



November is Osteoporosis Month

As we engage in various educational events throughout the month of November, one thing stands out – and that is our interconnectivity. As such we have taken steps to celebrate and share our knowledge of falls and its connection to fractures. Our wonderful collaborators, partners, and stakeholders continue to ensure that consistent messages about falls, fractures, and osteoporosis are embedded in their education to patients, caregivers, and healthcare professionals.

November is a month that brings us closer to the issues of falls as winter approaches and ice becomes a hazard. We recognize and are more mindful of the fact that a fall can be more than just an embarrassment; there may be serious consequences when a patch of ice is at our feet. Those consequences in the senior population can change the course of a life for years to come. However, it is sometimes those lucky breaks that create change for the best and act as an alert to future consequences. Falls happen, but we can minimize the impact and the unfortunate outcome of fractures from a fall. Osteoporosis month brings awareness to the fight to reduce fractures and to reduce the devastation associated with hip fractures across Canada.

In Ontario, we continue to pursue our goal of a 20% reduction in hip fractures by the year 2020. Visit us at www.ostestrategy.on.ca for more information.



In this issue:

Falls
CoP

OP Custom
Forms

RUR for BMD
Referrals

Osteoporosis
Month Events

Waterloo Education Forum

Osteoporosis Updates and Controversies

Over 175 participants attended the 'Osteoporosis Updates and Controversies' education event held in Waterloo on November 3. The event was hosted by the Centre for Bone Health in partnership with the YMCA, University of Waterloo, Osteoporosis Canada and the Ontario Osteoporosis Strategy and was part of a line-up of events held across the province to mark 'Osteoporosis Month.'

Dr. Sadhana Prasad, an internist-geriatrician from Waterloo and member of Osteoporosis Canada's Scientific Advisory Council, opened the session with a presentation on bone health, demonstrating the link between repeat fractures and osteoporosis and how timely assessment and treatment could avoid repeat, debilitating fractures.

Amy Waugh, a registered dietitian from the Upper Grand Family Health Team, talked about feeding bones and the role gut health plays on our bones.

While many myths exist around medications and their risks, Rosemary Killeen, a pharmacist with University of Waterloo's School of Pharmacy, enlightened attendees on different osteoporosis treatment options and the role medications play on bone health, debunking many myths and misconceptions that existed in the room.

The event ended with Dr. Lora Giangregorio, Professor of Kinesiology, University of Waterloo and member of Osteoporosis Canada's Scientific Advisory Council, providing vital information on safe, progressive exercise for people with osteoporosis. These included resistance, balance training, and weight bearing activities. Participants walked away from the event feeling informed and better equipped to manage their bone health.

Visit: www.bit.ly/CentreForBoneHealth to view event presentations.

William Osler

6th Annual Senior's Fair

Fracture Prevention Coordinator Praveen Sohrab participated in the event on behalf of the Ontario Osteoporosis Strategy and her son, Aman Sohrab assisted her in sharing resources at William Osler Health System's 6th Annual Seniors' Fair held on October 14, 2018 at the Peel Memorial Centre for Integrated Health and Wellness Auditorium. The seniors' event featured 50 local exhibitors and was held in collaboration with Osler Foundation and Brampton CARP (Chapter 52) to help raise awareness about community resources available for seniors, families and caregivers in the Peel region.



Aman at William Osler Event

Peterborough Marks Osteoporosis Month

Meet the Experts

Over 100 participants attended ‘Meet the Experts,’ a public education forum held at the Peterborough Naval Association on November 14. The 7th annual forum was hosted by Osteoporosis Canada and Ontario Osteoporosis Strategy with Dr. Adachi, MD, FRCPC – professor of medicine at McMaster University, presenting on ‘Osteoporosis 101.’ Dr. Adachi gave attendees an overview on osteoporosis, while speaking on prevention and the link between repeat fractures and osteoporosis.

Sue Bitonte, a Bone Fit™-trained yoga instructor spoke on the ‘Do’s and Don’ts of Yoga and Osteoporosis,’ while Shannon Burton, Supervisor, Exercise and Wellness with Community Care presented on ‘Exercise and Movement in Your Community.’



