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A photograph of a hospital hallway. A person in blue scrubs and a surgical cap is walking away from the camera down the center of the hallway. Another person in blue scrubs is visible further down the hallway. The hallway has white walls, blue doors, and a polished floor. The text 'Osteoporosis - epidemiology, impact, healthcare cost and patient care' is overlaid in blue on the left side of the image.

# Osteoporosis - epidemiology, impact, healthcare cost and patient care

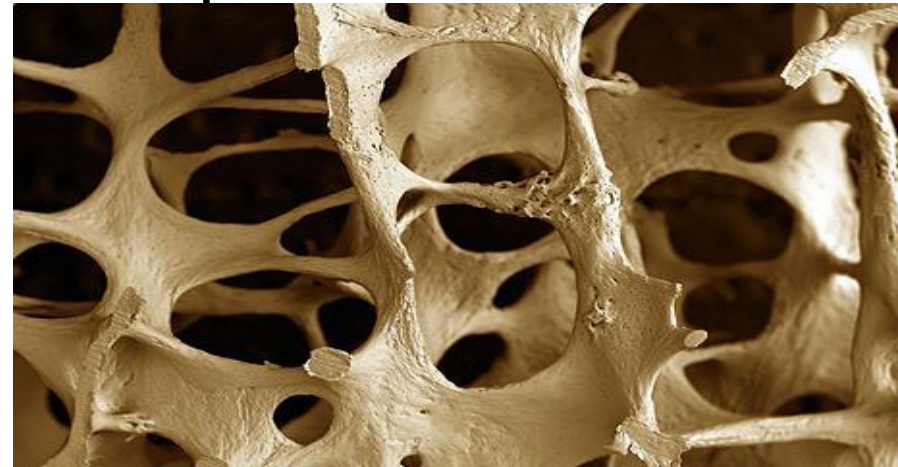
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# Epidemiology



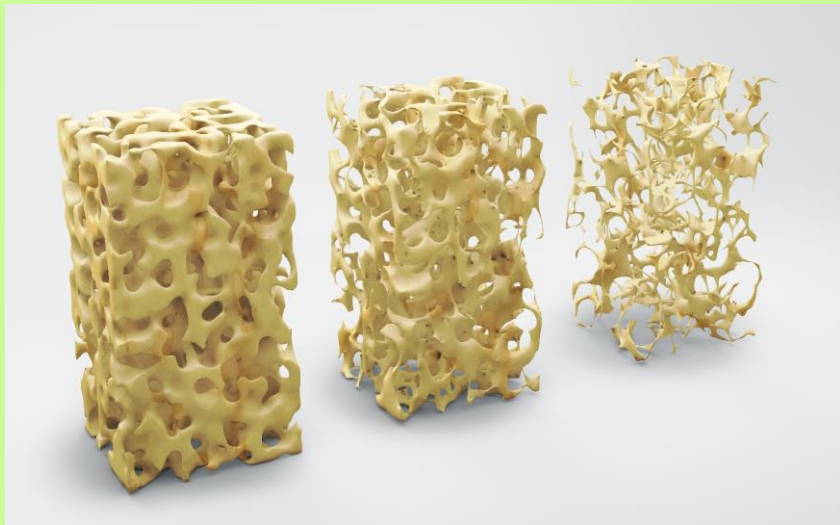
Osteoporosis is a disease characterised by low bone mass and structural deterioration of bone tissue.

- Often called the “silent disease” (asymptomatic)
- It is both treatable and preventable

