

**Osteoporosis Pathway****Risk factors**

See FRAX

<https://www.sheffield.ac.uk/FRAX/tool.aspx?country=9>

**DEXA not required**  
If FRAX indicates high risk of fracture

**DEXA required**  
If Osteoporosis confirmed treat as below.

Calculate FRAX  
[www.sheff.ac.uk/FRAX](http://www.sheff.ac.uk/FRAX)

**DEXA not required**  
If FRAX below the treatment line:  
Reassure patient &  
\*Lifestyle advice

**Treatment initiation by GP**

Check FBC, U&E, LFT, TFT, Anti TTG (Coeliac) and bone profile (if calcium raised then check PTH) pre-treatment. Testosterone is also recommended for men under the age of 65yrs. If the patient has had a vertebral fracture a myeloma screen is also advised

If no contraindications GP to prescribe an oral bisphosphonate and calcium and vit D

\*Lifestyle advice

- If treatment initiated & tolerated check eGFR & bone profile 6 monthly and assess compliance

**For further advice use the advice and guidance function on the ICG, for example:**

- Oral bisphosphonates contraindicated or had side effects from two medications.
- Fragility fracture after a year on treatment.
- Multiple co-morbidities or complex history
- If severe Osteoporosis confirmed on DEXA ( $T \leq -3.5$ )

**Reassess after 5 years of treatment**

- Shared decision making with the patient
- Risk/benefit of continuing treatment
- New / ongoing risk factors: e.g. steroid exposure
- Check adherence
- **Review Duration of Osteoporosis Treatment Pathway:**  
<https://theros.org.uk/media/fobaxxaf/ros-duration-of-osteoporosis-treatment-flowchart-june-2018.pdf>

GP to ensure that DEXA request includes:

Diagnosis and date of diagnosis

Current bone protection with length of treatment,

Fragility fracture history and other relevant comorbidities.

This will allow the clinical report to provide an appropriate ongoing treatment plan, including when to discontinue treatment

**Virtual Osteoporosis Clinic Review for treatment plan to consider:**

S/C Denosumab via shared care agreement with GP (after first 2 injections administered by Pennine MSK Partnership), IV Zoledronate or Teriperatide via Lloyds Homecare

**On-going support for self-care**

\*National Osteoporosis Society

\*Lifestyle advice

\*Falls team referral if required