



## OSTEOPOROSIS TOOL - USER GUIDE & FAQs

Osteoporosis is a bone disease that develops when bone mineral density and bone mass decreases, or when the structure and strength of bone changes. This can lead to a decrease in bone strength that can increase the risk of fractures (broken bones).

Osteoporosis is a “silent” disease as there are typically no symptoms present, and patients may not even know they have the disease until they break a bone. Osteoporosis is the major cause of fractures in postmenopausal women and in older men. Fractures can occur in any bone but happen most often in bones of the hip, vertebrae in the spine, and wrist.

[Osteoporosis Canada](#) and the [eHealth Centre of Excellence](#) have collaborated to develop a tool that will assist doctors in best-practice documentation of Osteoporosis care for patients. The tool consists of a main form that links to additional guides and resources. The tool has been developed in accordance with the most recent Osteoporosis guidelines (2024).

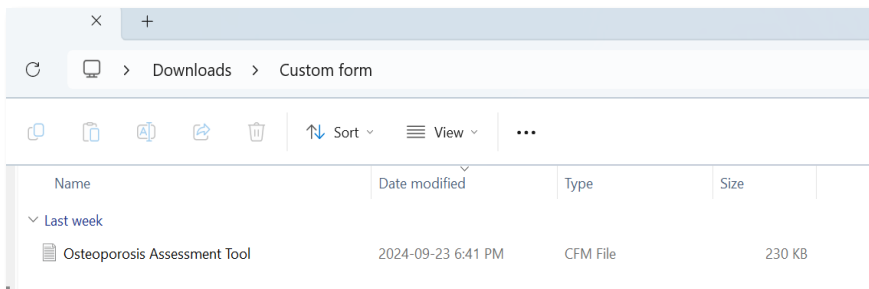
Below are the contents of the tool that will need to be imported into the EMR.

Main form and accessory forms	Type
<b>Osteoporosis Main Form</b>	<b>.cfm</b>
Osteoporosis Toolbar	.cfm
Osteoporosis WW X-Ray Fluoroscopic Procedures req.	.cfm
Osteo-MOH-Blood Work	.cfm
Osteo-TScoreEA	.cfm
Get Up and Go / Timed Up and Go Test	.cfm
eCE-UsageAnalyticsDecisionForm	.cfm
eCE-MainUsageAnalyticsForm-OptedIn	.cfm
eCE-MainUsageAnalyticsForm-OptedOut	.cfm
eCE-NewVersionForm	.cfm
eCE-FeedbackForm	.cfm
eCE-EmailForm	.cfm

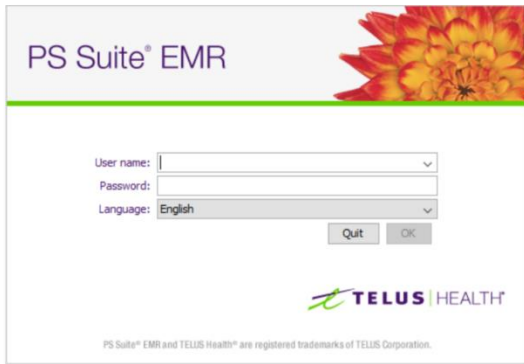
Handouts	Type
Causes of Secondary Osteoporosis	PDF
CEP Falls Checklist April 2022	PDF
Ontario Limited Use Codes Aug 2024	PDF
Osteonecrosis of the Jaw (ONJ)	PDF
Osteoporosis Falls Assessment	PDF
Osteoporosis Falls prevention	PDF
Osteoporosis Repeat BMD	PDF
Osteoporosis Too Fit To Fracture	PDF
Nutrition Key Points	PDF
Pharmacotherapy with Evidence for Fracture Prevention	PDF
Your Guide to Strong Bones	PDF

## Section A: Importing the Osteoporosis main form into PS Suite

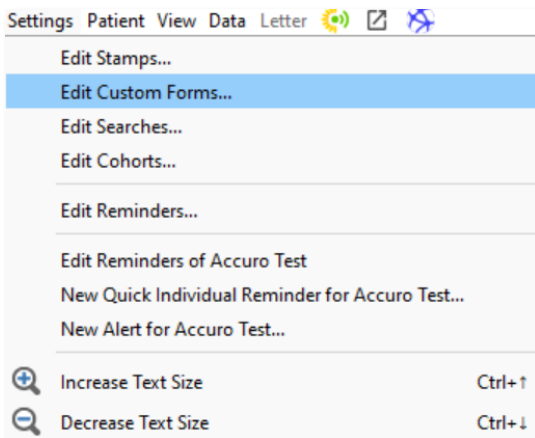
1. Download the package (i.e., Osteoporosis Main Form) and save it to the Desktop (or an alternate easy-to-access location).



