



ONTARIO
Osteoporosis
Strategy

Preventing hip fractures, saving lives.

FRACTURE LINK

FALL 2024 **UPDATES EDITION**

—
PREVENTING HIP FRACTURES, SAVING LIVES.



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2024 Updates Edition

This year builds on the momentum of last year's introduction of updated osteoporosis guideline, focusing on awareness and advancing quality care. Key achievements include the launch of the **Osteoporosis & Fracture Prevention Workshop**, equipping healthcare professionals with actionable tools, and the **Osteoporosis EMR Tool 2024**, streamlining fracture risk assessments into clinical practice to improve outcomes.

The **Spotlight Report on London Health Sciences Centre (LHSC)** showcases how implementing standards drives results, with Victoria Hospital achieving significant reductions in mortality and hospital stays while lowering costs. This success highlights the value of support from the Fracture Screening and Prevention Program (FSPP) and Regional Integration Leads in replicating improvements province-wide.

With new resources and tools such as *Too Fit to Fracture*, this year reflects a continued commitment to advancing osteoporosis care. As we honour the retirement of **Dr. Algis Jovaisas**, a leader in the field, we look ahead to building on these achievements to meet the needs of Ontario's aging population.



The Vital Role of BoneFit™ Training in Supporting Ontario's Aging Population

As Ontario's population ages, the need for comprehensive exercise programs tailored to the unique health challenges of seniors, especially those at risk for osteoporosis, has never been greater. With over 8,000 seniors screened for fragility fractures across Ontario's health system, the prevalence of conditions like osteoporosis requires urgent attention from healthcare and fitness professionals alike. Programs like BoneFit™ are essential to empowering professionals with the knowledge and skills needed to meet this growing demand.



The Growing Aging Population in Ontario

According to recent data, Ontario's senior population continues to rise. By 2030, it is projected that 25% of Ontarians will be over the age of 65. The aging demographic increases the prevalence of conditions like osteoporosis, making it crucial for healthcare professionals to have specialized training in managing bone health. In 2023, 94.3% of seniors screened in the Fracture Screening and Prevention Program (FSPP) had been assessed in person, highlighting and reveals that the average age of patients is 72.1 years, with the vast majority (82.1%) being female, a population disproportionately affected by osteoporosis. Approximately 23.7% of these individuals live alone, making them more vulnerable to fractures, and 90.2% of the non-working seniors are retired, often leading to a more sedentary lifestyle—a key contributor to bone health decline. This underscores the need for exercise programs that cater to these at-risk adults.

Addressing the Needs of Active and At-Risk Seniors

Osteoporosis and fragility fractures are not just clinical issues; they affect the everyday lives of seniors. Whether the goal is to maintain an active lifestyle or to manage bone health in more vulnerable populations, BoneFit™ training is a vital resource. Professionals trained in BoneFit™ can assess and support individuals through tailored exercise programs that account for their specific needs, reducing the risk of falls and improving quality of life.

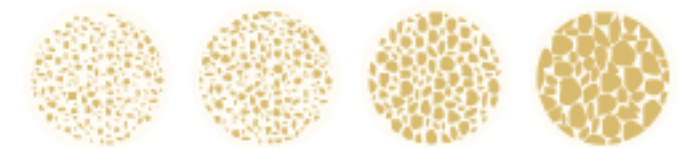
For example, BoneFit™ provides guidance on safe adaptations for activities of daily living (ADLs) and introduces essential exercises that strengthen the spine and other at-risk areas. These practices are invaluable in preventing fractures in seniors, who face increased risks as they age. Moreover, the training's focus on problem-solving through case studies ensures that professionals can offer practical solutions in diverse settings.

BoneFit™ Training Addressing the Needs of Active and At-Risk Seniors

As the aging population continues to grow in Ontario, now is the time to ensure your team is prepared to meet the demand for specialized care in bone health. BoneFit™ is not just a course—it's an investment in the future health of Ontario's seniors. By becoming BoneFit™ certified, you expand your professional reach, improve client outcomes, and contribute to a healthier, more active senior population.

BoneFit™ Training: A Key Resource for Professionals

BoneFit™ offers a critical tool for health and fitness professionals working with seniors, whether in clinical settings or everyday environments. Since 2010, BoneFit™ has trained over [2672](#) professionals, each contributing to a more robust healthcare network for aging adults. By equipping professionals with specialized training, BoneFit™ ensures they are prepared to guide clients through safe and effective exercise regimens that help reduce the risk of fractures and manage osteoporosis.