Meet the Experts Education Forum - Peterborough

Richmond Hill Education Event

TAP Clinic at Southlake Regional Health Centre

The team of osteoporosis healthcare providers from the TAP Clinic at Southlake Regional Health Centre was pleased to present their “Osteoporosis Community Education Event” on Thursday November 1st, 2018 at the Richmond Hill Central Library.

Cathy (third from left), is the TAP Clinic’s Osteoporosis Program Patient and Family Advisory Committee representative. She shared her personal experience in managing her own bone health.



Owen Sound Family Health Team

Bone Fitness Fair

A ‘silent thief’ was a major attraction at a community health fair attended by over 200 participants in Owen Sound on November 14. The event was a bone fitness fair and the ‘silent thief’ was osteoporosis, a condition that causes bones to become thin and porous, decreasing bone strength and leading to an increased risk of breaking a bone.

The event marked November as both, Osteoporosis and Fall Prevention Month, and was organized by the Owen South Family Health Team in partnership with Grey Bruce Health Unit and Osteoporosis Canada. The fun health event aimed at making people aware about bone health and the risk of falls and fractures.



From left: Judy Porteous, Regional Integration Lead with Ontario Osteoporosis Strategy sharing a laugh with Ruth Henderson, at the November 14 Bone Fitness Fair held in Owen Sound.



From left: Tatum Bell, Occupational Therapist with Owen Sound Family Health team with Julie Diaz, Fracture Prevention Coordinator, Ontario Osteoporosis Strategy, promoting Bone Health & Fall Prevention at the November 14 Bone Fitness Fair held in Owen Sound

Stepping Together to Prevent Falls & Fractures

Falls are the most common cause of injury among seniors. Every year 1 in 3 seniors are likely to fall at least once. The average Canadian senior has to stay in hospital 10 days longer due to a fall than for any other cause.

For people living with osteoporosis, a simple fall from standing height may lead to a fragility fracture/low trauma fracture. Falls lead to falls and the most powerful predictor of a fall is a history of falling.

Based on acute care hospitalization data from 2008-09, we know that falls were the leading cause of hospitalization for seniors across Canada, contributing to 73,190 total hospitalizations. Half of these falls occurred in the home and 35% of fall-related hospitalizations involved a hip fracture.

Falls put a huge strain on the health care system at all levels and, most importantly, can change a life in a matter of seconds. However, the good news is that most falls are preventable and everyone can take action to prevent them.

Striving to bring awareness on fall and fracture prevention in Ontario and beyond is the Fall Prevention Community of Practice (CoP). Since its inception in 2010, the Fall Prevention Community of Practice (CoP) has been collaborating with multiple partners and stakeholders including the Ontario Osteoporosis Strategy (OOS) and Osteoporosis Canada (OC). These collaborative partnerships assist in creating supportive communities where adults enjoy quality of life and maintain their independence through the prevention of falls and fall-related injuries.

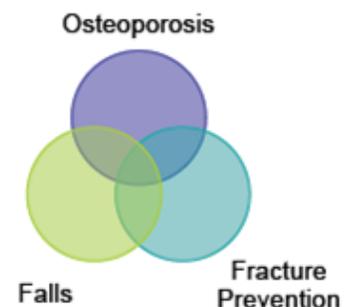
As part of its mandate, the Fall Prevention Community of Practice (CoP) brings together practitioners, caregivers, researchers and policy planners working for the health and care of older adults. Community members make a commitment to support and learn from one another and to develop new knowledge to advance the field of practice.

As November marks both Fall Prevention Awareness Month and Osteoporosis Awareness Month. The Fall Prevention Community of Practice (CoP) members work tirelessly on various initiatives that help people make a connection between falls, broken bones and osteoporosis.

This is the fourth year of the coordinated activities resulting in a larger impact across the province, Canada and beyond. The theme “It takes a community to prevent a fall: We all have a role to play” is certainly accurate for the collaboration amongst the Fall Prevention CoP, the OOS, OC and multiple partners.