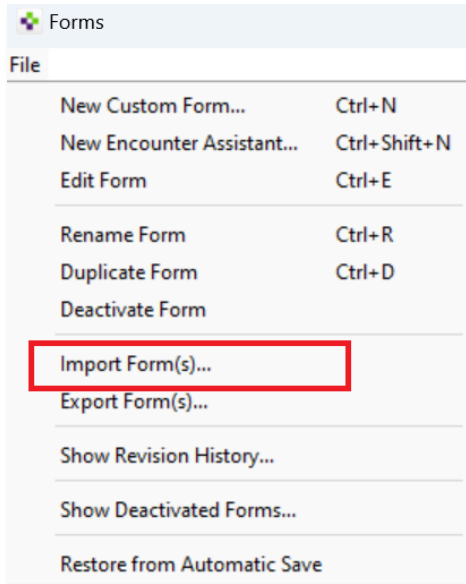
2. Login to PS Suite EMR with your username and password.



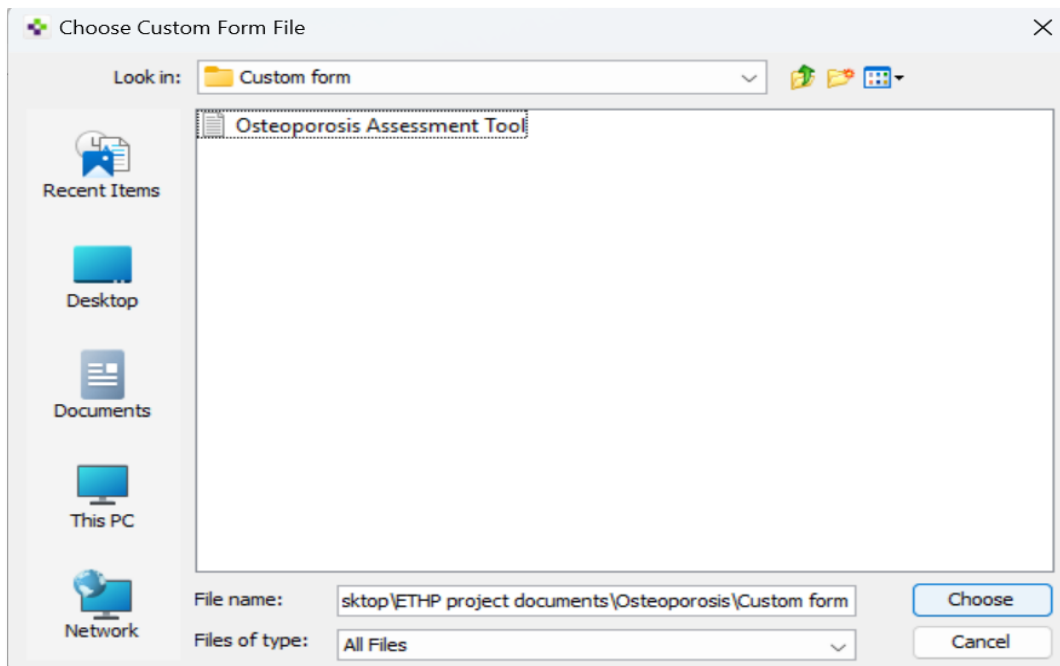
3. In the "Records" window, click "Settings" and then on "Edit Custom Forms".