With the release of new guidelines and the introduction of the **BoneFit™ LEVEL I: FOUNDATIONS** and **LEVEL II: ADVANCED** training, professionals have access to comprehensive, up-to-date resources. The online modules, webinars, and in-person workshops are designed to build competency in assessing fracture risk, adapting exercises for clients with osteoporosis, and incorporating functional movements that promote bone health. For professionals already trained in BoneFit™, the 2023 refresh offers an excellent opportunity to update knowledge and practice in alignment with the latest osteoporosis management strategies.

For more information on upcoming BoneFit™ training courses, including dates, costs, and detailed program descriptions, visit [BoneFit.ca](#). Whether you're in fitness, healthcare, or rehabilitation, BoneFit™ training offers an essential toolkit to support the active aging of Ontario's seniors and those at risk for osteoporosis.

Too Fit to Fracture: Empowering Safe Exercise for Osteoporosis Management

We are proud to introduce *Too Fit to Fracture*, a new exercise booklet designed to support individuals over the age of 50 who are at risk of fractures, particularly those with osteoporosis. Developed through a collaborative effort of physicians, exercise professionals, researchers, and patients, this booklet is grounded in clinical research and offers practical guidelines for safe and effective exercise.

What's Inside the Booklet?

Too Fit to Fracture serves as a comprehensive resource for anyone looking to engage in physical activity while prioritizing bone health. Here's a glimpse of what the booklet covers:

- **Exercise Recommendations:** Practical advice to help reduce the risk of falls and fractures, tailored for individuals with or at risk for osteoporosis.
- **Spine-Safe Movement Tips:** Learn how to move safely and protect your spine during everyday activities and exercises.
- **Guidance on Various Exercise Types:** From yoga and Pilates to walking, running, and selecting appropriate community exercise classes, the booklet provides insights into different types of activities that can be safely incorporated into your routine.
- **Tools for Planning Your Program:** Resources to help you structure your exercise regimen effectively, ensuring that it aligns with your personal fitness goals and health needs.



This booklet summarizes the latest exercise guidelines from clinical trials and translates them into actionable tips. Whether you're managing osteoporosis or aiming to prevent it, *Too Fit to Fracture* is an essential tool for maintaining strength, balance, and overall bone health. Keep an eye on our website for its release, and take the first step toward a healthier, more active future!

