

Osteoporosis Pathway

Risk factors
See FRAX
<https://frax.shef.ac.uk/FRAX/tool.aspx?country=1>

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

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>

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, Teriperatide or Romosozumab via Lloyds Homecare

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

For Denosumab patients under shared care agreement, GP to refer back to Pennine MSK after a total of 5 years for reassessment

On-going support for self-care

*Royal Osteoporosis Society

*Lifestyle advice

*Falls team referral if required