

**NZNO 10TH
NATIONAL GERONTOLOGY
SECTION CONFERENCE**

Rydgcs Latimer, Christchurch **31 Oct & 01 Nov 2016**



**BACK
TO OUR
FUTURE**



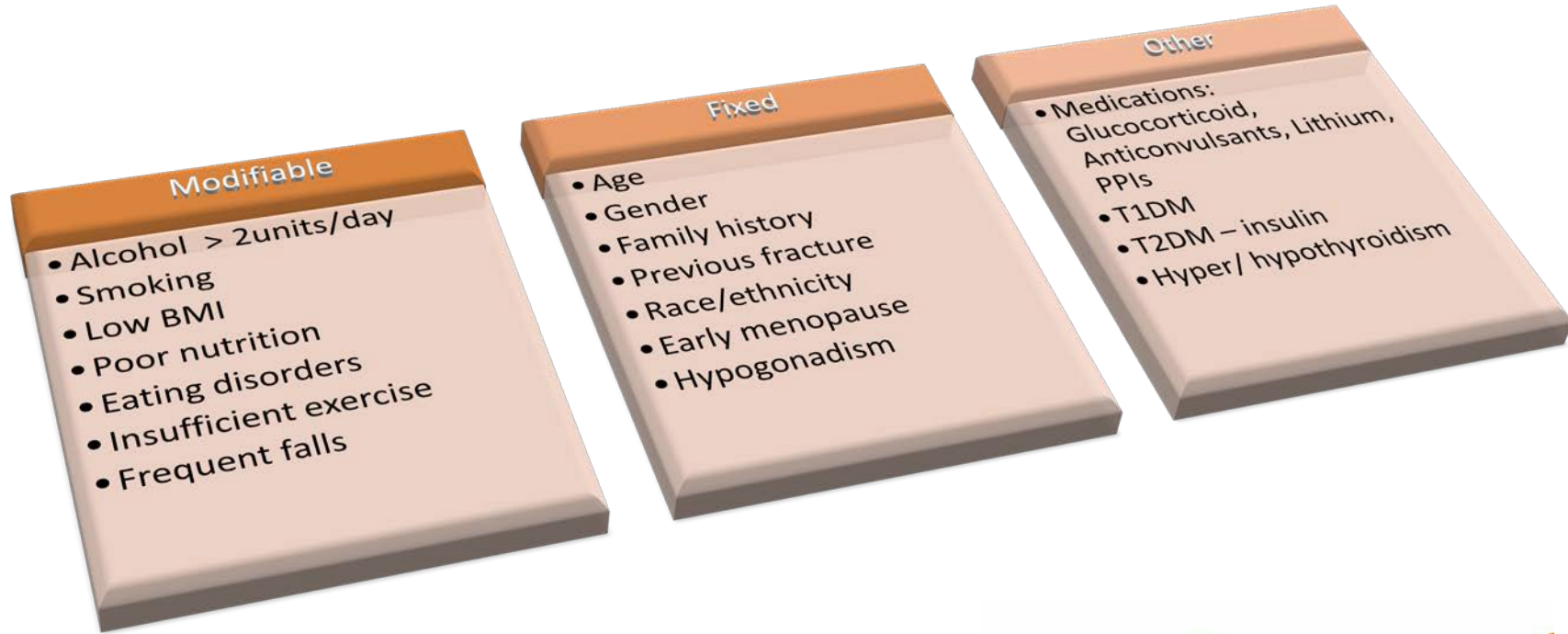
The future of falls and fracture prevention in primary care

Eileen Richardson

The Burden of Osteoporosis

Low trauma fracture	Hip fracture
One fracture every 3 secs worldwide	4500 hip fractures annually in NZ
1 in 3 women	20 – 24% die within one year
1 in 5 men	50% unable to walk without aid
More osteoporosis bed days than MI, diabetes, breast cancer	
50% with one osteoporotic fracture will have another	
80% with an osteoporotic fracture are not identified or treated for osteoporosis	