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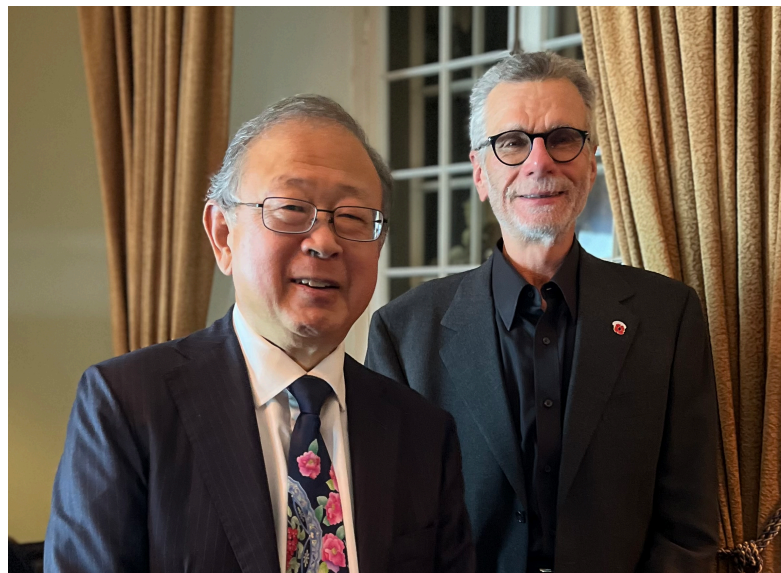
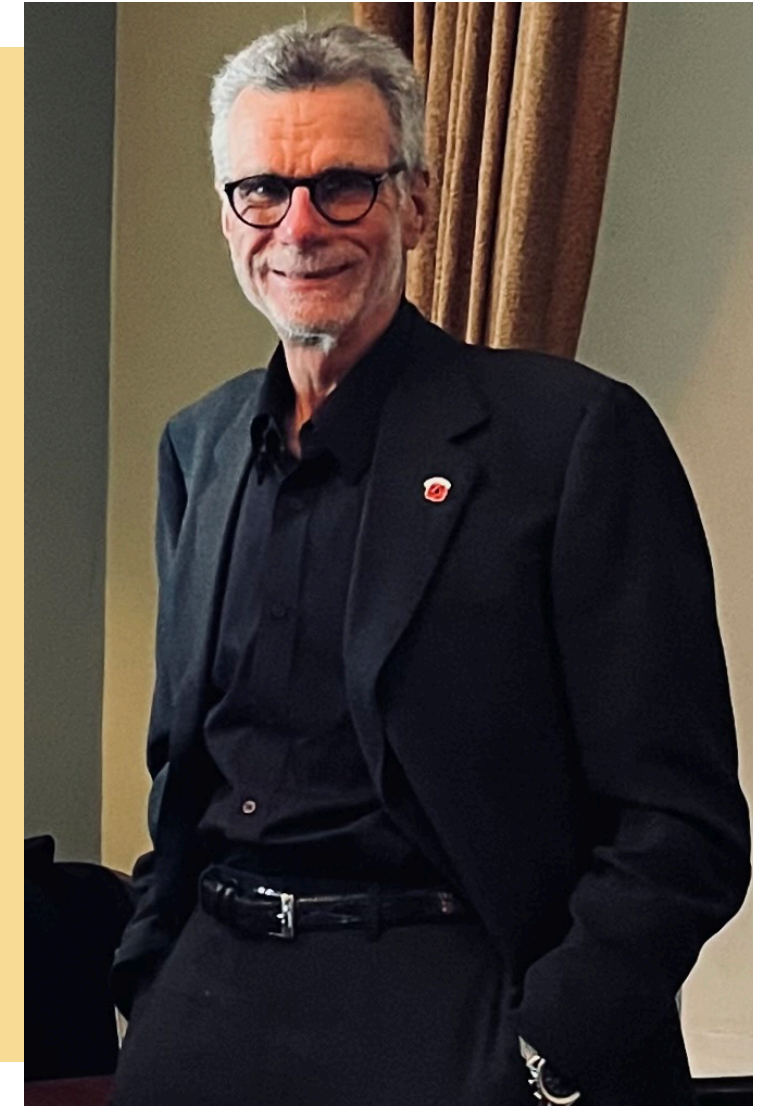
Farewell to Dr. Algis Jovaisas: A Champion of Osteoporosis Care in Ottawa

As we approach the end of 2024, it's time to celebrate and bid a warm farewell to Dr. Algis Jovaisas, a pillar of the Ottawa healthcare community. A revered figure in osteoporosis management, Dr. Jovaisas has dedicated over four decades to service and is retiring from his roles at The Ottawa Hospital and Queensway Carleton Hospital. Dr. Jovaisas has been a cornerstone of Ottawa's Fracture Screening and Prevention Program (FSPP) since its inception in 2007.

A graduate of the University of Toronto's medical school in 1977, Dr. Jovaisas has focused his career on rheumatology, particularly osteoporosis and inflammatory arthritis. His commitment to proactive patient care led him to take on the role of Medical Lead for the Fracture Liaison Service in Ottawa, where he has been instrumental in refining screening and management strategies for patients at heightened risk of fractures.

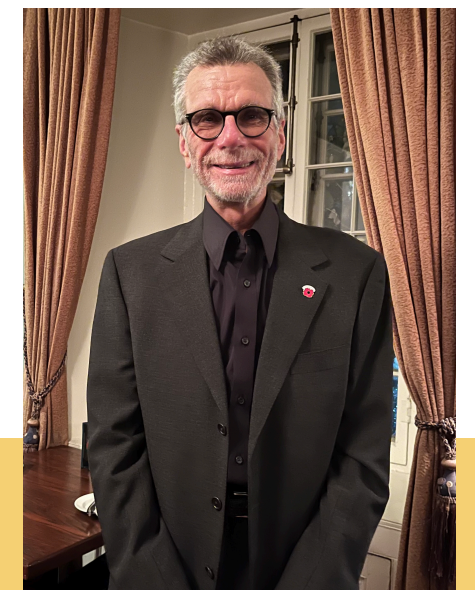
Dr. Jovaisas has also been a staunch advocate for the Ontario Fracture Screening Program. Alongside his wife, Donna Pritchard, he has played a crucial role in managing high-risk fracture patients from the program, significantly boosting its effectiveness through their collaborative efforts.