Visit www.fallpreventionmonth.ca to view a resource toolkit for organizations and practitioners working with adults/older adults. The toolkit provides evidence-based information on fall and injury prevention. You will also find a shared calendar of events highlighting fall prevention activities through the year. Staff from the Ontario Osteoporosis Strategy participate as members of the CoP core team and subgroups, regional networks as well as offering presentations in various communities.

The Ontario Osteoporosis Strategy, through the Fall Prevention CoP, has been able to share information about osteoporosis, fall and fracture prevention with the over 2400-strong membership. The OOS and its stakeholders have contributed to the CoP newsletter and presented webinars on topics such as: The Fracture Screening and Prevention Program and Too Fit To Fall or Fracture: Managing Osteoporosis through Exercise.



Stepping Together to Prevent Falls & Fractures

OOS regularly shares information on Bone Fit™ an exercise training program for health professionals (www.bonefit.ca) as well as 'Beyond The Break' a virtual webinar series to improve health professionals' knowledge on emerging best practices, screening, diagnosis, treatment and management of osteoporosis. Visit: www.osteostategy.on.ca for more information.

The Fall Prevention CoP communication platform, Loop, connects members with others who share their passion for fall and fracture prevention. At no cost, Loop provides members an opportunity to connect with each other to support, inform and share ideas, thereby increasing member engagement and improving the implementation of evidence-informed fall prevention practices. This way, members can network and work together to find solutions. To join the CoP, visit www.fallsloop.com

By working together in a win-win situation, we can help reduce the negative outcomes and promote healthier lifestyles especially for adults as they age. The more we know, the better we do.

For more information contact: Marguerite Thomas, Consultant –Liaison – Fall Prevention Community of Practice marguerite@thomas.name

SENIORS' FALLS IN CANADA

FALLS are the **LEADING CAUSE OF INJURY** among older Canadians:
20-30% of seniors experience **1+** falls each year.

FALLS CAUSE:

85% of seniors' injury-related hospitalizations

95% of all hip fractures

\$2 Billion a year in direct healthcare costs

over 1/3 of seniors are admitted to **LONG-TERM CARE** following hospitalization for a fall



The average Canadian senior stays in hospital **10 DAYS longer** for falls than for any other cause



Falls **can result** in chronic pain, reduced mobility, loss of independence and even death



50% of all falls causing hospitalization **HAPPEN AT HOME**

↑ INJURIES due to falls rose **43% between 2003 and 2008**

↑ DEATHS due to falls rose **65% between 2003 and 2008**

The **good news is** that **falls are preventable** and action can be taken by all.

READ THE FULL REPORT FOR MORE AT:

www.publichealth.gc.ca/seniors



New Resources for Long-Term Care

For Residents (Partner: Ontario Association of Residents' Councils)

The new Keeping It Together Education Program: Supporting Osteoporosis and Fracture Prevention Knowledge in Long-Term Care and its resources are designed to be used by LTC Residents' Councils to enhance their knowledge, promotion and advocacy activities in their LTC homes to support the improvement of osteoporosis and fracture prevention care for residents.

Ontario Association of Residents' Councils

1. Keeping It Together *infographic*
2. Keeping It Together *resource: video: recording of live webinar education session* <http://www.gerascentre.ca/keeping-it-together>
3. Season's Spring 2018 *newsletter*
4. OARC in Action: November 2017 and January 2018 *online newsletters*

For Staff (Partner: Extendicare Hamilton) www.gerascentre.ca

These 4 new resources are designed to be used by LTC frontline care provider staff (PSWs, HCA, CCCs, Dietary Aides, physiotherapy aides, occupational therapy aides, etc.) and health professional and management (physicians, nurse practitioners, nurses, clinical care managers, dietitians, pharmacists, physiotherapists, occupational therapists, etc.) to assist them in their osteoporosis and fracture prevention treatments, therapies, interventions, and care.

