



Fracture Alliance

Making the first break the last

Newsletter #7 – September 2020

NHMRC awards Investigator Grant for Secondary Fracture Prevention Program

Professor Markus Seibel, Chair of the SOS Fracture Alliance, has been awarded a highly prestigious Investigator Grant by the National Health and Medical Research Council (NHMRC). The project is entitled “Making the first osteoporotic fracture the last - Implementation and analysis of an evidence-based, integrated model of care for secondary fracture prevention” and has been funded with \$1,500,000 over 5 years.

As a common chronic condition characterised by fragility (minimal trauma) fractures, osteoporosis is estimated to have been the underlying cause of 160,000 fractures in Australia in 2016. This number is expected to increase to 180,000 by 2022. Any fragility fracture signals a greatly increased risk of a further fracture, with 60-80% of these ‘secondary’ fractures occurring within two years of the initial fracture. However, four out of five Australians are not being investigated or treated for osteoporosis following their first fragility fracture, which means that up to 75% of these people will sustain further (‘secondary’) fractures. Resulting in lengthy hospital stays, excess morbidity and mortality, and great cost to the taxpayer. This widespread failure in managing a common disease and its often-catastrophic complications exists despite the wide availability of effective and safe Medicare-subsidised diagnostics and treatments.



The project’s vision is *to make the first osteoporotic fracture the last* by creating irrefutable evidence that secondary fracture prevention programs, if fully integrated across primary, secondary and tertiary healthcare, will prevent fractures and thus unnecessary hospital admissions, fracture-related morbidity and mortality and cost to the Australian health care system. The few hospital-based Fracture Liaison Services (FLS) currently in Australia are clearly insufficient to address the population’s need for secondary fracture prevention. While improvements could be made to their operational efficiency, they are unable to close the secondary fracture prevention gap under the present model of predominantly specialist, hospital-based care. To close this gap, full engagement with, and integration of primary health care into the fracture prevention model is required.

Work on the project has already begun, with colleagues from Sydney’s Sax Institute and collaborators from across Australia meeting regularly to work out the protocol for this important study.



For more information visit our website www.sosfracturealliance.org.au.
Alternatively email the Alliance at contact@sosfracturealliance.org.au.

SOSFA Governing Committee Elections- Congratulations to the new Committee!

The election for the second SOS Fracture Alliance Governing Committee was held online from the 28th of May 2020 until the 30th of July 2020. The following six SOSFA Member Representatives were elected to the Governing Committee:

Emeritus Professor Bruce Armstrong
(Public Health Association of Australia)

Professor Jacqui Close
(Australian and New Zealand Society for Geriatric Medicine)

Professor Mark Kotowicz
(Endocrine Society of Australia)

Mrs Ann Robinson NP
(Endocrine Nurses Society of Australia & Australian College of Nurse Practitioners)

Professor Markus Seibel
(ANZAC Research Institute)

Professor Cathie Sherrington
(Australian and New Zealand Fall Prevention Society)

Following the first meeting of the Governing Committee, the following two people were appointed to the Committee to ensure broad input into the Alliance:

Mrs Trish Stabback, Consumer Representative
(Country Women's Association of Australia & Country Women's Association of NSW)

Professor Tania Winzenberg, GP Representative
(Royal Australian College of General Practitioners)

The new Governing Committee would like to extend their thanks to the outgoing Committee members for their contributions to the Alliance.

Thanks are also extended to the Election Scrutineers Colleen Langron and Andreas Loeffler for their assistance, and all SOSFA Member Organisations for participating in the election.



Bruce Armstrong
(PHAA)



Jacqui Close
(ANZSGM)



Mark Kotowitz
(ESA)



Ann Robinson
(ENSA & ACNP)



Markus Seibel
(ARI)



Cathie Sherrington
(ANZFPS)



Trish Stabback
(CWAA and CWANSW)



Tania Winzenberg
(RACGP)



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SOS Fracture Alliance Activities

Natural Language Processing (NLP) Project Update

Funded by three local health districts, this project was a collaboration between osteoporosis experts, physicians, radiologists, nurses and IT experts from across Sydney.

The project, initiated by SOSFA in 2018 and completed in August 2020, was an in-depth study of two electronic search tools designed to screen hospital data bases for the automated detection of patients with minimal fractures.

One of the tools (named 'XRAIT') uses technology close to natural language processing to detect fractures in radiology reports. The second tool (Named 'AES') identifies fractures through hierarchic disease code and text-based search of the electronic Medical Record (eMR) and radiology reports.