Beyond his clinical practice, Dr. Jovaisas is known for his genuine passion for cycling. His love for riding, no matter the weather, is well-known among colleagues and patients alike, and it reflects his active and enthusiastic approach to life—qualities he also brings to his medical practice.



One of his final public educational engagements was on October 29th, when he chaired the Ottawa Bone Club for the last time. Alongside his friend and colleague, Dr. Rick Adachi, Dr. Jovaisas shared vital updates in the field, demonstrating his commitment to education and mentorship until the end. Throughout his tenure, Dr. Jovaisas has overseen the care of over 5500 patients through the FSPP, drastically reducing the incidence of repeat fractures in Ottawa.

As Dr. Jovaisas steps back from his clinical responsibilities, his influence remains. His expertise, leadership, and dedication to patient care have enriched his profession and the Ottawa community. The impact he has made on osteoporosis care is marked by the numerous lives he has improved. He will be missed, but his contributions will remain a guiding light in the ongoing fight against osteoporosis.





Previewing the new updated Osteoporosis EMR Tool coming soon: Enhancing Patient Care for Those at Risk

We are excited to announce the coming launch of the updated **Osteoporosis Assessment EMR Tool**, a cutting-edge solution designed to empower physicians and healthcare teams in the early detection and management of osteoporosis. This tool is specifically tailored to align with the new Osteoporosis Guidelines for postmenopausal women and men aged 50 and older, offering a more robust and efficient way to screen, assess, and follow up with patients at risk of osteoporosis.

Why This Tool Matters

Osteoporosis affects millions of people, particularly those over the age of 65, and early detection is critical to preventing fractures and improving long-term health outcomes. This updated EMR tool integrates seamlessly into your existing electronic medical record system, providing a streamlined way to assess patient history, lifestyle, physical factors, Bone Mineral Density (BMD), and 10-year fracture risk. The tool generates personalized care recommendations, ensuring that patients receive the proactive, tailored care they need.



By using this tool, healthcare professionals can:

- **Identify Patients at Risk:** The tool flags patients, particularly those over the age of 65, who haven't had a Bone Mineral Density (BMD) test in the last three years. This feature helps ensure that at-risk individuals aren't overlooked and that they receive timely screening and care.
- **Create Intervention Programs:** Health teams can develop coordinated intervention programs for patients who may have been previously missed in the system. This proactive approach can reduce the risk of fractures and improve overall patient outcomes.
- **Enhance Follow-Up:** The tool provides an efficient method for tracking patient progress, making it easier to follow up with individuals based on their fracture risk and osteoporosis management needs.

Improving Care with Personalized Treatment Plans

With osteoporosis affecting a growing population of seniors, especially as life expectancy increases, it is vital to adopt tools that support personalized treatment. The **Osteoporosis EMR Tool** ensures that every aspect of a patient's health is considered, from lifestyle factors to medical history and risk assessments. This comprehensive view enables healthcare teams to create individualized treatment and monitoring plans that are tailored to each patient's specific needs.



Osteoporosis

LAUNCHING SOON - Get updates at:

<https://osteostategy.on.ca/emr-assessment-tool/>

Association of Family Health Teams of Ontario (AFHTO) Conference October 2024

The Ontario Osteoporosis Strategy works with many partners at the provincial level and also at the regional level. One example of work in the region is the Barrie and Community Family Health Team (BCFHT) expanding care through the collaboration of community partners. Five times per year, the BCFHT provides Osteoporosis and Fracture Prevention patient education to the region. The VON SMART Program staff (who have attended Bone Fit) provide information on the importance of exercise and fall prevention. Osteoporosis Canada provides Bone Health Basics, followed by the BCFHT dietitian and pharmacist.

