

# Fracture Link

Newsletter - Ontario Osteoporosis Strategy - Vol 1. June 2013

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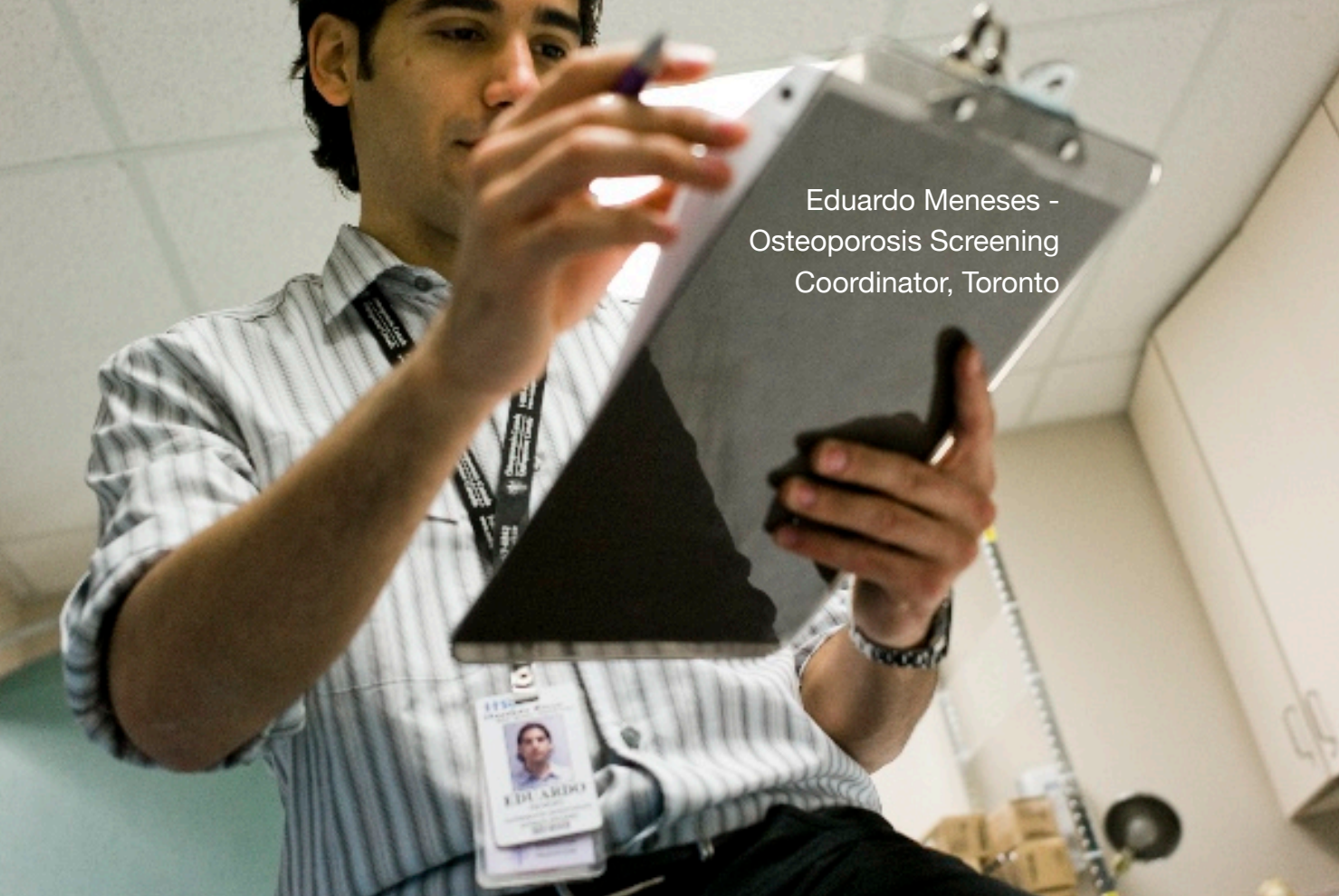
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Programs and resources for health professionals



## A focus on strategic integration for fracture reduction

The Ontario Osteoporosis Strategy began in 2005 with funding from the Ministry of Health and Long-Term Care to aid in the reduction of hip fractures and osteoporotic fractures throughout Ontario. In the last 7 years we have developed an approach that supports and complements initiatives at the local level throughout the province. During this period, and in our plans for the future, the main focus remains fracture reduction. This newsletter is the first in a series that will provide updates and highlight opportunities for integration and collaboration between agencies and organizations and with Regional Integration Leads (RILs) working within the Ontario Osteoporosis Strategy at Osteoporosis Canada.



