

Introduction of the Comprehensive Geriatric Assessment improved bone health management in a frailty unit

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Background

- Osteoporosis is a systemic skeletal disorder marked by low bone mineral density and weakened bone structure, increasing the risk of fragility fractures¹.
- Hip fractures in particular, contribute to higher mortality, morbidity and healthcare costs.
- Early identification of high-risk individuals is key to improving outcomes and reducing the healthcare burden.
- A Comprehensive Geriatric Assessment (CGA), including a formal bone health evaluation was introduced at our frailty unit.

Aims

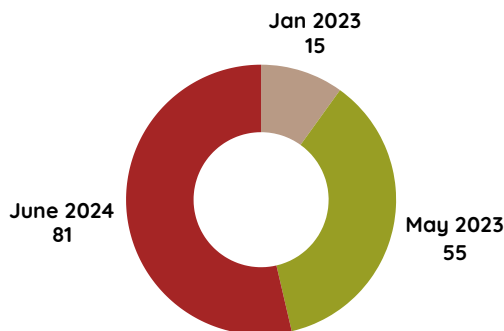
- To enhance the effectiveness of CGA in promoting better bone health and improving the management of osteoporosis in patients².
- To integrate bone health evaluation into the CGA to assess for risk of osteoporotic fractures.
- To ensure that medical interventions are initiated promptly and appropriately to minimise risks.

Methods

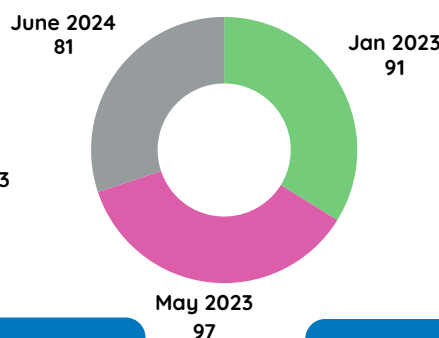
- CGA with a formal bone health assessment was implemented in our frailty unit through a two-cycle quality improvement project (QIP).
- Cycle 1 involved baseline data collection (N=33) in January 2023, followed by post-intervention CGA data collection (N=31) in May 2023. The results were presented to staff and education was given around CGA process and bone health.
- Cycle 2 was conducted in June 2024, which assessed compliance (N=30)
- Patients who were critically ill or receiving end-of-life care were excluded.

Results

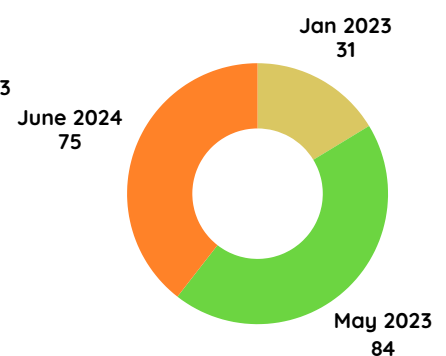
Compliance of bone health assessment(%)



Compliance of vitamin D level checks(%)



Documented treatment plan(%)



Conclusion

- Implementing standardised fracture risk assessment and intervention as part of CGA improved the bone health of the patients admitted to the frailty unit.
- CGA also helped identify people at risk of fractures and to initiate prompt management.
- This QIP helped our frailty unit to adhere to NICE guidance, thereby improving the quality of care.

Action Plan

- To continue to incorporate bone health assessment into CGA.
- To continue to provide regular education on bone health management.
- To ensure Vitamin D levels are checked for all patients admitted to the frailty unit as part of CGA.

References

- [1] International Osteoporosis Foundation
- [2] NICE guidelines