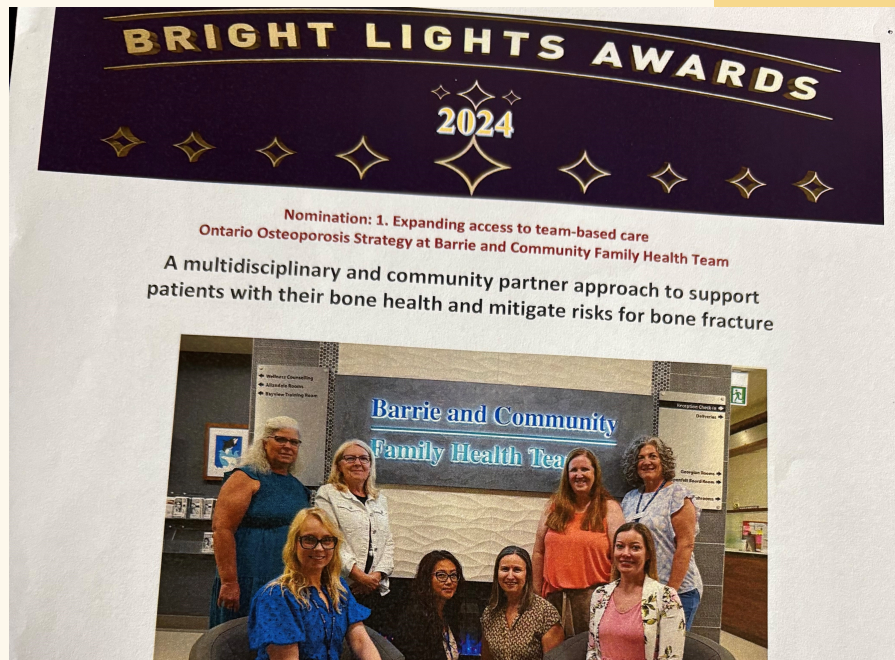
This past October, Lynn Augustino from BCFHT and Monica Menecola from Osteoporosis Canada presented the program through a poster presentation at the Association of Family Health Teams of Ontario's annual conference.

Additionally, this program was nominated for a Bright Lights Award at the conference.

We support adults with bone health through virtual group sessions offered multiple times a year for rostered, orphaned, and out-of-area patients. Attendees learn about osteoporosis and fracture prevention from expert clinicians, including a dietitian, pharmacist, physiotherapist/kinesiologist, and a clinician from Osteoporosis Canada. Our partnership with Osteoporosis Canada and the VON SMART program connects patients to local community programs and services. Patients are empowered to take proactive measures regarding their bone health, improving their quality of health and reducing the burden on primary care providers.



The BCFHT Bone Health program is one of the longest-running programs and continued even through the COVID-19 shutdown. Collaborations with community partners help keep potential community participants informed about our program. FHT team members stay updated through knowledge translation opportunities offered by Osteoporosis Canada and other professional networking avenues. Our Administrative Assistants ensure smooth logistics for the team. For patients within the FHT, their participation is communicated with their Primary Care Provider, allowing appropriate clinicians in the patient's circle of care to stay informed.