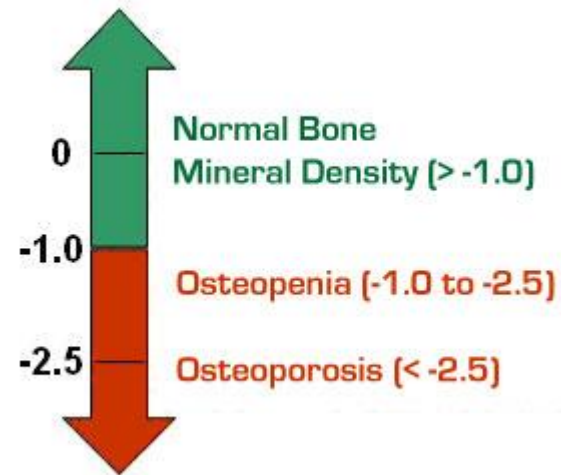


# Osteopenia

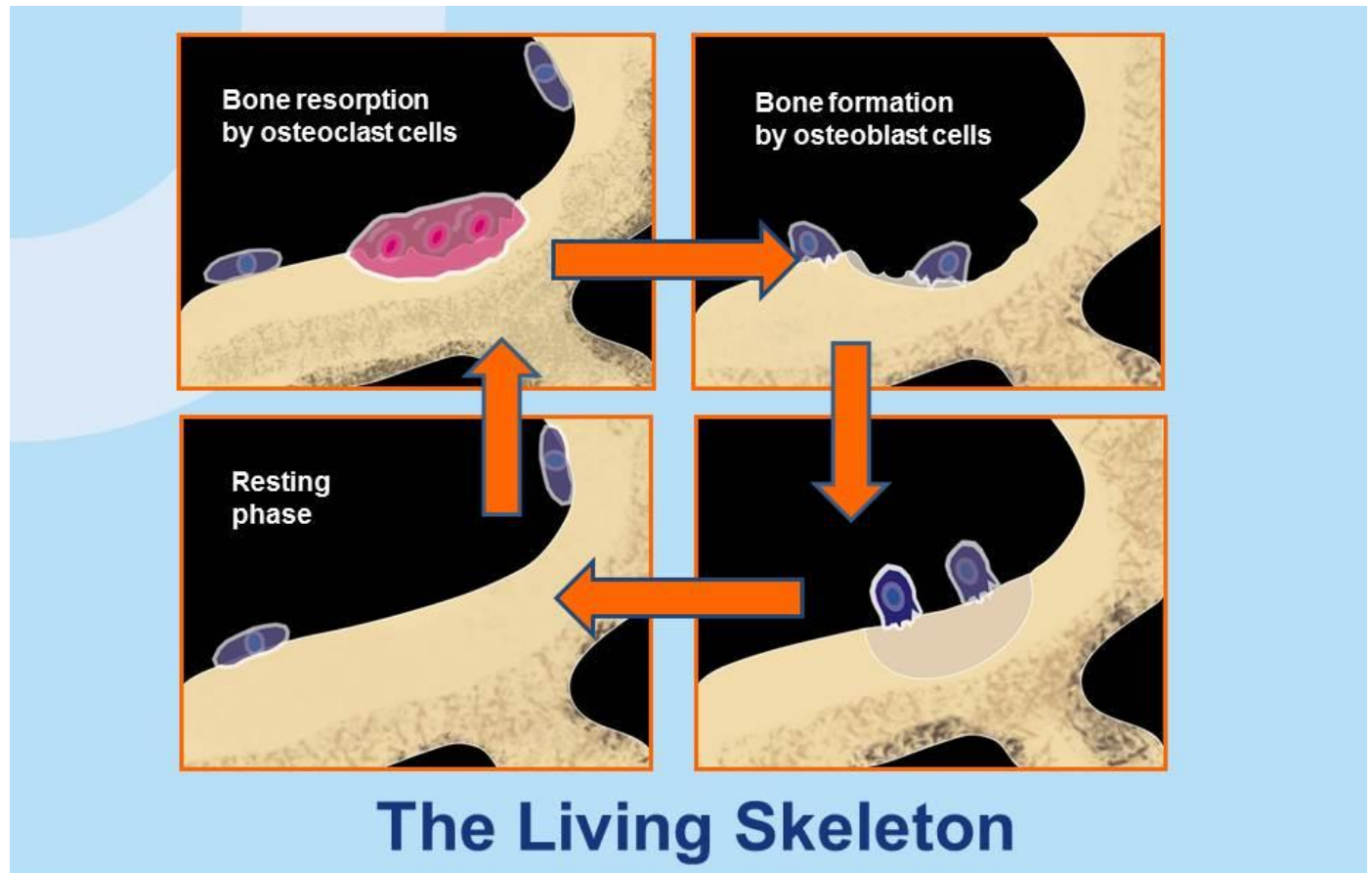
- Early signs of bone loss that can lead to osteoporosis.
- Indicates the emergence of a problem but doesn't have any particular diagnostic or therapeutic significance. It just shows a group who look like they might be at risk.



- DEXA scan results as per WHO classification:



# Bone Remodelling



*for a breakfree future*

# Epidemiology & Cost

## Epidemiology:

- 1-in-2 women & 1-in-5 men aged >50y, will break 1+ bones due to osteoporosis (*Van Staa et al., 2001*)
- 520,000 osteoporotic fractures per year in UK (*IOF 2017*)
- **Estimated osteoporotic fracture increase 2017-2030 is 26.2% in UK (IOF 2017)**
- The total cost of fragility fractures to the UK has been estimated at £4.4bn which includes £1.1bn for social care. Hip fractures account for around £2bn of this sum
- For health services - 255,000 falls-related emergency hospital admissions in England for >65yrs
- unaddressed falls hazards in the home are estimated to cost the NHS in England £435m
- Falls in hospitals are the most commonly reported patient safety incidents with more than 240,000 reported in acute hospitals and mental health trusts in England and Wales

## Cost to Patient & Society:

- Morbidity (pain, infections, decreased mobility, more likely to have another fracture etc.)
  - 2.6 million sick days per year (*IOF 2017*)
- Mortality (30% of patients with hip fracture, dead at 1y) (*Neuburger et al., 2015*)

## • NICE Impact Falls and Fragility Fractures, July 2018



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- Identifying risk factors early for both primary and secondary prevention
  - Utilise Frax and Qfracture
  - Early access to dexa scans, secondary markers screening.
  - Lifestyle advice
  - Offering treatment at the right time
  - Monitoring of compliance and adherence
  - Timely reassessment of risks and treatment(<https://theros.org.uk/media/100519/duration-of-osteoporosis-treatment-flowchart.pdf>)





# TEAM =

Together  
Everyone  
Achieves  
More