Extendicare Hamilton

1. **Policy and Procedures:** Sample Falls Prevention and Management Program with fracture prevention
2. **Clinical Tool:** Sample LTC Fracture Prevention Order Sheet
3. **Slide-deck:** Minimizing the risk of fracture for care provider team members *education*
4. **Education Slide-deck:** Minimizing the risk of fracture for professional and management team members

Osteoporosis Custom Form

A new version of the Osteoporosis Custom Form for PS Suite is now available.

The 2010 Clinical Practice Guidelines for the Diagnosis and Management of Osteoporosis in Canada and the 2015 Clinical Practice Guidelines for the Frail Elderly offer evidence-based screening and treatment recommendations for adults over 50 years.

A custom form for EMRs, based on these guidelines, was developed to support family physicians in their decision-making process to improve diagnosis and care for their patients living with or at risk of osteoporosis. The original tool, for PS Suite, has recently been updated. The tool's improved functionality includes: calculating patient fracture risk, populating prior BMD scores as they are updated via the form; and a more detailed pharmacotherapy section.

The custom form is now also available for OSCAR, and there is a PDF version

Visit: www.osteostategy.on.ca for more details or to download the tool.

BMD Test Requisition Form Now Available

Currently, in Ontario, and in most other provinces, there is great variation in the way BMD (Bone Mineral Density) test referrals are made.

BMD testing measures bone mass, indicating whether someone has osteoporosis or is at risk, and plays an important role in the reduction of morbidity and mortality related to fractures. It is therefore important to standardize BMD requisitions, to ensure appropriate individuals get tested for osteoporosis risk.

The Recommended Use Requisition (RUR) for referral for Bone Mineral Density (BMD) testing, a tool developed through the Ontario Osteoporosis Strategy by a team of researchers at Women's College Hospital, has potential to influence the development and implementation of a standardized requisition for BMD testing.

The RUR has the potential to make the following impacts:

- Increase BMD testing in those at high risk
- Decrease BMD testing in those at low risk
- Increase the accuracy of BMD reports by ensuring that clinical risk factors that modify fracture assessment are included at the time of BMD reporting/fracture risk assessment, by the reading physician.

These impacts will improve the overall quality of osteoporosis and fracture care in Ontario as information gained from a BMD test can guide clinicians and patients in understanding the risk of having an osteoporosis-related fracture, and inform decisions aimed at mitigating these risks.

This RUR has been validated by the Ontario BMD Working Group (a multidisciplinary team of family physicians, radiologists, internists, and scientists) and in relation to the current clinical guidelines for BMD testing, the OHIP Fee Schedule, and recommendations from Choosing Wisely Canada. In recognition of the importance of this initiative, Choosing Wisely Canada has recently partnered with the Ontario Osteoporosis Strategy on the initiative

The RUR form is currently available in PDF format and a version for the PS Suite EMR is under development. The PDF can be downloaded at: www.osteostategy.on.ca

Fracture Screening and Prevention Program

Improving Care for Fragility Fracture Patients

The Ontario Osteoporosis Strategy (OOS) launched the newest site of the Fracture Screening and Prevention Program (FSPP) at Scarborough and Rouge Hospital – Centenary site, on September 25th, 2018. The FSPP is a secondary fracture prevention program designed to improve the care of people who have had a fragility fracture and to reduce their risk of having another fracture.

Developed through the OOS, the FSPP is operated by Osteoporosis Canada in collaboration with the Ontario Orthopaedic Association, the Ontario College of Family Physicians, the Ministry of Health and Long-Term Care and participating hospital sites. The OOS was launched to reduce morbidity, mortality and costs from osteoporotic fractures using a patient-centred, inter-disciplinary approach that is integrated across health care sectors. The Strategy aims to reduce osteoporotic hip fractures in Ontario by 20% by 2020.

Each year, hundreds of thousands of Canadians needlessly fracture because their osteoporosis goes undiagnosed and untreated. Osteoporosis is a condition that causes bones to become thin and porous, decreasing bone strength and leading to an increased risk of breaking a bone. It is known as "the silent thief" because bone loss occurs without symptoms. Annually, Ontarians sustain almost 60,000 osteoporotic fractures, and of those, 13,000 are admitted to hospital for hip fractures.

