

Dear Nursing Home Provider,

You know that many of your patients living in nursing homes have osteoporosis or have already suffered a fracture. Do you know how many of them are receiving the recommended therapies for preventing more fractures?

Enclosed is a summary from an audit of 21 nursing homes in our state, one of which has identified you as an attending physician with at least 3 patients. Please take a moment to look at these provocative results. If you would like to know which is your facility, please contact the nursing home administrator or director of nursing who can provide you with a more detailed report.

What can you do to learn more about preventing fractures in nursing homes? There are three ways to get a free educational module with CME credit sponsored by Duke University Medical Center and Medical Review of North Carolina.

1. Log onto www.sporf.cme.uab.edu
2. Call 1-800- and request a printed copy
3. e-mail ----- and request a printed copy

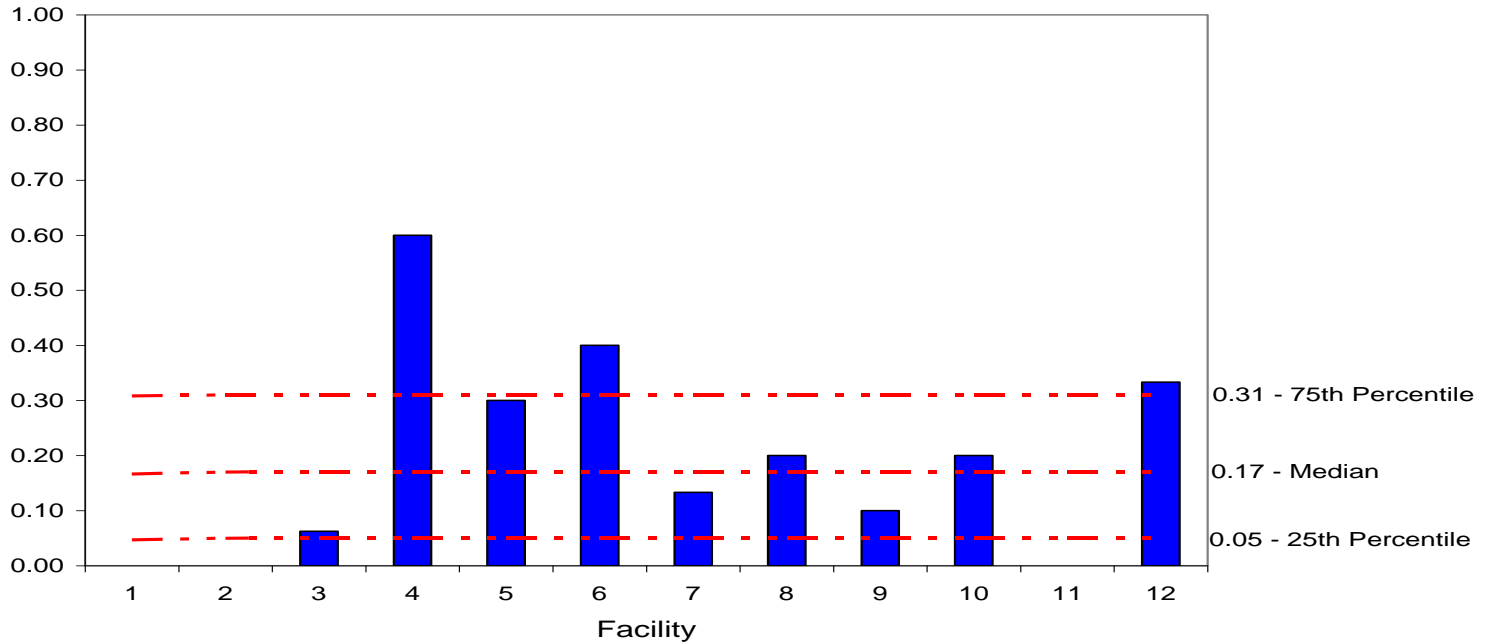
We want to help you prevent fractures in your nursing home patients. Please feel free to contact us with any questions or requests.

