Implementing Pharmacist-Led Osteoporosis Testing and Education in Community Pharmacies

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Abstract

☐ Osteoporosis is a common disease of the bones that is characterized by a decrease in bone density and bone strength, resulting in bone fragility.
☐ In the United States, approximately 44 million people have low bone density, 10 million of whom have osteoporosis and 34 million with osteopenia. This equates to about 55% of the U.S. population aged 50 years and older. The number of people with osteoporosis-related... Read More

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To determine the feasibility of implementing this model in additional community pharmacy locations.

Methods

- Patients will be recruited through a computer-generated report identifying females aged 50 years or older and females 18 years or older and taking medications (Table 1) that lower bone density. These patients must have filled a prescription at the community pharmacy within the past 6 months.
- Patients presenting to the pharmacy with identified risk factors will also be offered screening.
- The Simple Calculated Osteoporosis Risk Estimation (SCORE) risk assessment tool will be completed on the patients to identify their risk for developing osteoporosis. This tool was selected because it has been validated in women in multiple studies for predicting low bone mineral density (BMD) and osteoporotic fracture.
- Patients exhibiting moderate to high risk for developing osteoporosis based on their SCORE result will be offered BMD screening using a portable heel ultrasound densitometer (Hologic Sahara Bone Densitometer), which will determine T-scores. There will be no additional follow-up on physician referral, as well as any behaviors initiated and/or medications modified.
- Those patients with 2 risk factors for osteoporosis and a T-score below -1.0 or those patients with 0-1 risk factors and a T-score below -2.0 will be referred to their physician for dual-energy x-ray absorptiometry and/or pharmacotherapy.
- Patients exhibiting moderate to high risk for developing osteoporosis in the United States, approximately 44 million people have low bone density, 10 million of whom have osteoporosis and 34 million with osteopenia. This equates to about 55% of the U.S. population aged 50 years and older. The number of people with osteoporosis-related fractures is predicted to increase dramatically due to the aging population of the country.
- Osteoporotic bone fractures are responsible for pain, decreased quality of life, lost workdays, and disability.
- It is important to identify and test patients at high risk for developing osteoporosis, as well as implement strategies to help prevent or delay the onset of this disease.
- Pharmacists play a critical role in our healthcare system since they are easily accessible in the community.

Methods Cont.

- Data Collection: Patient demographic information survey (including education level, yearly household income and amount willing to pay for pharmacotherapy).
- Second computer-generated report identified 528 females aged 50 years or older.
- Initial computer-generated report identified 41 females aged 18 years and older on medications that lower bone density.
- Descriptive statistics will be used to assess data.

Results

- Data collection period is expected to last for four months, starting from December 2014 to March 2015. To date, no patients have been tested for osteoporosis.
- Although the counseling information is standardized, differences in pharmacists’ consultation techniques may lead to variations in information presented to patients.

Implications

- The results of this project will help to determine the role of pharmacists in osteoporosis testing in healthcare settings.
- Patients’ awareness of osteoporosis, including preventive and treatment options, will increase.
- This project will determine whether this program model can be implemented in other community pharmacy locations.

References


Disclosures

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