Eduardo Meneses -  
Osteoporosis Screening  
Coordinator, Toronto

# By the numbers; where are we?

Ontario Osteoporosis  
Strategy



Osteoporosis Canada  
Ostéoporose Canada



Leading with Innovation  
Serving with Compassion  
ST. MICHAEL'S HOSPITAL  
A teaching hospital affiliated with the University of Toronto



Women's  
College  
Hospital



McMaster  
University



## Fracture Clinic Screening Program

The Fracture Clinic Screening Program (FCSP), developed and operated by Osteoporosis Canada in partnership with the Ontario Orthopaedic Association and the Ontario College of Family Physicians, is one of the secondary fracture prevention initiatives launched in 2007 to screen fragility fractures and facilitate diagnosis and appropriate care. This coordinator-based program

provides osteoporosis screening in an orthopaedic fracture clinic setting by identifying and assessing men and women who have had a fragility fracture – a broken bone from an activity that would not normally cause bone to break, such as a simple slip, trip or fall.

More than 80% of all fractures in people over the age of 50 are caused by osteoporosis. Without the appropriate diagnosis and treatment, people remain at an increased risk for another broken bone.

The inaugural screening took place on January 2nd, 2007 at the Ottawa Hospital, General Campus and the numbers, both in clinic sites and patients screened have grown ever since!

Currently the FCSP is operating with 21 Osteoporosis Screening Coordinators (OSCs) working in 38 high volume fracture clinics across the province.

As of March 2013, over 40,000 patients aged 50 and older with a low-trauma fracture, who have visited one of the participating fracture clinic sites, have met with an OSC to discuss bone health and fracture risks.

It was found that almost 70% of the patients participating in the FCSP returned to their family physician to seek advice about their bone health, about half of these patients were sent for a BMD test, and about 23% of patients were found to have started on appropriate care within one year.

The FCSP focuses on improved linkages between fracture clinics, primary care professionals, orthopaedic wards, rehabilitation and long-term care facilities. The program relies on, and is grateful for, the

continued support of the participating hospitals, the orthopaedic champions, fracture clinic staff, managers and clinical directors, who help ensure the successful implementation of the FCSP.

BMD Fast Track provides Bone Mineral Density testing to facilitate early diagnosis of osteoporosis and fracture risk assessment.



“Our primary focus is to identify fracture clinic patients who have suffered a fragility fracture so we can help prevent future fractures – some of which can be life threatening,”

-says Dr. Osama Gharsaa, Lakeridge Hospital, Oshawa

#### Patients Screened in Ontario:

Average age of patients screened = 69

Currently working for pay = 27%

Have a family doctor = 92%

Had a fall in the past year = 37%

Currently smoking = 13%

A fracture is one of the most significant risk factors for predicting a future fracture. At least 1 in 3 women and 1 in 5 men will suffer from an osteoporotic fracture during their lifetime