Sincerely,

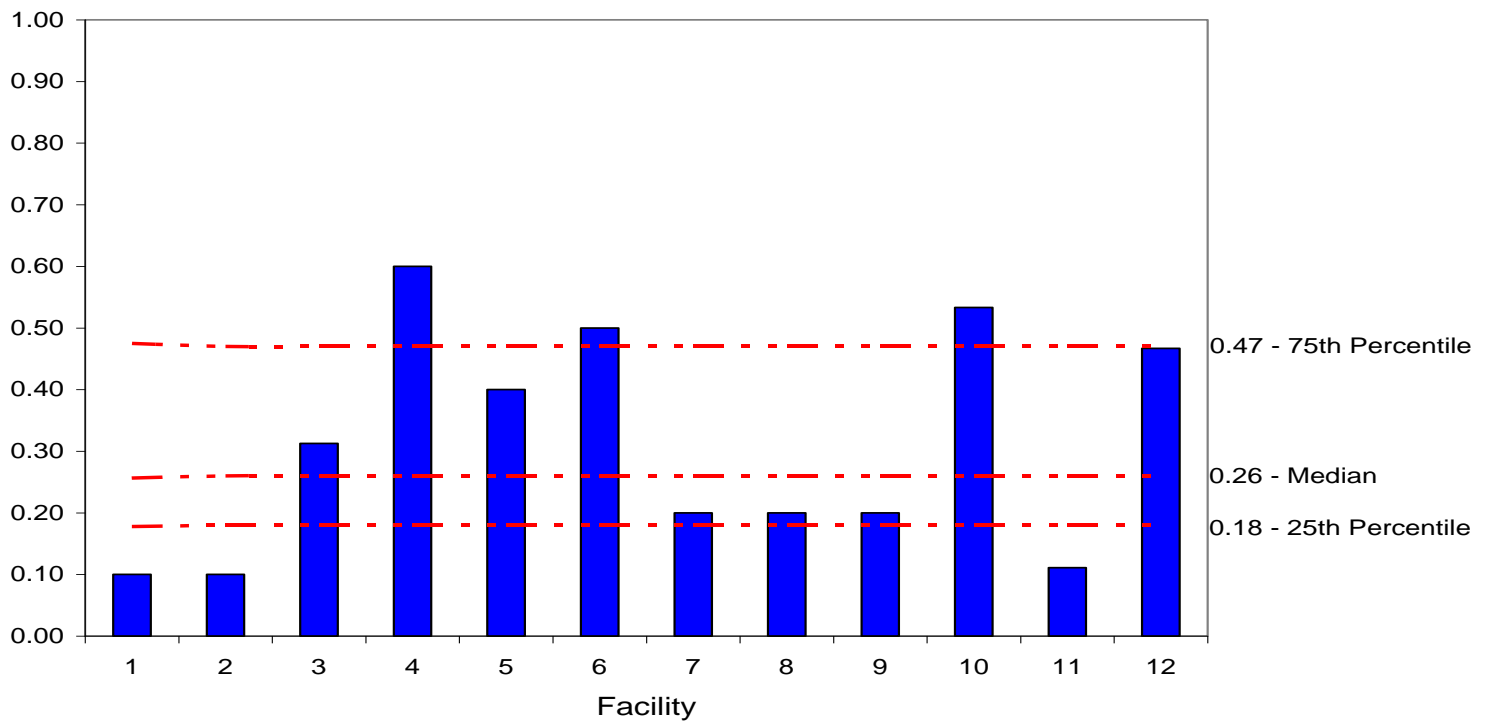
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Percent Bisphosphonate Use in residents with known Osteoporosis or Fractures

