

# An Audit of The Impact of Bone Health Assessments In Residential Home Patients

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FRAX®

## Introduction:

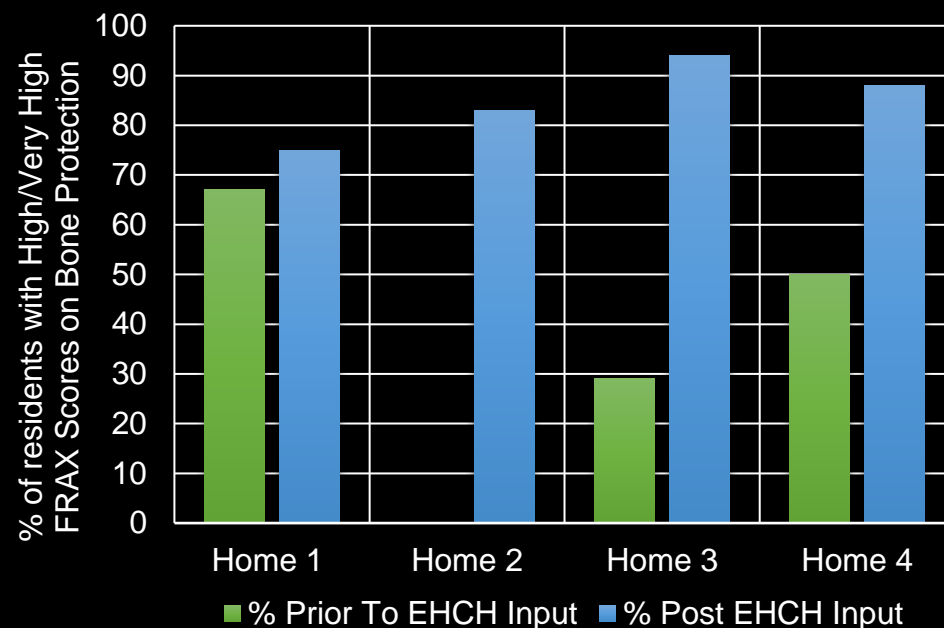
There are approximately 549,000 new fragility fractures each year in the UK, with the prevalence of both osteoporosis and risk of falling increasing with age. Care home residents are three times more likely to fall and have a 3- to 4-fold higher incidence of fractures than people of the same age living in the community. This is therefore a key population to provide a bone health assessment too with appropriate subsequent treatment.

## Method:

Retrospective audit of residents reviewed by the new Enhanced Health in Care Homes (EHCH) team within the 5 residential homes for an initial comprehensive geriatric assessment (CGA) between March 2022-June 2024. These initial CGAs were reviewed to determine if a FRAX assessment had been completed and subsequent sub-analysis of those with high/very high FRAX scores to determine whether they were on appropriate bone protection post review.

## Results:

100% of residents (183) had a bone health assessment including a FRAX score (age-adjusted if appropriate). Prior to CGA, 37% patients with a high/very high FRAX score were on appropriate bone protection, having excluded patients who were not suitable for treatment e.g. poor renal function or not clinically appropriate (poor prognosis/unable to tolerate treatment). Following CGA, this average improved to 85%. The most significant improvement in one residential home was from 0% to 83%. One all male residential home was not represented in final analysis as no patients had high/very high FRAX scores.



Improvement from  
37 → 85%

## Conclusion:

There has been a considerable improvement in the number of residents at high/very high risk of fractures who are on appropriate bone protection following initial bone health assessment as part of the CGA. It is important this continues to be reviewed regularly in terms of ongoing appropriateness alongside other risk factors for fractures which include falls and polypharmacy.