


# Improving Bone Health – “a population based approach for Cumbria” Falls and Fractures Programme





## Proposal

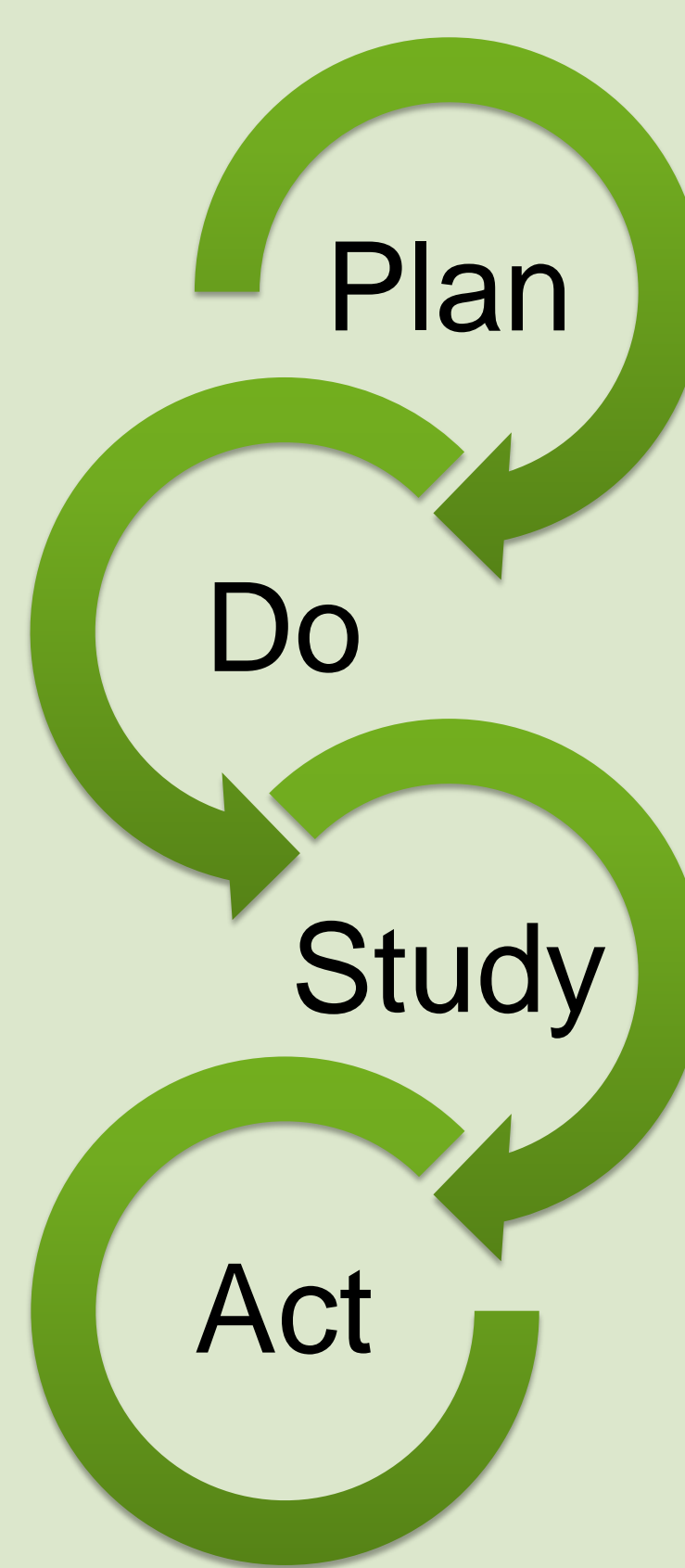
A systematic audit programme has been developed and tested across groups of GP practices in the North East and Cumbria. Groups of GP practices working together in a systematic way can achieve population based outcomes. They can standardise the approach to care and reduce variation between practices. This programme has the opportunity to realise economic benefits in reducing non-elective admissions related to falls and fractures.

## Background

 Fragility fractures occur as a result of a complex interplay of factors leading to impaired bone quality (age, gender, co-morbidities, medication, lifestyle factors). Identification is a silent process and first presentation is often with a fracture. **1 in 3 women** aged over 50 and **1 in 5 men** will experience an osteoporotic fracture. Prevention of fracture is possible with effective treatments (30-70% risk reduction).