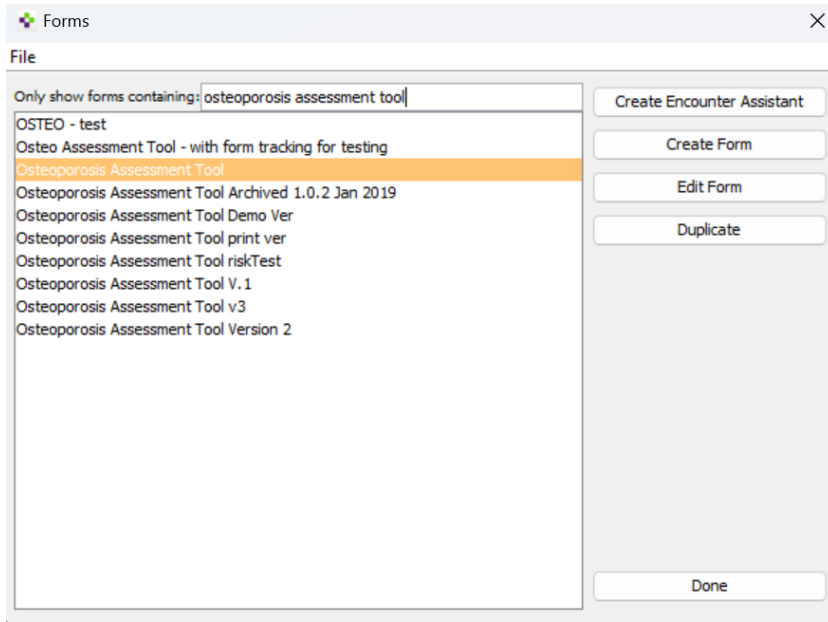
- From the “Edit Custom Forms” window, select “Import Form(s) ...”



- Navigate to the path chosen in Step 1, select the form, and click Choose.

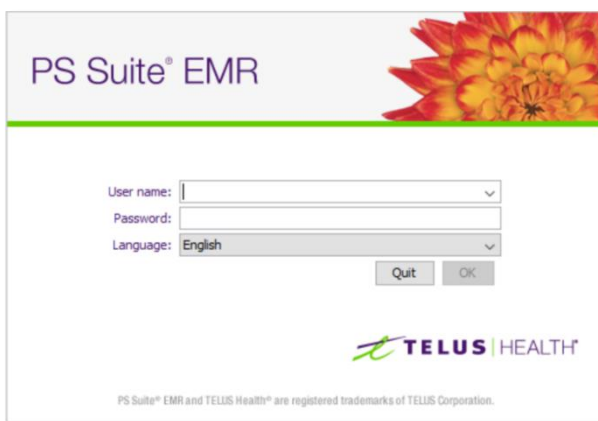


- To verify the form was imported correctly, navigate again to the “Forms” window and enter the name of the form in the text box. This will show all the forms with the searched name. If the form was imported successfully, it should appear in the search results as per below.

