

Bone Health Service Referral Pathway

The Bone Health Service closes the care gap for fracture patients by successfully and cost-effectively case-finding patients over 50 with fragility fractures who are at risk of osteoporosis. Over three million people in the UK have osteoporosis and these people are at a substantially increased risk of fragility fractures.

The Bone Health Service is a specialist-nurse led service provided by Gloucestershire Health and Care NHS Foundation Trust (GHC).

Who is affected:

- 1 in 2 women and 1 in 5 men over 50 will break a bone as a result of poor bone health
- 1 in 5 women who break a bone, break 3 or more bones before diagnosis (Royal Osteoporosis Society)
- The prevalence of osteoporosis increases dramatically with age

Inclusion criteria:

The service has been designed to identify and assess those who have suffered a low trauma or fragility fracture, with a view to secondary fracture prevention, reducing the costs to the NHS, and improving health outcomes for a rapidly ageing population. A low impact fracture is defined as one sustained following a fall from standing height or less.

Exclusion criteria:

The Bone Health Service will not accept the referral if the patient has sustained a periprosthetic fracture, pathological fracture or fracture to the hand/foot or skull.

Sources of referral:

- GP/ healthcare professional referrals from primary and secondary care
- New spinal fractures referred following identification on radiology reports
- Self-referral
- 24-hour reporting system through GHC and GHFT (Gloucestershire Hospitals NHS Foundation Trust)

Patients at risk of osteoporosis are assessed, and if appropriate, referred for a bone density scan (DXA scan) and/or commenced on treatment for secondary fracture prevention. This may include initiation of oral, subcutaneous or intravenous treatment where clinically indicated. Results are discussed with the patient, as well as treatment plans and lifestyle advice, and the treatment plan will be communicated to the patient's General Practitioner. The risk of further falls is addressed with the patient, as are lifestyle and diet, and onward referrals are made where necessary.



From a patient perspective, the aim is to avoid further fractures and maximize the opportunity for prevention of major osteoporotic fractures and their associated effects on morbidity and mortality.

The Bone Health Service are available to help if you have any queries or referrals, by completing the form below and sending via email or post to:

Bone Health Service
Parkside, Cheltenham General Hospital
Telephone 0300 422 4409
E referrals: BoneHealthServiceerefer@ghc.nhs.uk

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Further osteoporosis support and management guidelines can be found on G-care and the Trust intranets.

Useful links:

- G-care Osteoporosis information:
<https://g-care.glos.nhs.uk/pathway/972/resource/11>
- GHNHSFT Management of osteoporosis guidelines:
https://www.gloshospitals.nhs.uk/media/documents/Osteoporosis_Guideline.pdf



Referral form for Bone Health Service

Has your patient had a fall and fracture from a standing height or less, and is an older adult? If yes, then please complete and send this referral via email or post to the Bone Health Service for assessment of osteoporosis risk and secondary prevention of future fractures.

Please note The Bone Health Service will not accept the referral if the patient has sustained a periprosthetic fracture, pathological fracture or fracture to the hand/foot or skull.

Bone Health Service, Parkside, Cheltenham General Hospital

Telephone 0300 422 4409

BoneHealthServicerefer@ghc.nhs.uk

Name:
Address:

GP Name:
Address:

Site of fracture:

Mechanism of Injury:

Allergies:

Past Medical History:

Drug History:

Date:

Your name and designation:

Signature: