

# Hot Topics – Osteoporosis Diagnosis and Management in PALTC

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1-hour CME/CMD

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The session discusses management of two different patient populations:

1. Those admitted for short-stay rehabilitation in skilled nursing facility following hospitalization for fracture.
2. Long-term care residents at risk for falls and fractures.

Short-stay fracture patients are often not informed of their underlying osteoporosis and risk for future fractures. 15% of patients who experience a hip fracture will have a second hip fracture. Half of hip fracture patients experienced a prior fracture of a bone other than the femur but did not receive treatment for osteoporosis.

Long-term care residents with life-expectancy greater than 2 years can benefit from FDA approved osteoporosis medications to prevent fracture.

## **LEARNING OBJECTIVES**

*At the conclusion of this program, attendees should be able to:*

1. Identify appropriate short and long stay nursing

facility residents who can benefit from FDA approved osteoporosis medications to prevent fractures.

2. Establish a comprehensive osteoporosis treatment plan for nursing facility residents that includes bone health nutrition, appropriate use of FDA approved osteoporosis medications, fall prevention, and weight bearing exercise.
3. Identify appropriate short and long stay nursing facility residents for whom FDA approved osteoporosis medications should be withdrawn due to goals of care or duration of medication use

**Financial Disclosure:** None of the planners, faculty, or others in control of content disclosed a relevant financial relationship with an ineligible company.

## **Credit Statements**

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