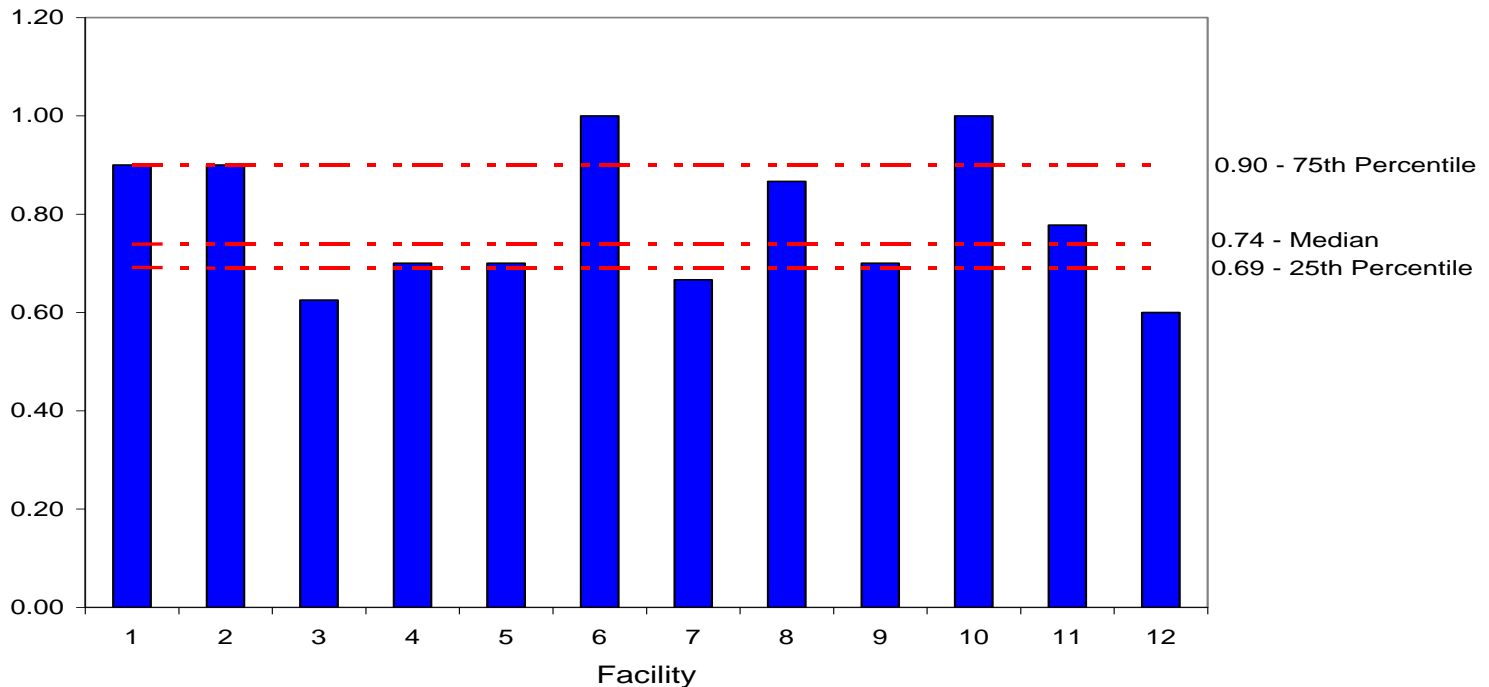


Any Pharmaceutical Protection in residents with known Osteoporosis or Fractures





Percent Calcium Use use in residents with known Osteoporosis or Fractures



Interpreting this Report

- At least 10 residents in each facility with documented osteoporosis or recent fracture were evaluated. “End-stage” and hospice patients were excluded. These residents are eligible for treatment based on current practice guidelines. Cost-benefit analyses suggest that treatments become *more* cost-effective as patients get older.
- Bisphosphonate prescriptions, the recommended first-line therapy, ranged from 0-32%, with a median of 20% of potentially eligible patients receiving them. One-third of facilities had less than 10% of potentially eligible residents receiving them.
- Any prescription for an osteoporosis therapy (including bisphosphonates, calcitonin, raloxifene, HRT, testosterone, and teriparatide) ranged from 0-65% of potentially eligible residents. One quarter of facilities had less than 25% of potentially eligible residents on any osteoporosis medication.
- Scheduled calcium use ranged from 33-92% of potentially eligible residents. Five facilities had fewer than half of potentially eligible residents on calcium

There is Lots of Room for Improvement. What Can I Do?

- Want to know which is your facility? Ask your Administrator or Director of Nursing.
- Ask your Director of Nursing or MDS nurse for a list of these residents the next time you round.
- Log onto www.spod.cme.uab.edu for free educational module and toolkit with CME credit.

References: 1. NIH Consensus Conference: Osteoporosis Prevention, Diagnosis and Therapy. JAMA. 285(6):785-95, 2001 Feb 14.
 2. Bone Health and Osteoporosis: A report from the Surgeon General. www.surgeongeneral.gov/library/bonehealth/