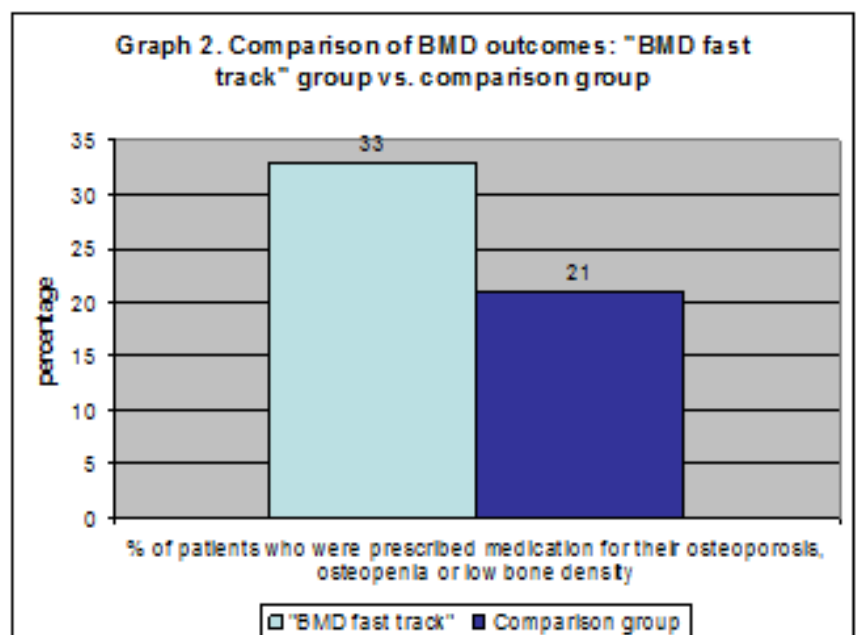
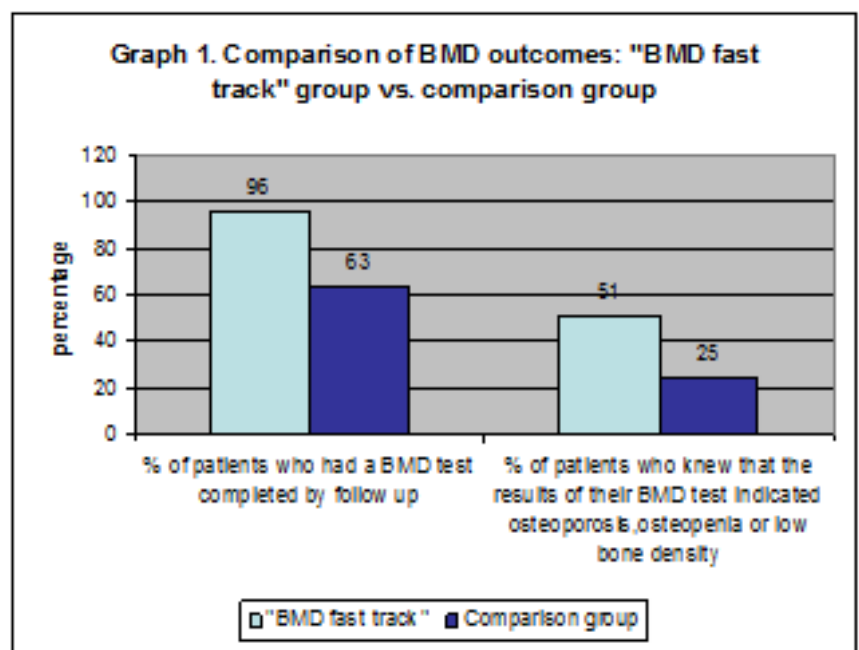
## Evaluation of the FCSP

The evaluation of the Fracture Clinic Screening Program (FCSP) provides information on inputs, process of care and outcomes, with a final goal of ensuring that patient-centered, results-driven care is offered and accessible to the fragility fracture patient.

The Evaluation Team for the FCSP (based at St Michael's Hospital) monitors and evaluates new initiatives within the FCSP. Over the course of the last year, the Evaluation Team has monitored the implementation of the Bone Mineral Density (BMD) Fast Track program, an initiative implemented at selected sites in order to facilitate patients' access to BMD testing. The Team compared the outcomes of the patients who went through the BMD Fast Track program with the outcomes of similar patients (matched for age, fracture type and gender) who were screened at non-BMD Fast Track sites (within the FCSP) and found that:

- 96% of the BMD Fast Track patients had a BMD test completed by follow-up vs. 63% in the matched comparison group.
- 51% of the BMD Fast Track patients discussed the results of their BMD test with their family physician vs. 25% in the matched comparison group.
- 33% of the BMD Fast Track patients were prescribed medication for their osteoporosis, osteopenia or low bone density vs. 21% in the matched comparison group.

The 104% increase in knowledge of BMD results (25% to 51%) suggests a more involved or knowledgeable patient able to begin to make more informed treatment choice. The 50% percent increase in treatment prescription rate (21% to 33%) illustrates the positive impact of facilitating BMD testing on treatment rates.