The project used data collected over six months at both Concord and Royal Northshore Hospitals, with a sample of the extracted reports being reviewed manually to determine the specificity and sensitivity of each search tool in detecting minimal trauma fractures. The investigators found that while the true positive rate was similar for both tools, they performed differently in detecting minimal trauma fractures (rather than just fractures or a code-based diagnosis of osteoporosis). In addition, each tool identified separate subsets of patients.

The final results of the study will be reported at this year's Annual Scientific Meeting of the Australia and New Zealand Bone and Mineral Society (ANZBMS)*. However, it is clear that a hybrid tool which combines the methodology of both XRAIT and AES would be ideal to improve the identification of patients with minimal trauma fractures.

* Kenrick Blaker*, Ayanthi Wijewardene*, Eleanor White, Gabrielle Stokes, Serena Chong, Lillias Nairn, Kirtan Ganda, Lloyd Ridley, Shane Brown, Chris White, Roderick Clifton Bligh, Markus J Seibel. A comparison of two electronic search tools to identify patients with osteoporotic fractures. Submitted to ANZBMS ASM 2020.

SOSFA Governing Committee Executive Appointed

At first meeting of the new SOSFA Governing Committee the Committee Members voted the following people to be the Committee Executive:

Chair- Markus Seibel

Vice Chair- Bruce Armstrong

Treasurer- Ann Robinson

Secretary- Cathie Sherrington

Fracture Liaison Service (FLS) Register Project

Medical registries are a great way of collecting information on specific topics of interest. They help in obtaining quantitative data that in turn can be used to improve diagnostic and therapeutic processes and standards.

An excellent example of a highly effective medical registry is the Australia New Zealand Hip Fracture Registry, which has been a major success in improving the care of patients presenting to hospital with a hip fracture.

The need for a national register of Fracture Liaison Services and their function and effectiveness has been recognized for quite some time. We are pleased to announce that SOSFA will soon commence work on a project establishing a registry for Fracture Liaison Services in Australia and possibly New Zealand. The project is supported by Amgen Australia and in its initial stages will focus on determining the capacity and function of the register and identifying key personnel to develop and manage it.

Any SOSFA Members interested in contributing to this project should contact the Alliance at contact@sosfracturealliance.org.au.



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From the Members

ANZHFR Lecture Series 2020

The ANZHFR have produced a series of lectures in 2020 in lieu of the state based Hip Fests. The lectures can be accessed [via the ANZHFR YouTube channel](#) at any time and are designed to share good practice and solutions to common problems. It is hoped that face to face Hip Fests will return in 2021.

The first five lecture topics are:

1. Teamwork makes the dream work. Dr Saqib Zafar, Orthopaedic Surgeon, Nepean Hospital, New South Wales, Australia.
2. High Intensity Physiotherapy for Hip Fractures. Dr Lara Kimmel, Physiotherapist, The Alfred, Victoria, Australia.
3. Total Hip Replacements vs Hemiarthroplasty. Q & A with Prof. Ian Harris, Orthopaedic Surgeon and Co-chair ANZHFR and Assoc. Prof. Marinis Pirpiris, Orthopaedic Surgeon.
4. Anticoagulation in acute hip fractures. Dr Agnes Yuen, Haemostasis and Thrombosis Fellow, Monash Health, Victoria, Australia.
5. eHIP - A hip fracture journey. Mr Peter Moules, Registered Nurse, Wollongong and Shoalhaven Hospital, New South Wales, Australia.

[Access the ANZHFR Lecture Series 2020 by clicking here](#)

ANZ Falls Prevention Conferences- New Dates!

Following the continuing COVID-19 pandemic, the 9th Biennial Australian and New Zealand Falls Prevention Conference has been delayed to November 2021.

In addition, the ANZFPS have announced the 2022 Conference will be held in Perth, Western Australia, in November 2022.

[To keep up to date, visit the ANZFPS Conference website.](#)

Development of Falls and Balance Clinics & Program Directory in Victoria

The [National Ageing Research Institute](#) (NARI), in collaboration with the Victorian Department of Health and Human Services (DHHS), is collecting operational information regarding outpatient and ambulatory falls and balance clinics and/or programs offered by public hospitals, health services and community health centres in Victoria in order to create a directory of services.