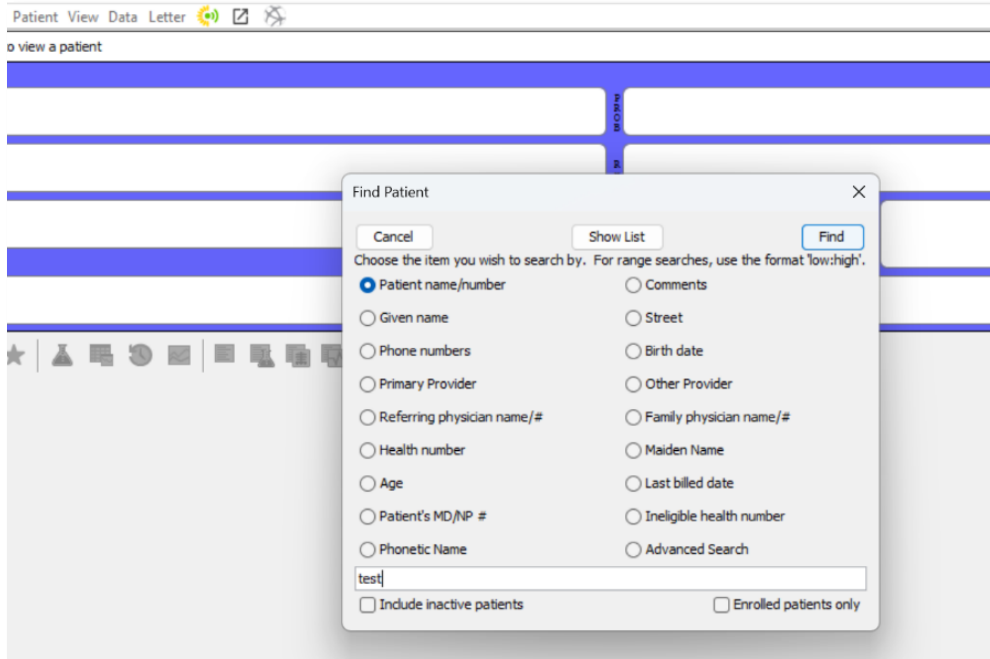


## Section B: Using the Osteoporosis tool in PS Suite

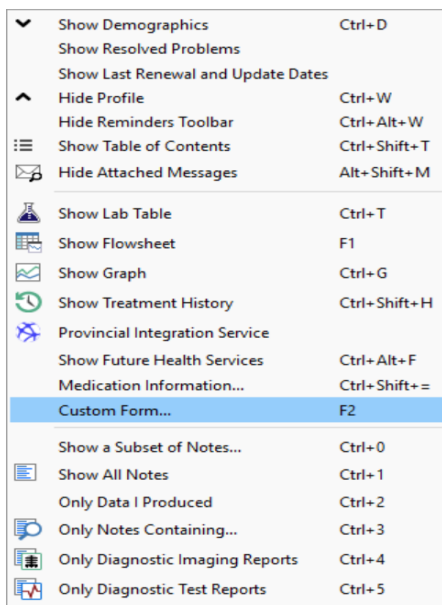
- Login to PS Suite EMR.



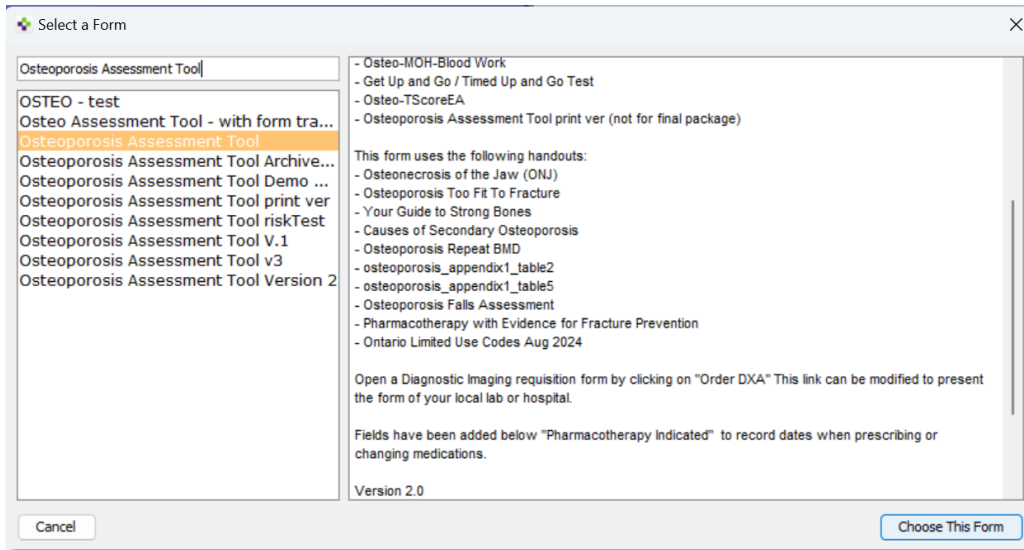
2. Search for a patient where user would like to add the Osteoporosis Assessment Tool form.