# Programs and resources

## Bone Fit™

Launched in 2010, this comprehensive workshop is an evidence-informed exercise training workshop, designed for healthcare professionals and exercise practitioners. The Bone Fit™ workshops provides training on the most appropriate, safe and effective methods to prescribe progressive exercise for people with osteoporosis. The curriculum content for the workshop was developed by a Physical Therapist in conjunction with an advisory committee of expert clinicians and academics in the area of osteoporosis and exercise. This group identified overall key objectives for the program and enlisted

contributions from other osteoporosis experts and Canadian Osteoporosis Patient Network (COPN) members to finalize the syllabus for the Bone Fit™ course.

As of April 2013, there have been 17 workshops and 276 trained participants.

More information can be found at [www.bonefit.ca](http://www.bonefit.ca)

## Osteoporosis Long-Term Care

Since 2007, the Ontario Osteoporosis Strategy for Long-term Care (OOSLTC) has engaged in outreach activities across the province to increase uptake of evidence-based osteoporosis/fracture prevention strategies in long term care homes. At that time, median prescribing rates in Ontario LTC

homes for calcium, vitamin D, and bisphosphonates below 30%. There was also a wide spectrum of prescribing practices amongst LTC homes which may have been due to the lack of standardized guidelines. In 2012, five years after implementing the Strategy, osteoporosis-related prescribing in 166 Ontario LTC homes was examined. The findings suggested that wide-scale use of outreach activities resulted in implementation of vitamin D by many LTC homes. Compared with 2007, vitamin D prescribing was twice as high in 2012, and the majority of homes prescribed to 60% or more of their residents. Currently, osteoporosis consensus guidelines for LTC are in development. User friendly tool-kits, DVD and many useful PowerPoint resources can be found at:

[www.osteoporosislongtermcare.ca](http://www.osteoporosislongtermcare.ca)

As part of the [Ontario Osteoporosis Strategy](#) and in collaboration with [Osteoporosis Canada](#), OOSLTC's goal is to provide meaningful and useful information and the latest research and best care practices to improve the bone health of older adults.

We are working together to:

- Prevent unnecessary fractures from falls and handling during care
- Provide information about the simple low cost care interventions that are available
- Reduce the pain and suffering from osteoporosis and fractures

## Women's College Hospital Multidisciplinary Osteoporosis Telemedicine Program

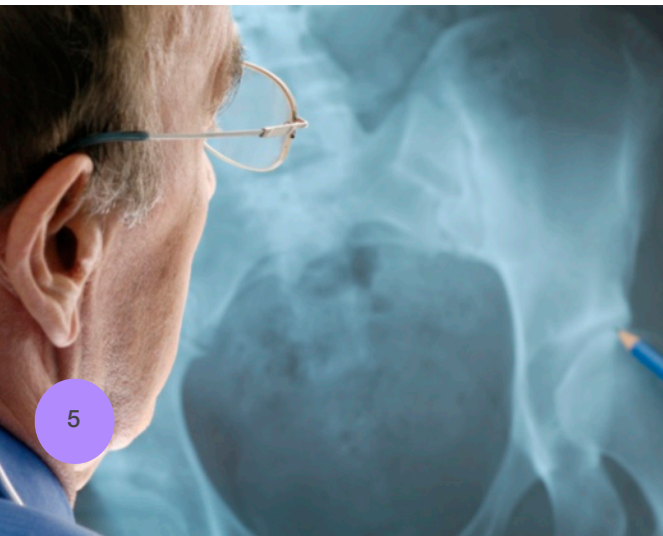
The Ontario Osteoporosis Strategy supports the integration of osteoporosis care throughout the various stages of treatment - primary care, post-fracture, rehabilitation - to ensure that patients receive the right care at the right time, by the right person. At Women's College Hospital, the Multidisciplinary Osteoporosis Telemedicine Program is facilitating increased access to care by providing consultations, comprehensive assessment, treatment and education to people living with osteoporosis and their care providers residing in under-serviced and remote communities in Northern Ontario. Individuals referred to the program have access to a medical specialist and program nurse with referral to members of our allied health team, as required.

The program accepts referrals from physicians and nurse practitioners who may also consult directly with our clinical specialists with patient-specific questions for osteoporosis management. Patients may be referred for assessment of the following conditions:

- Diagnosis of osteoporosis, and/or a "fragility fracture" (a broken a bone e.g. wrist, rib, hip or a vertebrae with little impact or due to a minor injury) and/or
- At high risk for bone loss (e.g. steroid use).

