

HOW TO COMMUNICATE EFFECTIVELY WITH PATIENTS about fracture risk and osteoporosis treatment



● **The Problem: Communication of risk is difficult**

All too often, patients do not understand the link between osteoporosis and the high risk of fracture, and they may:

- ▶ **under-estimate** the potentially severe consequences of fractures
- ▶ **over-estimate** the very rare occurrence of serious side effects of anti-osteoporosis medication

Take up of, and adherence to, anti-osteoporosis medication is poor.

For example: with bisphosphonates 1/2 of patients stop their treatment after only 1 year^{1,2}

● **The Solution: Effective Physician-Patient Communication**

By **listening** to patient concerns and clear communication and dialogue, physicians can help:

Improve patient
understanding & adherence
to treatment



Stimulate patient
involvement in treatment
decisions

PATIENT-CENTRED CARE

Effective Treatment Initiation Check List

- › **Check patient's risk** of fractures by an in-depth anamnesis
- › **Evidence-based** diagnosis
- › **Explain the benefit** and potential side-effects of treatments
- › **Consider patient's need and preference**
- › **Check patient's concomitant medications**
- › **Give advice on nutrition, lifestyle, fall prevention**

The Osteoporosis & Fracture Risk Evaluation Tool

An IOF resource to help primary care physicians initiate dialogue and communicate key points with their patients:



Risk screening
questions algorithm



Key messages in
benefit vs risk discussion



Risk factors check



Pictorial representation
of personal probability
of fracture over 10 years



Relative risk reduction in
fracture with treatment

REFERENCES

1. Cramer, J.A., Osteoporos Int, 2007. 18(8)
2. Kothawala, P., Mayo Clin Proc, 2007. 82(12)

MORE INFORMATION

<https://www.osteoporosis.foundation/health-professionals/treatment>