Risk Factors

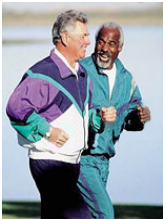


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Reducing the risk

- Medication up to 70% risk reduction
- Bone healthy lifestyle
- Prevent falls



The Southern Alliance Falls & Fracture Steering Group

- **Stakeholders**
- **Partnership**
- **Across the continuum of care**



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Southern Alliance Strategy

- Primary care
- Case finding
- Targeted risk reduction
- WellSouth PHN portal
- Knowledge & skills

The screenshot displays the WellSouth PHN portal interface for a Fragility Fracture Assessment. The page is titled "Fragility Fracture Assessment" and includes navigation tabs for "Patient", "Provider", "Assessment Details", and "Risk & Evaluation". The form is divided into several sections:

- Risk Factor Mitigation of Relevant Risks:** This section contains dropdown menus for "Home Safety", "Polypharmacy", "Continence", "Cognition & Mood (Mini-COG™) PHQ-2", "Postural Hypotension", "Hearing", and "Osteoporosis Risk".
- Falls History & Fear of Falling:** Includes a dropdown for "Falls History" and a text input field for "Please specify". A tooltip explains: "If any falls in last 12 months then treat as having gait, strength or balance deficit."
- Foot Problems:** Includes a dropdown for "Please specify".
- Nutrition Risk (Mini Nutritional Assessment):** Includes a dropdown for "Please specify".
- Alcohol Consumption (AUDIT-C Score):** Includes a dropdown for "Please specify" and a "Calculate" button. A link for "AUDIT-C Assessment" is provided.
- Visual Acuity:** Includes a dropdown for "Please specify".
- Gait, Strength & Balance:** Includes a dropdown for "Please specify" and a link for "TUG test | 30s chair stand test | 4-stage balance test".
- Investigations:** Includes a dropdown for "Please specify".
- FRAX Evaluation (Evaluation Tool):** Includes a dropdown for "FRAX Score (Major Osteoporotic)" with a "%", a dropdown for "Practice requests FLS Coordinator assistance for management", and a dropdown for "DEXA request".
- Bone Sparring Medication:** Includes a dropdown for "Please specify".

At the bottom of the form, there are "Submit", "Cancel", and "Print Form" buttons. The footer of the page contains the text: "© ICG - Request Help / Send Feedback / If requested, download Terms/View".

Assessment

- **Fracture risk**
- **Falls risk**
- **Home Safety**
- **Gait, strength and balance: TUG, 30 second stand, 4-stage balance**

The image shows a web-based questionnaire interface. At the top, it displays 'Country : UK' and a 'Name / ID' field. A red banner at the bottom right of the form area reads 'BMI The ten year probability of fracture (%) without BMD' and contains two input fields for 'Major osteoporotic' and 'Hip fracture', along with a 'View NOGG Guidance' button. The questionnaire itself consists of 12 numbered items, each with radio buttons for 'No' or 'Yes' answers. Item 12 includes a 'Select' dropdown menu and a text input field. 'Clear' and 'Calculate' buttons are located at the bottom right of the form.

Country : UK Name / ID : About the risk factors ⓘ

Questionnaire:

1. Age (between 40-90 years) or Date of birth
Age: Y: M: D:

2. Sex Male Female

3. Weight (kg)

4. Height (cm)

5. Previous fracture No Yes

6. Parent fractured hip No Yes

7. Current smoking No Yes

8. Glucocorticoids No Yes

9. Rheumatoid arthritis No Yes

10. Secondary osteoporosis No Yes

11. Alcohol 3 more units per day No Yes

12. Femoral neck BMD
 Select

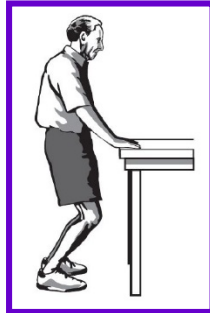
BMI
The ten year probability of fracture (%)

without BMD

<input type="checkbox"/> Major osteoporotic	<input type="text"/>
<input type="checkbox"/> Hip fracture	<input type="text"/>

Negotiated management plan

- **Modifiable risk factors to prevent falls**
- **Exercise – strength and balance**
- **Pharmacological treatment**



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The future contribution of primary care to falls and fracture prevention

Opportunity

References

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