By using two-way video cameras, telemedicine connects health care sites throughout Ontario to the Women's College Hospital Program so that patients receive care and education in their own communities. Similar to a regular doctor's appointment, a telemedicine visit is private and confidential. It is seen and heard only by the health care professionals involved.

To arrange an appointment, a completed referral to the Women's College Hospital Multidisciplinary Osteoporosis Telemedicine Program along with a recent bone density test (within 1 year) and the printed images are required.



Patient focus tear off pad - *Your Guide to Strong Bones*

Created as an easily delivered information piece for patients. The Strong Bones tear off pad has been translated into 8 languages and can be downloaded directly from [www.osteoporosis.ca](http://www.osteoporosis.ca)

# Partnerships, integration and events

The Ontario Osteoporosis Strategy has made tremendous inroads in reaching out to healthcare professionals through partnerships, Regional Integration Leads (RILs) and various events.

## OTN Partnership

Several Ontario Osteoporosis Strategy stakeholders are members of the Ontario Telemedicine Network (OTN). Listed below are several education programmes available via videoconference, which includes live webcasting and an “Ask A Question” feature. Archived presentations are also available.

To view archived presentations and for information on upcoming sessions, visit [www.osteoporosis.ca](http://www.osteoporosis.ca)

## Beyond the Break

As part of the Ontario Osteoporosis Strategy, Osteoporosis Canada and Women’s College Hospital have collaborated on the development of an inter-professional education series presented via telemedicine. “Beyond the Break” targets health professionals working with people living with osteoporosis and/or at high fracture risk. Delivered by a multi-disciplinary healthcare team specializing in osteoporosis management, this modular series is designed to provide updates on the latest advances in recognition, diagnosis, treatment and education on osteoporosis. Part One of each

module provides updates on the latest scientific and best practices that impact the care of osteoporosis patients, while Part Two puts science into action through clinical application.

Launched in January 2013, to date the series has presented 5 two-part modules on a variety of topics including an overview of osteoporosis, fracture risk assessment, medication and treatment, osteoporosis and nutrition and osteoporosis and physical activity. The series has been very well received via live videoconference, live webcast and archived participation of over 1500 viewers. The archived sessions can be accessed via: <http://www.osteoporosis.ca/health-care-professionals/beyond-the-break/>

## Virtual Education Forums for Patients

The Virtual Education Forums are events broadcasted over the internet and geared towards the needs and interests of people living with osteoporosis.

- Topics include nutrition, exercise and medications and treatment, drawing as many as 150 participants to each interactive session.



- The collection of virtual forums has been viewed more than 3000 times since the first forum titled Osteoporosis Medications: Benefits and Risks by Dr. Angela Cheung, debuted in March, 2009.
- The virtual forums are informative presentations from Canada's foremost experts in osteoporosis care.
- Virtual forums are a great way to educate patients about osteoporosis either individually or through a group viewing of a live or archived presentation. Visit: [www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/](http://www.osteoporosis.ca/osteoporosis-and-you/copn/virtual-forum/) to view archived presentations and for information on upcoming virtual education forums.

### **Family Health Teams (FHTs) and Community Health Centers (CHCs)**

FHTs and CHCs are an integral part of our healthcare system and play a pivotal role in providing quality community care. The Regional Integration Leads (RILs) have worked with numerous FHT's and CHCs throughout each Local Health Integration Network and have partnered on a number of education sessions for patients using Osteoporosis Canada's Break Through presentation. The RILs have also been

involved in helping some very proactive FHTs formalize osteoporosis clinics for their communities.

### **Continuing Medical Education (CME) Events**

Osteoporosis Canada's CME events all across the province have attracted some great keynote speakers and provided opportunities to work with some exceptional CME departments in university settings and community partners. Some community partners include the Arthritis Society, Public Health, Alzheimer Society of Canada, Canadian Celiac Association and the Canadian Diabetes Association.

### **Ontario College of Family Physicians**

OOS stakeholders have collaborated to deliver targeted educational workshops, online training modules and Continuing Medical Education (CME) events to reach healthcare professionals to provide best practice, evidence-informed osteoporosis management.