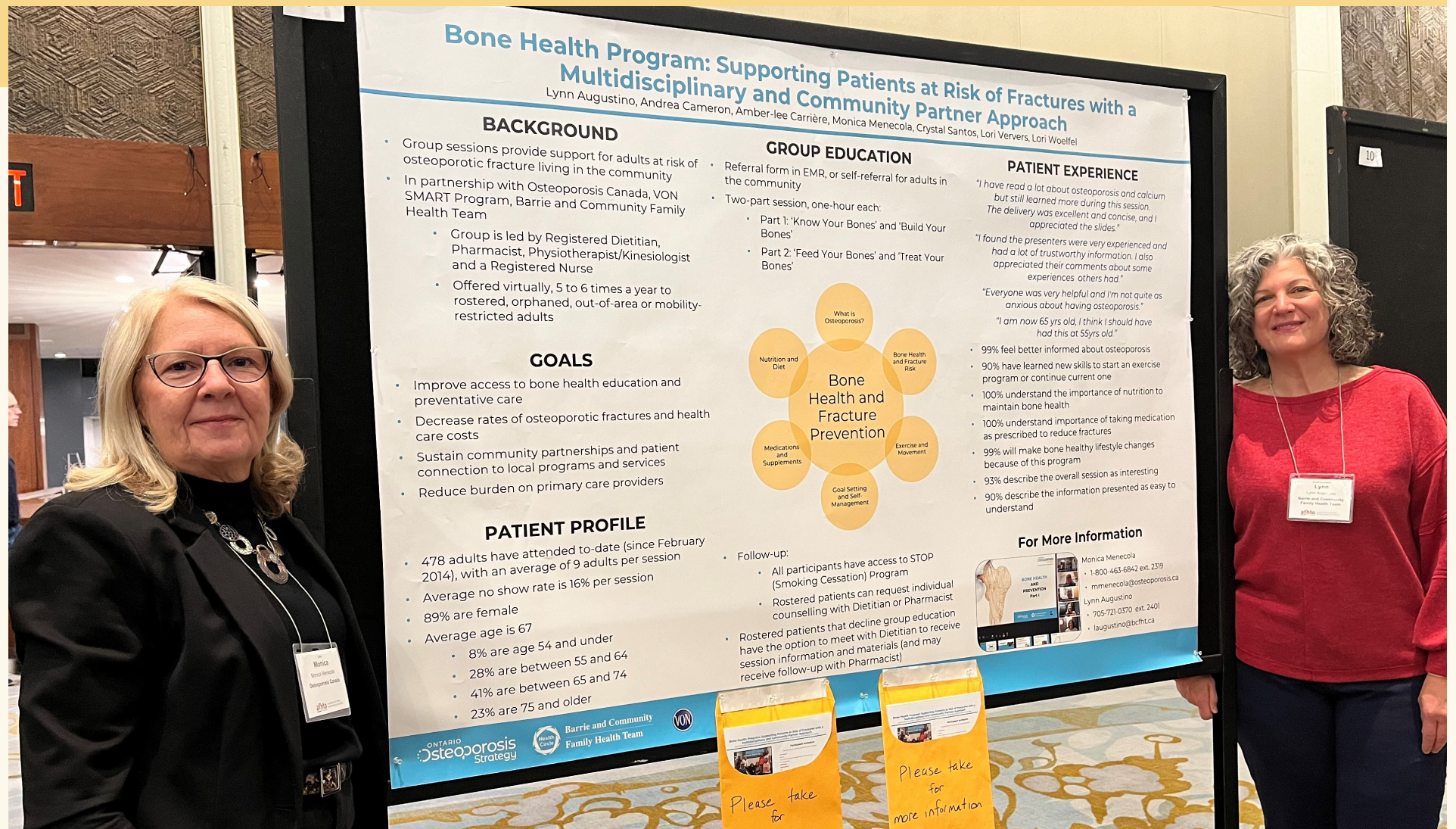


To date, the program has supported over 400 patients, achieving very high satisfaction levels. Among those who completed an evaluation, 100% indicated they better understand the importance of nutrition and taking medication to reduce fractures. Ninety-nine percent feel better informed about osteoporosis and plan to make lifestyle changes because of this program. Additionally, patients find the sessions informative and appreciate the multidisciplinary approach. Patient comments include:

- “Everyone was very helpful, and I’m not quite as anxious about having osteoporosis.”
- “All four speakers were informative and helpful to my new journey with Osteo. Thank you!”

Our Bone Health team is always ready to support other primary care teams considering or starting this program. We can brainstorm ideas and identify community groups to collaborate with, ensuring a comprehensive and effective program.

Congratulations to the team for their exceptional contributions to this program.





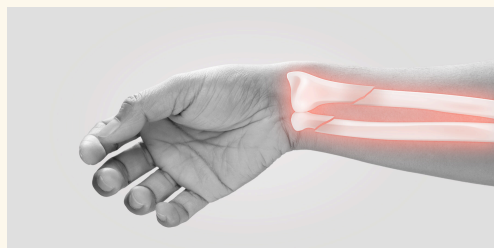
Welcome to the Patient and Healthcare Professionals Materials Page

We are committed to providing both patients and healthcare professionals with the tools and resources they need to navigate osteoporosis and fracture prevention effectively. Our new **Materials Page** is a dedicated hub for downloadable resources, educational materials, and practical guidance, designed to support bone health management and fracture prevention.

visit: osteostategy.on.ca for important upcoming information.

