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Effectiveness of educational intervention on undermanagement of osteoporosis in fragility fractures

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Abstract

Purpose: Fragility fractures are characterized by a low energy trauma and should be considered as potentially osteoporosis-related fractures. This study aimed to determine whether the orthopedic surgeons' awareness could increase the osteoporosis management rate in patients with fragility fractures.

Method: This study was undertaken in three phases: evaluation of existing practice patterns, educational intervention and evaluation of the effect of the training. During the study period, orthopedic surgeons who worked at academic hospitals attended five educational sessions and were provided with posters and brochures. Patients were interviewed at sixth and twelfth months after discharge using an evaluation questionnaire regarding their perceptions of the barriers to osteoporosis treatment.

Results: Seventy-two orthopedic surgeons volunteered to participate in the study between June 2008 and December 2011. The patients were followed for a minimum of 1 year. Rate of calcium and vitamin D prescriptions increased from 10 to 91 %. The rate of bisphosphonate administration reached to 73 %. The number of follow-up evaluations did not differ significantly.

Conclusion: The detection and medication rates for osteoporosis in patients with fragility fractures increased more than tenfold after the intervention program.

Biography

MohammadrezaAghamirsalim has completed his M.D. at the age of 25 years from Tehran University of Medical Sciences and becamean orthopaedic and trauma surgeryresident atTehran University of Medical Sciences. He is the Vice Researcher of department of orthopaedic surgery – Shariati hospital, Tehran University of Medical Sciences. He was chosen as the best **Medical Student** of Iran in 2012. In addition, he was nominated as an **Outstanding scholar student** of Iran in 2013. He has published more than 15 papers in reputed journals. One of his original articles entitled Treatment of Kienböck Disease by Lunate Core Decompressionpublished in the Journal of Hand Surgery (American)and was referenced in Campbell's Operative Orthopaedics, 12th Edition.