)

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- 38% of total survey group recalled having BMD
- Survey respondents more likely to have BMD if:
 - Female (46% vs 17%)
 - Previous fracture (49%)
 - More than 3 previous fractures (70%)
 - Site of fracture makes no difference

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- Treatment recommended to 53% of those who fractured:
 - Calcium 65%
 - Vitamin D 27%
 - Osteoporosis Medication 59%
 - Exercise 32%
- More likely to have been recommended if:
 - More than 3 fractures (74%)
 - Diagnosed as having osteoporosis (77%)
 - Hip fracture (69%) or vertebral fracture (100%)
 - Female (59%)



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Interview Results



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- Mean fractures 2.3
- 58% fracture diagnosed at hospital; 31% by GP
- 97% of fractures treated in Hospital or by GP
- 91% of fractures due to fall
- 11% had falls assessment as a result of fracture



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- 65% recalled BMD
- 63% recalled diagnosis of osteoporosis
- 66% treated for osteoporosis
 - Bisphosphonate (n=47)
 - Calcium (n=38)
 - Vitamin D (n=27)
- **5 were on treatment recommended by guidelines for the treatment on low trauma fractures**

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	Yes	No
Evidence of fracture	22	4
Evidence of assessment of fracture risk	9	17
Record of BMD Test	13	13
Diagnosis of osteoporosis	19	7
BMD protocol followed as per guidelines	8	18
Record of blood tests to exclude conditions other than osteoporosis	10	16
Medications recorded as described by client	15	11
Medications as per guidelines	10	16
Indication of lifestyle advice given	2	24

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Where to now?



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- Identification of risk assessment tool
- Development of guidelines for clients
- Development of guidelines for Silver Chain staff



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Acknowledgements



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- Sanofi Aventis
- Charles Inderjeeth
- Silver Chain clients
- GPs and Practice staff



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