

PREVENTION OF OSTEOPOROTIC FRACTURES IN PATIENTS OVER 65 YEARS BY AN OUTPATIENT CLINIC BASED ON A MULTIDISCIPLINARY TEAM

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Aim: In the Rehabilitation Department of Patras University Hospital, an outpatient clinic was established that targets the individual needs of the geriatric patient with the aim to reduce the impact of fragility fractures both to patients and health care system. There are important consequences in terms of morbidity and mortality for people over 65 years of age after an osteoporotic fracture. Although prescription of an antiosteoporotic drug is common practice, this approach is inappropriate not only for the complex needs of this particularly vulnerable population, but also for the prevention of any future fractures.

Material-Method: In our setting the Comprehensive Geriatric Assessment (CGA), is used as the baseline for evaluation and treatment. The protocol is as follows:

1. Step one - medical visit, interview and thorough clinical examination. Prescription of blood test focusing on geriatric pathology that could have bone effects
2. Step 2 – based on the results of blood test, prescription of an appropriate treatment
3. Step 3 –functional (assessment) evaluations by a team using validated screening and diagnostic tools (Frailty/Fried criteria; Hand grip/Dynamometer; Sarc F; MNA; MMSE; GDS; SPPB; miniBEST; IADL Lawton Brody; Katz Index; FES; Pelma analysis; Fall check list)
4. Step 4 – Joint team meeting to discuss the results and plan appropriate interventions and outcome monitoring

Results: No of visits (total): 237/ 8 months, No of patients that the multidisciplinary assessment changed the treatment planning: 48, No of fallers detected 38, No of patients undergone fall prevention program 27, Compliance of frail fallers: 4/30, Cost is under evaluation

Conclusions: Lessons: 1.Multidisciplinary assessment can change treatment plan, 2.The treatment compliance of frail older people is very low due to social parameters (literacy levels, social exclusion, financial restrictions), which need to be taken into account when designing the intervention. Main messages:

- Geriatric patients with osteoporosis requires a multidisciplinary team approach based on the CGA.
- Osteoporosis in the geriatric population is part of a complex nosological entity that includes sarcopenia, disequilibrium, but also malabsorption and polypharmacy, but also social parameters are important determinants.