

Improving the identification of osteoporosis in patients attending the South Edinburgh Parkinson's clinic.

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Parkinson's Excellence Network bone health assessment form (2)

Background

- Idiopathic Parkinson's Disease (IPD) is a secondary risk factor for osteoporosis (1)
- 2022 UK Parkinson's audit highlights bone health as a standard and an area for improvement (2)
- The Parkinson's excellence network have developed bone health assessment forms and guidance in line with FRAX and NOGG.

Aim

Improve the identification of osteoporosis in the south Edinburgh IPD clinic population by August 2024

Methodology

Plan

- Current osteoporosis guidance reviewed
- Baseline data collected on 20 patients Aug-Sept 23 (only 2 had a bone health assessment in last 3 years)

Do

- Identified eligible IPD patients attending their annual clinic review using Parkinson's excellence network assessment form (completed remotely before the appointment)

Study

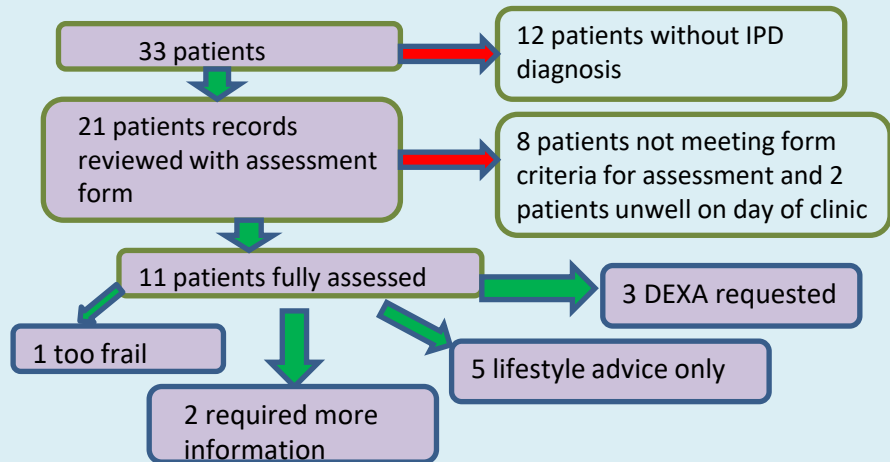
- 11/33 patients had a full bone health assessment form completed
- Outcome documented in clinical notes and consultant discussed this with patient at clinic

Act

- Discuss with Lothian IPD service about implementing this into clinic and then further PDSA cycles

Results

- Electronic patient notes assessed between May-July 2024
 - 19 men and 14 women
- Excluded if no IPD diagnosis or from exclusion criteria set out on assessment form
- 11 patients assessed
 - 7 patients (63.6%) had a major osteoporotic fracture score >10%
- Average time to complete form = 3min 47 sec



Points to consider

- Clinician time
- Appointment length
- Extra administration
- Liaison with GP or rheumatology
- Non-specialist management of osteoporosis



What next ?

- Further discussions within Lothian IPD service
- Scale up with sequential PDSA cycles within this clinic and others IPD clinics in Lothian

References

- (1) Torsney KM et al. Journal Neurology Neurosurgery Psychiatry 2014; 85: 1159–1166
- (2) Parkinson's UK - [Better bone health resources | Parkinson's UK \(parkinsons.org.uk\)](https://www.parkinsons.org.uk/better-bone-health-resources)