The directory aims to increase health care professional and community awareness regarding the various services that are available for community-dwelling older people who have experienced a fall or have been identified as being at risk of falling. It is anticipated that providing a centralised reference point of clinics and programs offering falls assessment, intervention and prevention will improve access to these specialist services. The final directory will be published online however the exact format and location are yet to be determined.

Service providers are requested to complete an online form to register the operational details of their outpatient or ambulatory falls and balance clinic and/or program. This includes information such as the location, eligibility criteria, referral requirements, structure and cost of the service.

[You can access the form here.](#)

Translated Hip Fracture Care Guide now available

The ANZHFR understands the importance of making available resources for patients and their carers from culturally and linguistically diverse backgrounds. These latest translated documents complement the previously translated ANZHFR Project Information Pamphlet, which is also available in 14 languages. All are available from the ANZHFR website at www.anzhfr.org.

The ANZHFR would like to acknowledge the funding support provided by the Ingham Institute for Applied Medical Research to enable the translation of the ANZHFR Hip Fracture Care Guide into 14 languages.



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MSK National Musculoskeletal Consumer Survey

Musculoskeletal Australia (MSK) is very pleased to officially launch its National Musculoskeletal Consumer Survey!

It will be the largest and most comprehensive consumer-driven survey in Australia of people living with musculoskeletal conditions, or those caring for someone with a condition; to determine how their care can be improved.

The survey will allow the voices of the one in three Australians affected by these conditions to be heard by sharing what condition/s they have and the overall effect it has on their life; to increase the awareness of the impact of living with musculoskeletal conditions.

[Take the survey now](#)

Osteoporosis Australia appoints Michelle Bridges as Know Your Bones Ambassador

Osteoporosis Australia are pleased to announce Michelle Bridges has been announced as Know Your Bones Ambassador.

The role will help Osteoporosis Australia raise community awareness about Know Your Bones online self-assessment and common risk factors for poor bone health.

Michelle will appear on targeted promotional material going forward and on the Know Your Bones website.

Any SOSFA Members who wish to report this update to their members, to help spread the word, [can refer to Latest News page on our website](#)

The ANZHFR Annual Report 2020 released!

The ANZHFR Annual Report for 2020 has just been released, covering their fifth *patient level* report and eighth *facility level* report, with 77 hospitals contributing patient level data and 117 hospitals providing facility level data. The full report can be downloaded from [the ANZHFR website](#)

Projects and Publications of Interest

Safe Exercise At Home

[The Safe Exercise At Home](#) website has been developed by physiotherapists from around Australia with clinical and academic expertise in exercise and other forms of physical activity for older people and people with mobility limitations.

The group has just published a free downloadable booklet aimed at older people on how to safely undertake exercises known to prevent falls at home. As the COVID-19 pandemic continues this is a very helpful resource for older people to keep fit at home while staying safe.

Safe home exercise is vital for avoiding the secondary deconditioning pandemic that global health leader Muir Gray warns about in [this BMJ Blog](#)

[Find the booklet here](#)

Osteoporosis medication use among Australian women over two decades

A new study by Stuart et al (2020) and published in the *Archives of Osteoporosis* has found that despite the burden of osteoporosis and treatment availability, a treatment gap remains for women with osteoporosis.

Women in the population-based 'Geelong Osteoporosis Study' were followed with respect to use of anti-fracture medication over two decades. Medication use rates did increase over time but remained suboptimal overall, with less than 20% of those at high risk of fracture receiving treatment. The authors suggest that investment into systems approaches to correct the treatment gap is warranted.

[Find the full article here](#)



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New AIHW report reveals escalating health impact of chronic pain

The release of the Australian Institute of Health and Welfare (AIHW) report 'Chronic Pain in Australia' reinforces the spiraling health, social and economic costs of chronic pain in Australia.

PainAustralia CEO Carol Bennett said, "this new data once again shines a light on the growing impact of chronic pain which has resulted in a 67% increase in GP visits in a decade and those living with the condition 5 times as likely to be limited in daily activities."

The AIHW report finds that 1 in 5 Australians aged 45 and over are living with persistent, ongoing pain, with many facing considerably poor health outcomes. Compared with people without chronic pain, those with chronic pain were 2.6 times as likely to have arthritis, 2.5 times as likely to have mental health problems, 2.5 times as likely to have osteoporosis and 2.4 times as likely to have other long-term health conditions or a long-term injury.