For Patients and Families

Whether you've experienced a fracture from a slip, trip, or fall, or are looking for ways to prevent future injuries, we are here to guide you through your fracture journey. Our resources cover a wide range of topics, from understanding your fracture risk to learning how to manage osteoporosis through lifestyle changes such as exercise, nutrition, and medication. Here's what you'll find:



Visit: <https://osteostategy.on.ca/patients/>

Your Fracture Journey: Learn more about what caused your fracture, steps to reduce the risk of future fractures, and available management options. This includes practical advice on exercise, fall prevention, and pain management, empowering you to take control of your bone health.

- **Printed Resources for Patients and Caregivers:** We offer downloadable PDF guides to help you manage your osteoporosis and improve your bone health:
 - *Nutrition and Activities for Strong Bones*
 - *Managing Osteoporosis through Exercise*
 - *Fracture Risk Factors for Long-Term Care Residents*
 - *Osteoporosis Conversation Sheet* to help you discuss your care plan with your healthcare team.

For Healthcare Professionals

Our resources also support healthcare professionals in guiding patients through their bone health journey. Access a comprehensive suite of materials, including risk factor summaries, osteoporosis conversation sheets, and exercise guidelines for managing osteoporosis.

Multilingual Resources

We are committed to making our resources accessible to all communities. Many of our materials are available in multiple languages, including:

- **Your Guide to Strong Bones**
 - English, Chinese (Simplified and Traditional), Punjabi, French, and Spanish translations
- **Too Fit to Fracture**
 - Available in English, Chinese, Punjabi, and Spanish

Our multilingual resources ensure that patients from diverse backgrounds can access vital information about osteoporosis management and fracture prevention in their preferred language.

Downloadable Educational Tools

Explore our collection of educational brochures, videos, and presentations. Whether you prefer reading, watching, or listening, we have the right format for you to learn about bone health and osteoporosis management.

Begin Your Journey to Better Bone Health

Take the first step in managing your osteoporosis by visiting our **Materials Page** today. Whether you are a patient, caregiver, or healthcare professional, our easy-to-access resources will provide the guidance and support you need.

Visit ostestrategy.on.ca to download your materials and start improving your bone health today!

Exciting Launch: Osteoporosis & Fracture Prevention Workshop - Dec 4, 2024!

We are excited to announce the launch of the **Osteoporosis & Fracture Prevention Workshop** on **December 4!** This essential program comes at a pivotal time, addressing the growing need for education and resources to manage osteoporosis and prevent fractures. Presented by the **Ontario College of Family Physicians (OCFP)**, this workshop is built on the foundation of the **2023 updated Canadian Clinical Practice Guidelines** for osteoporosis and fracture prevention.

Workshop Highlights:

- **Date:** Wed, December 4
- **Format:** Virtual, 3-hour interactive sessions
- **Expert Faculty:** Each session features both a family physician and a specialist, providing a range of perspectives and expertise.
- **What You'll Gain:** Practical tools for screening, diagnosis, and care optimization, a comprehensive toolkit, and 30 minutes of exclusive video content to support real-time practice.
- **Accreditation:** Earn up to **3 credits per hour**, accredited through December 2025.
- **Cost:** \$195

<https://ontariofamilyphysicians.ca/osteoporosis-fracture-workshop/>

Spotlight on Victoria Hospital's Success: A Model for Hip Fracture Care Across Ontario

We are excited to share a new spotlight report that showcases the exceptional achievements of the **London Health Sciences Centre (LHSC)**, particularly at the **Victoria Hospital** site. This report highlights the remarkable success of implementing the *Hip Fracture: Care for People With Fragility Fractures* quality standard at Victoria Hospital, and how it has led to significant improvements in patient outcomes.

LHSC operates two adult care sites—Victoria Hospital and University Hospital—both of which treat fragility hip fractures. However, starting in 2018, Victoria Hospital took proactive steps to implement the quality standards for hip fracture care, while University Hospital continued its usual practices. The contrasting approaches between the two similar sites allowed for a direct comparison of patient outcomes, with **Victoria Hospital** emerging as a leader in high-quality, efficient hip fracture care.



