Osteoporosis and Fragility Fracture Management Order Set

*** For inpatients over age 50 with a non-traumatic (fragility) fracture***

☐ Consult ____________________________ re: _______________________________

Laboratory

***Perform additional biochemical testing to rule out secondary causes of osteoporosis in selected patients, on the basis of the clinical assessment. ***

☐ CBC, CMP, phosphorous, 25-hydroxyvitamin D, Magnesium, Urine Calcium, CTX

☐ iPTH

☐ TSH

☐ SPEP (Recommended for vertebral, sacral/pelvic fractures)

☐ Serum bone alkaline phosphatase

☐ Other: ________________________________

Diagnostics

***Consider ordering if not done in last 1-3 years or as per guidelines***

☐ Outpatient DXA to assess bone mineral density—Reason: fragility fracture. Request copy to be sent to Primary Care Provider

☐ X-ray ____________________________ re: ________________________________

☐ Bone Scan ____________________________ re: ________________________________

☐ MRI ____________________________ re: ________________________________

☐ CT Scan ____________________________ re: ________________________________

☐ Other: ________________________________

Calcium

***Total daily intake of elemental calcium through diet and supplements should be 1200 mg. Calcium carbonate and citrate contain approximately 500 and 300 mg elemental calcium respectively ***

☐ Calcium carbonate _____________ mg PO

☐ Calcium citrate _____________ mg PO

Vitamin D

***Daily supplementation with 800-2,000 units of Vitamin D is recommended ***

☐ Vitamin D prescribed. _______________IU PO daily
Osteoporosis Pharmacologic Therapy

***Consider ordering a pharmacologic therapy utilizing evidence-based algorithms. Therapy should be individualized to enhance adherence to treatment ***

Bisphosphonates

- □ Alendronate 70 mg PO every week
- □ Risedronate 35 mg PO every week
- □ Zoledronic Acid 5 mg IV X1, yearly
- □ Risedronate 150 mg PO every month

Biologic Agent

- □ Denosumab 60 mg SC every 6 months.

Selective Estrogen Receptor Modulator

- □ Raloxifene 60 mg PO daily

Bone Formation Stimulating Agent

- □ Teriparatide 20 mcg SC daily

Patient Education

- □ Provide “Boning Up” booklet from National Osteoporosis Foundation AND “After the Fracture” from Own the Bone (AOA). Available on www.NOF.org
- □ Provide information on Falls and Safety
- □ Provide information on Exercise for Healthy Bones
- □ Provide information on “Your Guide to a Bone Healthy Diet
- □ Provide information on “osteoarthritis and Your Spine”

Communication to Primary Care Provider

***Send with PCP Information Form***

- □ RN/NP to complete “PCP Information Form” and indicate whether an outpatient DXA was requested to assess bone mineral density.
- □ Upon discharge, provide a copy of the completed “PCP Information Form” for the patient to provide to the PCP.

Additional Orders:

__________________________________________  ____________________________
Practitioner’s Signature                        Date:

Printed name:  __________________________________________