Twenty-eight Fracture Prevention Coordinators (FPC) working in 37 fracture clinics across Ontario identify and assess men and women aged 50 and over who have had fragility fractures (broken bones) from incidents that would not normally cause bones to break, such as falling out of bed or slipping on ice.

At Scarborough and Rouge Hospital, Winsome Way, FPC, speaks with patients about their personal risk factors for osteoporosis and their broken bone. She also highlights the need for appropriate bone mineral density testing which can assist in determining patients' future fracture risk.

"People often do not make the connection between their fracture and their bone health," says Winsome. "Without a bone health assessment and appropriate treatment, the patient may be at risk for a future, potentially debilitating, fracture."

FPCs screen fragility fracture patients while working with orthopaedic surgeons, allied health professionals, diagnostic imaging, fracture clinic staff and primary care providers to help improve patient access to integrated and appropriate post-fracture care such as Bone Mineral Density testing and/or follow up with an osteoporosis specialist.

"I am thrilled to work with the orthopaedic team at Scarborough and Rouge Hospital, including our Orthopaedic Champion, Dr. Justin Hodgins. We are looking forward to building the connections with hospital staff, primary and community care and our long-term care partners to create a truly integrated program in this area and improve the quality of care for our patients," says Winsome.

For more information about the Ontario Osteoporosis Strategy, visit osteostategy.on.ca



The Fracture Clinic team at Scarborough and Rouge Hospital – Centenary site. From left: Cast Technician Morgan Wood, Fracture Clinic Manager Rhodora Gutierrez, Orthopaedic Surgeon Dr. Justin Hodgins, Fracture Prevention Coordinator Winsome Way and Unit Coordinator Pam Hayden.

Fracture Risk Assessment Tool

Quality Improvement Initiative

Implementation of an online fracture risk assessment tool

In Canada, CAROC is the primary tool used to determine 10-year fragility fracture risk. The fracture risk stated in bone densitometry (DXA) reports, generated by diagnostic imaging (DI) clinics, was compared with the fracture risk calculated using the CAROC online assessment tool. The CAROC online assessment tool used both DXA and historical data collected through the Ontario Osteoporosis Strategy's Fracture Screening and Prevention Program (FSPP). This comparison revealed a 20% rate of discordance, most likely due to the exclusion of the current fragility fracture in the risk calculation by diagnostic imaging clinics.

The purpose of this quality improvement (QI) initiative was to reduce the rate of discordance between the fracture risk reported by DI clinics and the CAROC calculated fracture risk based on both DXA and FSPP data.

Process changes to support the comparison between reported fracture risk (DI) and calculated fracture risk (via FSPP) were introduced in three steps. First, CAROC was added as an online risk assessment tool to the FSPP patient data collection system. This tool allows FSPP coordinators to immediately compare the fracture risk as indicated in the BMD report with the CAROC calculated fracture risk. Bone mineral density (BMD) test results and additional patient self-reported information are entered into the FSPP data collection system for eligible patients screened via the FSPP and may contribute to the CAROC calculated fracture risk. If discordance is present, FSPP coordinators contact the reporting diagnostic imaging clinic to highlight the discordance and request that the reported risk be reviewed. Second, the referral process from the FSPP to DI clinic was reviewed and steps taken to ensure that information about the patient's current fragility fracture was received and recorded by DI. Third, QI specific follow-up questions were added to the data collection system to capture any modifications made to the patient's risk assessment following the review by DI and the reason for the changes.

With the review of the referral process and introduction of the online risk assessment tool, the rate of discordance between the diagnostic imaging clinic reported fracture risk and the calculated fracture risk based on DXA and FSPP data was reduced to 9.9% (10.1% absolute reduction). Inclusion of the specific fracture risk QI questions produced a further reduction in the discordance rate to 7.2% for an overall absolute reduction of 12.8%.