Since 2005, the Ontario College of Family Physicians has led numerous CME events across Ontario engaging approximately 200 family physicians each year. In accordance with the 2010 Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis in Canada, these workshops focus on enhanced understanding, integration and application of risk assessment tools for the assessment and management of osteoporosis, falls and fractures within a Primary Care setting.



Keynote speaker Dr. Peter Lin at Bone and Joint Health Day in Ottawa (2010)



# Upcoming

## Public Education Forum

November 7th at St. Georges Hall,  
Waterloo.

-Keynote speaker Dr. Nadira Husein will discuss the most current information on osteoporosis and fracture risk assessment  
-Cathie Tan OT will provide guidance on how to safely do our daily activities such as making the bed

- Learn about self management of health, safe physical activity and more

-Contact Kate Harvey

[kharvey@osteoporosis.ca](mailto:kharvey@osteoporosis.ca)

519-500-1440 for more information



# Events



**benefit**<sup>™</sup>

**September 7 & 8, 2013**

Toronto, Ontario – Women's College Hospital

Early Registration Fee: \$375 (until August 15th, 2013)

Register online at [benefit.ca](http://benefit.ca)

**October 19 & 20, 2013**

Ottawa, Ontario - Altum Health Clinic

Early Registration Fee: \$175 and \$375 (until October 2nd, 2013)

Register online at [benefit.ca](http://benefit.ca)

Look for the next issue of Fracture Link in November 2013. If you would like to be featured in the upcoming issue of Fracture Link please contact MARQ at 1 800 463-6842, ext. 411

# Images From Around Ontario



Dr. R Josefchak - Orthopaedic Surgeon, Niagara Health System



BoneFit Workshop - Owen Sound



Public Forum - St Catharines

## Grand River Hospital praised for innovative osteoporosis program

Johanna Weidner, Record staff

**KITCHENER** — Grand River Hospital was recognized for an innovative osteoporosis screening program that's the first of its kind in Ontario and Canada, and among just a few in the world.

The Kitchener hospital, in partnership with Osteoporosis Canada, developed a fast-track screening clinic to spot patients with low-trauma fractures — a warning sign of low bone mass — and hopefully prevent a more serious break in the hip or spine.

When patients arrive at the hospital's fracture clinic, they meet one-on-one with a co-ordinator who assesses the osteoporosis risk and patients can get a bone mineral density test in the imaging department, usually on the same day.

"Often people don't realize the fracture means that there could be something with their bone health," said Kate Harvey, the Waterloo-Wellington area manager for the Ontario Osteoporosis Strategy.

Then a visit with the patient's family doctor can get them started on treatment and management, such as diet changes to slow bone loss and fall prevention. Low-trauma fractures are typically after a fall from standing height.

Since being launched about a year ago,

70 patients have been referred for testing and followup care. Normally only a third of patients who are told to go to their family doctor for the test actually do.

Early identification of osteoporosis can prevent or reduce the risk of another fracture. Hip fractures can be devastating for seniors, often leading to disability necessitating a move to long-term care or even death.

Caring for patients after a hip fracture is also a burden on the health care system.

"Osteoporosis is a huge health care concern," said Ravi Jain, director of the Ontario Osteoporosis Strategy, who was at Grand River Wednesday for the ceremony celebrating the partnership.

Osteoporosis affects one out of three women over 50 and one out of five men.

Orthopedic surgeons do a good job treating fractures, while family doctors need to look after the continuing care for osteoporosis. This program makes sure patients who need osteoporosis care are not lost in the gap between those health care providers, Harvey said.

"We're able to connect them."

The clinic is funded by the Ministry of Health and Long-Term Care through its osteoporosis strategy.

[jweidner@therecord.com](mailto:jweidner@therecord.com)



Falls Prevention - Ottawa



Public Forum - Kitchener

# Community Connections

To learn more about resources in your area contact your local Regional Integration Lead



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Elizabeth Stanton	<a href="mailto:estanton@osteoporosis.ca">estanton@osteoporosis.ca</a>	Toronto West and Peel
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Judy Porteous	<a href="mailto:jporteous@osteoporosis.ca">jporteous@osteoporosis.ca</a>	Dufferin, Grey Bruce
Julian Rawlins	<a href="mailto:jrawlins@osteoporosis.ca">jrawlins@osteoporosis.ca</a>	Toronto East & Durham
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Ontario Osteoporosis Strategy team at Osteoporosis Canada