Key Improvements at Victoria Hospital:

- **60% Reduction in 30-day Mortality:** Victoria Hospital reduced its mortality rate from 10% to 4%, showcasing how adherence to quality standards can be lifesaving.
- **Shorter Hospital Stays:** Victoria Hospital's average stay is 9.9 days, with only 7.2% of patients staying longer than 30 days. In contrast, University Hospital reports an average stay of 11.6 days, with 16.4% of patients staying over 30 days.
- **Timely Surgery:** Over 90% of hip fracture surgeries at Victoria Hospital occur within 48 hours of the patient's arrival, reaching nearly 95% since 2022. This is compared to University Hospital's surgery rates of 80%–85% within the same timeframe.
- **Lower Delirium and Pressure Injury Rates:** Victoria Hospital reports a 20.8% delirium rate versus 34.1% at University Hospital, and much lower rates of pressure injuries (0%–2%) compared to University Hospital's 2%–11%.
- **Annual Savings:** By reducing bed days and improving care efficiency, Victoria Hospital projects annual savings of over \$1 million.

How Other Ontario Sites Can Replicate Victoria Hospital's Success

The success at Victoria Hospital serves as a valuable model for other hospitals across Ontario. By adopting similar quality standards, hospitals can improve outcomes for fragility fractures, reduce healthcare costs, and enhance patient care. The **Regional Integration Leads** and **Fracture Screening and Prevention Program (FSPP)** teams are essential in supporting local healthcare teams to implement these standards effectively.

Spotlight on Victoria Hospital's Success: A Model for Hip Fracture Care Across Ontario_ contd

For other locations in Ontario looking to replicate this success, collaboration between Regional Integration Leads and FSPP teams is key. These local healthcare leaders are well-positioned to guide hospitals in adopting the *Hip Fracture Care* quality standards and ensure that the best practices demonstrated at Victoria Hospital are integrated into their systems.

Looking Forward

The improvements at Victoria Hospital underscore the importance of quality standards in improving hip fracture care. As other healthcare sites across Ontario consider implementing similar changes, the **Fracture Screening and Prevention Program (FSPP)** and **Regional Integration Leads** are available to support healthcare providers in adapting these evidence-based practices to meet the needs of their communities.

To read the full report on this exciting work, follow this link: [Using Quality Standards to Improve Care: Spotlight Report on London Health Sciences Center.](#)

With the right leadership and support, hospitals throughout Ontario can achieve the same level of success, ensuring better care for patients and long-term cost savings for the healthcare system.



Using Quality Standards to Improve Care: Spotlight Report on London Health Sciences Centre

This report highlights the successful implementation of the [Hip Fracture: Care for People With Fragility Fractures](#) quality standard at London Health Sciences Centre, specifically the [Victoria Hospital](#) site. Originally published in 2016 and updated in 2024, the quality standard has guided care across the province and [nationally](#).

London Health Sciences Centre operates 2 adult care sites within its network that have similar orthopedic units, and both treat fragility hip fractures: Victoria Hospital and University Hospital. Victoria Hospital took proactive steps to implement the quality standards for hip fracture care, while University Hospital maintained its usual practices. The contrasting approaches between the 2 otherwise similar sites allowed a comparison of patient outcomes.

Contact Information:
Email: QualityStandards@OntarioHealth.ca
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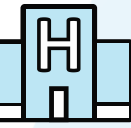




Need this information in an accessible format? 1-877-280-8538, TTY 1-800-855-0511, info@ontariohealth.ca.
Document disponible en français en contactant info@ontariohealth.ca

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How did Victoria Hospital implement the hip fracture quality standard?



What improvements has Victoria Hospital seen since they started implementation in 2018?

-  Achieved a **60% reduction in 30-day mortality rates**, from 10% to 4%
-  Victoria Hospital's average stay is **9.9 days, with 7.2% of patients staying over 30 days**, compared to University Hospital's 11.6 days and 16.4%
-  Surgery within 48 hours of arrival at hospital: Victoria Hospital has maintained **rates above 90%**, rising to nearly 95% since 2022, compared to University Hospital's 80%–85%
-  Delirium rates: Victoria Hospital **reports 20.8%**, compared to University Hospital's 34.1%
-  Victoria Hospital has **lower rates of pressure injuries (0%–2%)** versus University Hospital (2%–11%)
-  Projected annual savings in **bed days and costs of over \$1 million**



CONNECT



A Virtual Education Series for Health Professionals



Regional Integration Leads (RILs) work within the Ontario Osteoporosis Strategy at Osteoporosis Canada as regional contacts for fracture prevention initiatives, including the Fracture Screening and Prevention Program Sites.

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The next edition of Fracture Link will be Spring 2025 . Connect with us if you have an article you would like to include.



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