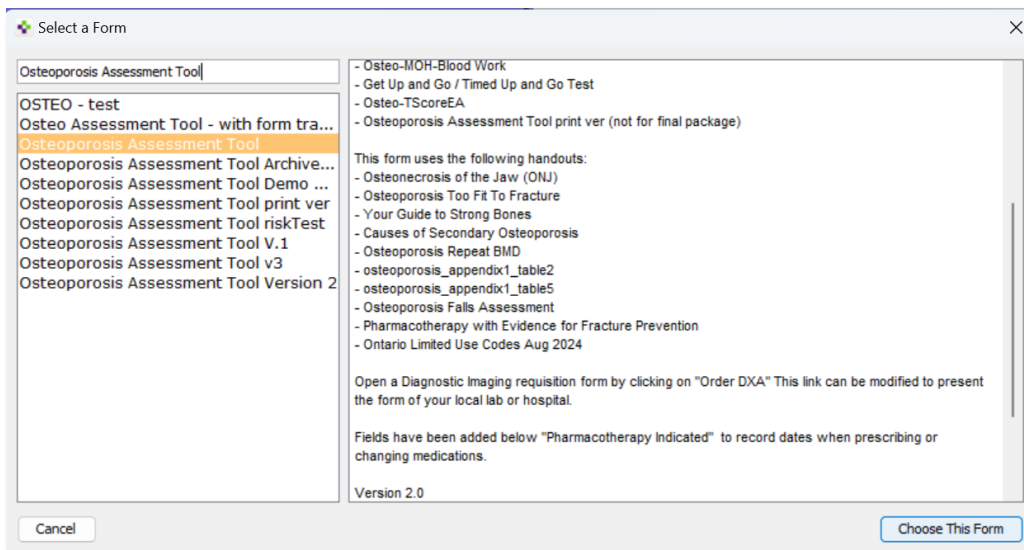
3. Once the patient chart loads successfully, click on the “View” button from the top header and then click on the “Custom Form...” option from the drop-down menu.



- Upon clicking on custom form, a new window will open. Enter the form name (i.e., Osteoporosis Assessment Tool” in the text field and it will the list of matched forms with the entered name.



- Select the main form (i.e. Osteoporosis Assessment Tool), and then click on the “Choose this Form” button.



6. Upon clicking on the “Choose This Form” button, the Osteoporosis Assessment Tool window will open. Enter the required details of the patient in the custom form and click on “Add to Notes”. This will save the form to the patient chart.

### 1 History

Copy form from prior Clear form

Initial Assessment Osteoporosis Dx:  Yes  No  
 Follow-Up Previous Osteoporosis Dx:  Yes  No

Fracture after Age 50?  Yes  No 2023 Clinical Guidelines

**Identify risk factors for fractures and falls:**

Fracture after age 50 years:

Hip	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Wrist	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Vertebral	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Proximal humerus	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Pelvis	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No
Other, specify	<input type="text"/>	Yes	<input type="checkbox"/>	No

Prolonged glucocorticoid use

Secondary Osteoporosis

Menopause at age < 45 years

Other Conditions or Medications

### 6 10-year fracture risk: FRAX (BMD preferred)

Category	Action
10 year fracture risk < 15% OR T-score > -2.5	Do not recommend pharmacotherapy
10 year fracture risk 15%-19.9% OR T-score ≤ -2.5 and age < 70 yr*	Suggest pharmacotherapy Intermediate benefit
10 year fracture risk ≥ 20% OR T-score ≤ -2.5 and age ≥ 70 yr* OR ≥ 2 fracture events OR Previous hip or spine fracture	Recommend pharmacotherapy Largest benefit

\*femoral neck, total hip or lumbar spine

FRAX Total Hip %  Date  Last Score

Major Osteoporotic Fracture %  never done

### 2 Lifestyle Review

Current smoker

Consumes ≥ 3 units (oz.) alcohol/day

Has fallen ≥ 2 times in past 12 month

BMI <20kg/m

At least 150 min of moderate to vigorous physical activity/week

Diet + supplement calcium intake 1000 - 1200mg/da

[Open nutrition calculator](#)

### 3 Physical

**A. Assess balance and gait for fracture risk:**

Can patient rise from chair without using arms and walk several steps? (dtt/Timed Up and Go Test)  Yes  No

**B. Screen for vertebral fracture:**

Current height  cm

Previous height  cm  never  mm d. yyyy

[Height Graph](#)

Prospective height loss > 2 cm	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	If yes to any, order PA
Historical height loss > 6 cm	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	lateral spine x-ray to rule out vert. fracture
Rib-pelvis distance ≤ 2 fingers	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	
Occiput-wall distance > 5 cm	<input type="checkbox"/>	Yes	<input type="checkbox"/>	No	

