

INTRODUCTION

- An estimated 10 million people above age 50 years old have osteoporosis in the United States.
- Untreated or nonidentified osteoporosis can lead to bone fractures – most commonly spine and hip bone fractures.
- We sought out to identify barriers and areas for improvement in our resident primary care clinic in diagnosing and treating osteoporosis.

METHODS

- Charts were accessed for patients above the age of 65 who had a DEXA scan ordered between 1/1/22-7/1/22 at the Lenox Hill Medicine Clinic.
- Seventy nine patient charts were accessed and evaluated
- We identified how many patients got their DEXA scans done and how many of those diagnosed with normal bone density, osteopenia, or osteoporosis.
- We also identified how many patients diagnosed with osteoporosis were started on pharmacologic management.

IMAGES

Outcomes for patient's ordered for DEXA scans

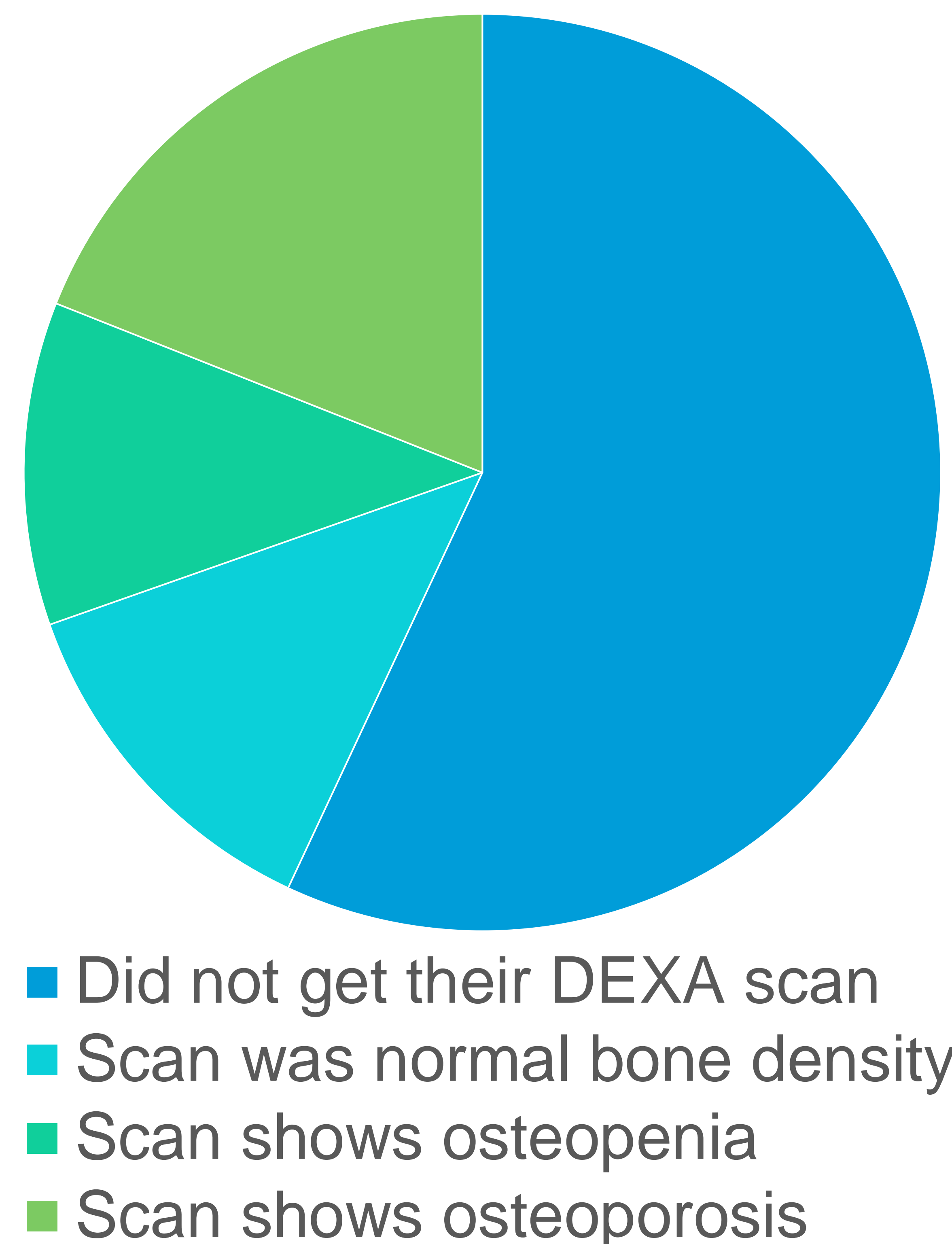


Figure 1: Graph representing the outcomes for all the patients ordered for DEXA scans.

RESULTS

- 79 patient charts were accessed and reviewed
- Out of those patients, all were ordered for DEXA scans, and 34 (43%) completed their DEXA scans.
- Out of the 34% who got their DEXA scans done, 10 (29%) had normal bone density, 9 (26%) had osteopenia, 9 (26%) have osteoporosis and are on pharmaceutical treatment, and 6 (17%) have osteoporosis not on pharmacologic treatment.

CONCLUSIONS

- Identifying osteoporosis and using pharmacological treatment can reduce the fracture risk in patients by up to 50% emphasizing the importance of diagnosing and treating the condition.
- Less than 50% of our clinic patients are getting their DEXA scans done, presenting as the biggest barrier to treatment
- Our current plan is to introduce fact sheets with DEXA prescriptions attached to reduce the potential barrier of poor scan adherence and reassess 6 months after fact sheet introduction.

REFERENCES

- Fan T, Duffy M. Screening for Osteoporosis to Prevent Fractures. Am Fam Physician. 2018 Nov 15;98(10):593-594. PMID: 30365296.
- U.S. Department of Health and Human Services. (2023, April 3). Osteoporosis. National Institute of Arthritis and Musculoskeletal and Skin Diseases. Retrieved April 19, 2023, from <https://www.niams.nih.gov/health-topics/osteoporosis>