Despite well-established evidence around the harms, people with chronic pain continue to be primarily sent down the pharmacological intervention path, with more than half (57%) dispensed analgesics, compared with 1 in 5 (21%) people without chronic pain. Alarming, people with chronic pain are almost 3 times as likely to be dispensed opioids and other analgesics and migraine medication as those without pain.

Concerningly the AIHW report also found that hospitalisations involving chronic pain involved more procedures: 22% had 5 or more procedures, compared with 8.9% for other hospitalisations.

[Find the full report here](#)

Osteoporosis: Data insights help build better bones

A recent study using MedicineInsight data has shown that osteoporosis often goes underdiagnosed and undertreated, despite being a common and debilitating chronic disease in Australians aged over 50.

This study highlights the need for targeted interventions to address treatment gaps and improve prescribing and adherence for patients with osteoporosis.

[Find the full article here](#)

Orthogeriatrics Textbook 2nd Edition Published

This new open access edition supported by the Fragility Fracture Network aims at giving the widest possible dissemination on fragility fracture (especially hip fracture) management, notably in countries where this expertise is sorely needed. It has been extensively revised and updated by the experts of this network to provide a unique and reliable content in one single volume.

Throughout the book, attention is given to the difficult question of how to provide best practice in countries where the discipline of geriatric medicine is not well established and resources for secondary prevention are scarce.

[Download the textbook here](#)

Does your organization have any news around Secondary Fracture Prevention? Have you seen a recent publication in the area that might be of interest? If so, let us know about it! Email the Alliance at contact@sosfracturealliance.com.au and we'll let all our Members know!

RACP Vertebral Fracture Sprint Audit

The UK's Royal College of Physicians Fracture Liaison Service Database (FLS-DB) will be running a sprint audit in 2021 to further investigate vertebral fracture identification. This will provide critical information enabling FLSs to understand their resource needs if they were to extend their scope to identify and assess all the patients with a fragility fracture in their locality.

Identifying all patients aged over 50 years with a fragility fracture is a core function of a fracture liaison service (FLS). The systematic identification of vertebral fractures has been shown as particularly challenging for FLSs as it often requires different methods and generates a lot of additional work that needs to be covered.

The vertebral fracture sprint audit (VFSA) will be open 1-31 January 2021. It will collect data on the caseload and identification of patients over 50 years old with vertebral fractures by reviewing local radiological reports.

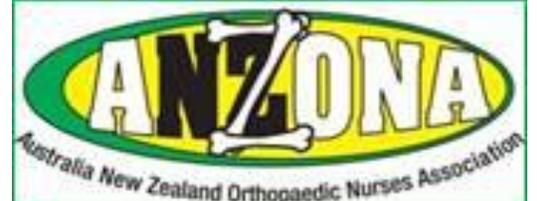
[You can find out more about this UK project here](#)



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SOS FRACTURE ALLIANCE: MEMBER ORGANISATIONS

Representing over 3,000,000 individual members across Australia



For more information visit our website www.sosfracturealliance.org.au.
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Invitation

3rd Australian Consensus Conference on the Prevention of Osteoporotic Fractures in Residential Aged Care Facilities (RACFs)

Endorsed by:



Date: Friday 30th October 2020

Time: 9:00am – 1:00pm

Venue: Via ZOOM (due to COVID) *



This invitation is directed to
GPs who regularly attend RACFs,
Geriatricians, Rehab Specialists, Physicians, Physiotherapists & Pharmacists
We would like to particularly encourage GPs who regularly attend RACFs to register

Registration is FREE

RACGP CPD points apply for GPs

Attendance at this meeting qualifies as a self-recorded RACGP CPD activity for the 2020 -2022 Triennium under the category 'Development and review of Guidelines'.

The aim of this important meeting is to update current guidelines on The Prevention of Osteoporotic Fractures in RACFs.

To REGISTER please visit

https://unimelb.zoom.us/webinar/register/WN_chQeWMdHSMGRkm34L9GZPg

Workshop discussion groups (led by an expert moderator): **

1. Diagnosis of Osteoporosis in RACFs
2. Use of Calcium & Vitamin D in RACFs
3. Use of antiresorptives/hormones in RACFs
4. Use of bone anabolics in RACFs
5. Falls prevention in RACFs

For more information please contact: Stefanie Bird [email stefanie.bird@unimelb.edu.au]

* Participants will be provided with instructions on how to use Zoom, if required

** Participants will be asked to choose their top preferred workshop group at registration
Partially supported by an unrestricted medical education grant from Amgen Australia