### 4 Lab to rule out secondary osteoporosis

Calcium Correction Calculator (W...)	Value	Target	Date of latest
Calcium	never		mm d. yyyy
Albumin	never		mm d. yyyy
Creatinine (eGFR)	never		mm d. yyyy
Alkaline phosphatase	never		mm d. yyyy
TSH	never		mm d. yyyy
Protein electrophoresis	<input type="radio"/> Normal <input type="radio"/> Abnormal		mm d. yyyy
25-hydroxyvitamin D (25OHD)	never		mm d. yyyy
CBC (Hemoglobin)	never		mm d. yyyy

### 5 Bone Mineral Density (BMD)

Prior BMD test complete

BMD test ordered

Vital	Latest T-score	Date	Options:
Femoral neck	never done		Enter new vital
Lumbar spine	never done		View flowsheet

If BMD test indicated [order DXA](#). Assess fracture risk at next apt.

### 7 Recommendations for Patient Care

Recommend balance and muscle strengthening exercises at least twice per week.

Calcium through diet 1000-1200 mg daily, vitamin D3 600-800IU daily. [Nutrition Information](#)

Falls-prevention: information provided  Yes  No

Strength training?  Yes  No

Balance exercises?  Yes  No

[Too Fit to Fall or Fracture Handout](#)

Additional risk factors to be monitored	Yes	No
Vertebral fracture identified by X-ray	<input type="checkbox"/>	<input type="checkbox"/>
Prior wrist fracture in patients ≥ 65 years	<input type="checkbox"/>	<input type="checkbox"/>
T-score much worse than -2.5 at any site	<input type="checkbox"/>	<input type="checkbox"/>
Lumbar T-score much worse than Femoral neck	<input type="checkbox"/>	<input type="checkbox"/>
Rapid bone loss	<input type="checkbox"/>	<input type="checkbox"/>
Men on androgen deprivation therapy	<input type="checkbox"/>	<input type="checkbox"/>
Women on aromatase inhibitor therapy	<input type="checkbox"/>	<input type="checkbox"/>
Long-term/repeat use of glucocorticoids	<input type="checkbox"/>	<input type="checkbox"/>
Has fallen 2 or more times in past 12 months	<input type="checkbox"/>	<input type="checkbox"/>
Secondary osteoporosis	<input type="checkbox"/>	<input type="checkbox"/>

### Pharmacotherapy Recommended

**Pharmacotherapy with Evidence for Fracture Prevention**

Select med	Currently On	Initiated	Changed to
Select <input type="text"/>	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy
Select <input type="text"/>	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy
Select <input type="text"/>	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy
Select <input type="text"/>	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy	<input type="checkbox"/> mm d. yyyy

Handouts: [Your Guide to Strong Bones](#) [Ontario LU Codes August 2024](#)  
[Osteonecrosis of the Jaw \(ONJ\)](#) [CEP Falls Checklist](#)

OSTEOPOROSIS

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## Section C: FAQs

### 1. How do I import the Osteoporosis tool?

Importing a custom form to PSS Suite EMR is a simple process and please refer to Section A of this document which shows step-by-step instructions.

### 2. How do you use the Osteoporosis tool?

Once the user has imported the custom form (i.e. osteoporosis assessment tool) successfully, navigate to custom forms and look for the custom form named “osteoporosis assessment tool” from the search text box present on the screen. Click on choose the form and then the user would be able to use the form and input your responses to it. Please also refer to Section B for detailed step-by-step instructions.

### 3. Which EMRs is the tool compatible with?

The tool is currently compatible with the TELUS PS Suite EMR and will be available for OSCAR Pro and Accuro EMRs at a later date.

### 4. Are there additional handouts and materials provided with the tool?

Yes, we have several handouts materials listed below, and these can be shared with the clinics.

- Causes of Secondary Osteoporosis
- CEP Falls Checklist April 2022
- Ontario Limited Use Codes Aug 2024
- Osteonecrosis of the Jaw (ONJ)
- Osteoporosis Falls Assessment
- Osteoporosis Falls prevention
- Osteoporosis Repeat BMD
- Osteoporosis Too Fit To Fracture
- Nutrition Key Points
- Pharmacotherapy with Evidence for Fracture Prevention
- Your Guide to Strong Bones

Questions? Please reach out to [EMRtools@ehealthce.ca](mailto:EMRtools@ehealthce.ca).