This QI assessment and remedial steps successfully reduced the frequency of discordance between DI clinic reported fracture risk and fracture risk calculated with both DXA data and historical data captured by FSPP.

Osteoporosis Canada's Scientific Advisory Council (SAC) New Members Announcement:
[SACLINK](#)

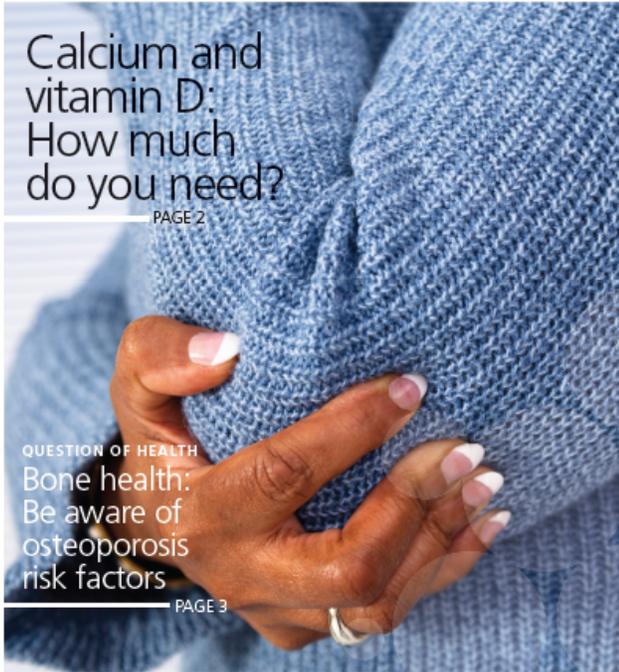
Women's Health Matters

Focus on Osteoporosis

NOVEMBER 2018

WCH WOMEN'S HEALTH MATTERS
WOMEN'S COLLEGE HOSPITAL

CONNECTING WOMEN WITH TRUSTED HEALTH NEWS AND INFORMATION FROM OUR EXPERTS



November issue of Women's Health Matters Focuses on Osteoporosis

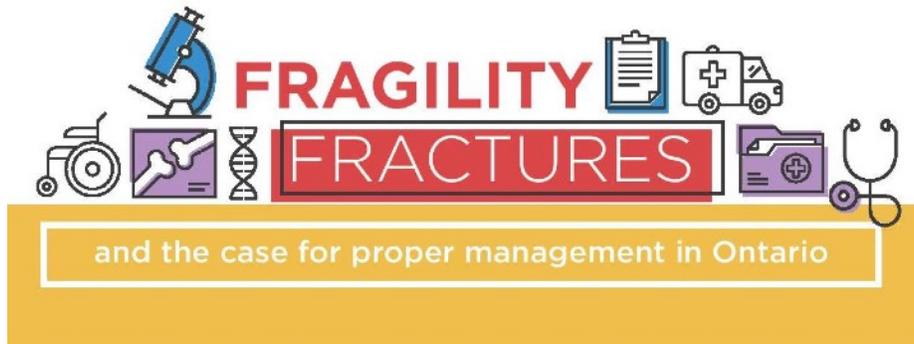
Women's Health Matters is a trusted Canadian source of evidence-based health information from the health experts at Women's College Hospital. The website has feature articles, news and research findings on women's health, quizzes, healthy recipes and informative videos.

The November issue of Women's Health Matters features the online Bone and Joint Health Centre with experts talking about osteoporosis prevention, diagnosis and treatment, nutrition and falls prevention.

Click [HERE](#) read the issue.

Ontario Osteoporosis Media Resources

Information at your finger tips



osteostategy.on.ca

Guide to Managing Care Transitions

Consistent Approach to a Critical Process

The Ontario Hospital Association (OHA) recently updated its *Managing Transitions: A Guidance Document* to reflect legislative changes within the provincial health care landscape. It aims to promote a consistent approach to and understanding of the information necessary to support and manage transitions, while ensuring compliance with legislative and regulatory requirements.

The Guidance document supports health care providers working with patients during the transition from one care setting to another such as home care, long-term care, community care, and supportive housing.

