

Resident: Second Place

"Assessment of low bone mineral density and fracture burden at the primary health care office"

CATEGORY: QI

AUTHOR(S):

Gilchris Burton, MD

Imren Ozturk, MD

Sneha Sreekumar, MD, Daniel Cruz, PhD, George Miller, MD

INSTITUTION: Hackensack Meridian Health Mountainside Medical Center

ABSTRACT: Osteoporosis is a "silent" disease that results in substantial morbidity and mortality in aging postmenopausal women. It is estimated by 2020, over 14 million people in the United States will have osteoporosis of which over 80% will be women over the age of 50. As this burden increases it is paramount that primary care physicians screen age appropriate women in efforts of catching the disease in the early stages and initiate treatment to decrease the disease progression and ultimately reduce the fatal outcomes. This study therefore, aimed to gain insight into the utilization of osteoporosis screening with DXA scan and implementation of appropriate treatment at Mountainside Family Practice. Using a retrospective analysis research design, 90 randomly selected charts of women aged 65 years and older were reviewed for the current study. Charts were evaluated to examine rates of appropriate screening and treatment. Approximately three-fourths of patients were inadequately screened in the current study. More specifically, 67 (74%) were not screened whereas 23 (26%) received appropriate assessment, [$\chi = 16.51$, $p < .05$, 95% CI's = 24.55% to 64.23%]. Moreover, relatively few patients with a positive DXA screen were appropriately treated. In light of study limitations including the reliance on secondary data, results shed light on the fact that in order to improve quality of patient care and for the wellbeing of the patient, both patients and providers would benefit from increased awareness of the disease.