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EVALUATING THE EFFECTIVITY OF A STRUCTURED FRACTURE PREVENTION PROGRAM FOR POST MENOPAUSAL WOMEN

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Introduction: Osteoporosis Patient Targeted and Integrated Management for Active Living (OPTIMAL) is a fracture prevention program instituted in the public hospitals in Singapore since 2008 (2). The program included patients over 50 years of age with osteoporosis. The program constituted an osteoporosis education, falls assessment, falls prevention exercises and pharmacotherapy. Additionally case managers followed up the patients with six follow up encounters over 2 years. We report on the outcome of the program.

Methods: Patients were interviewed by an investigator (not the assigned case manager) and falls, fracture and compliance to medication and exercise was evaluated. Compliance to medication was assessed by the medication possession ratio and verified via patient interview.

Results: 101 patients were recruited based on WHO Fracture Risk Assessment Tool (FRAX) for primary fracture prevention. 95 patients had completed a 2-year follow-up at the hospital and were evaluated as part of this study. 77.89% of the patients reported compliance to medication. The commonest reasons for non adherence to treatment are not seeing the importance of medication and fear of side effects.

Conclusion: Our report suggests that a fracture prevention program with structured education and case management can be effective in improving treatment rates.

Biography

Rukshini Puvanendran is a consultant in the family medicine service at the KK Women and Children's Hospital in Singapore. She runs the menopause and osteoporosis services of the hospital. She is also assistant professor in Family medicine at the Duke NUS Medical School.

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