Written by legal counsel who regularly assists health care providers with difficult discharge issues, the Guidance Document focuses on:

- The legislative framework for discharge planning;
- The different roles and responsibilities of those involved; and
- Information to effectively manage transitions in care.

In addition to the Guidance Document, the OHA also has related resources and updates available at www.oha.com/managingtransitions

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Contact
bonefit@osteoporosis.ca

416-696-2663 x2290

OSTEOPOROSIS

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BEYOND THE BREAK

about

Osteoporosis Canada and Women's College Hospital have partnered to bring you an inter-professional and continuing education series to health professionals across Ontario including Francophone Ontarians.

Improve your knowledge on: emerging best practices, screening, diagnosis, treatment and management of osteoporosis.

28 NOV

Ostéoporse: qui traiter?
Register: <http://bit.ly/2CUM1Is>



Dr. Marie-Claude Audet



Presented on GoToWebinar

30 NOV

Preventing Falls for Patients with Neurological Impairment: One Step at a Time
Event #: 92144549



Dr. Cathy Craven



Presented on otn

21 FEB

Reducing the risk for falls in later life: It takes a village
Event #: 83387747



Dr. Maureen Ashe
Dolores Langford



Presented on otn

To learn more or access our archived webinars, visit osteoporosis.ca

Contact
beyondthebreak@osteoporosis.ca
416-696-2663 x2290



AU-DELÀ DE LA FRACTURE

Une série éducative virtuelle pour les professionnels de la santé

De quoi s'agit-il ?

Ostéoporse Canada et le Women's College Hospital se sont associés pour offrir un programme de formation interprofessionnelle continue aux professionnels de la santé de l'Ontario, y compris aux Franco-Ontariens. Approfondissez vos connaissances sur : les meilleures pratiques émergentes, le dépistage, le diagnostic, le traitement et la gestion de l'ostéoporse.



WEBINAIRE Ostéoporse : Qui Traiter

DATE ET HEURE

Le 28 novembre 2018
de 12 h 00 à 13 h 00 (HE)

PRINCIPALE PRÉSENTATRICE

D^{re} Marie-Claude Audet

POUR ASSISTER/S'INSCRIRE

<https://bit.ly/2OYmpvU>

DES QUESTIONS ? VOUS AIMÉRIEZ FAIRE UNE PRÉSENTATION ?

Kevin Ng
Ostéoporse Canada
kng@osteoporosis.ca

Arlene Silverstein
Women's College Hospital
arlene.silverstein@wchospital.ca

Community Connections



CONNECT WITH US ON TWITTER @FRACTURELINK

Contact your Regional Integration Lead (RIL)

RILs cultivate partnerships in communities across Ontario to foster and integrate fracture reduction pathways and establish bone health educational collaborations. They develop and disseminate tools and resources for healthcare professionals, patients and caregivers.

www.osteostategy.on.ca

Look for the next issue of Fracture Link in June 2019.

If you would like to be featured in the upcoming issue of Fracture Link please contact Flrdaus Ali
fali@osteoporosis.ca
 1 800 463-6842 ext 2320

Elizabeth Stanton	estanton@osteoporosis.ca	Toronto West, Peel, Northern Ontario
Heather Eatson	heatson@osteoporosis.ca	Central Eastern Ontario
Judy Porteous	jporteous@osteoporosis.ca	Bruce, Grey, Huron, Perth, Lambton, Dufferin
Julian Rawlins	jrawlins@osteoporosis.ca	Toronto East & Durham
Kate Harvey	kharvey@osteoporosis.ca	Waterloo, Wellington, Brantford, London
Lisa Campbell	lcampbell@osteoporosis.ca	Hamilton, Niagara, Halton, London
Marq Nelson	mnelson@osteoporosis.ca	Champlain, South Eastern Ontario
Monica Menecola	mmenecola@osteoporosis.ca	Simcoe County & Muskoka
Jennifer Weldon	jweldon@osteoporosis.ca	Toronto Central, York Region