 After hip fracture 10-20% of former community dwelling patients require long-term nursing care. Around 20% of patients die within 1 year of hip fracture. Less than 50% of survivors regain their previous levels of function. Prior fracture is associated with an 86% risk of future fracture.

 A primary care project was undertaken by a federation of GPs in West Northumberland. General Practices working at scale have the opportunity to deliver population outcomes at scale.



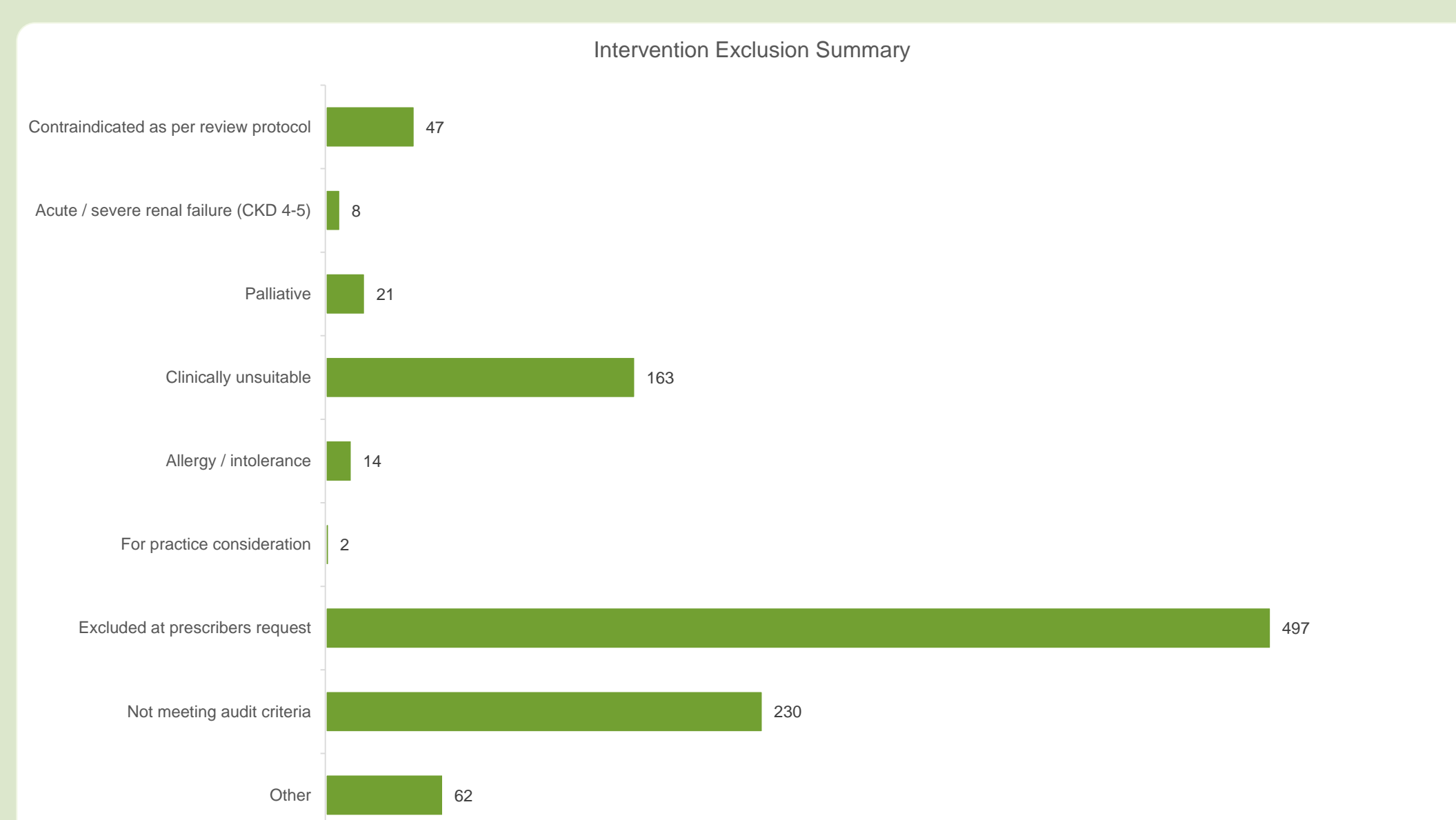
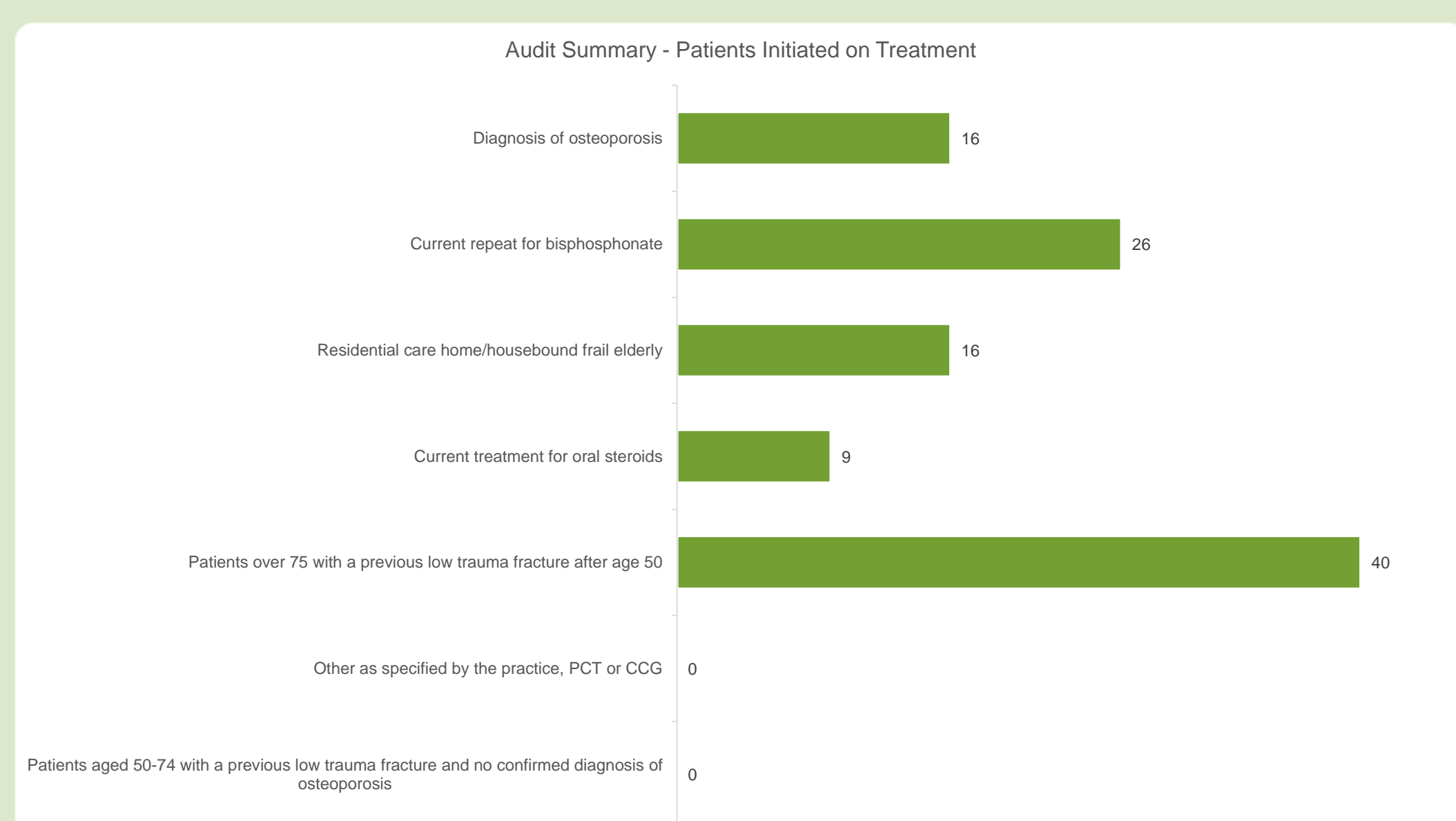
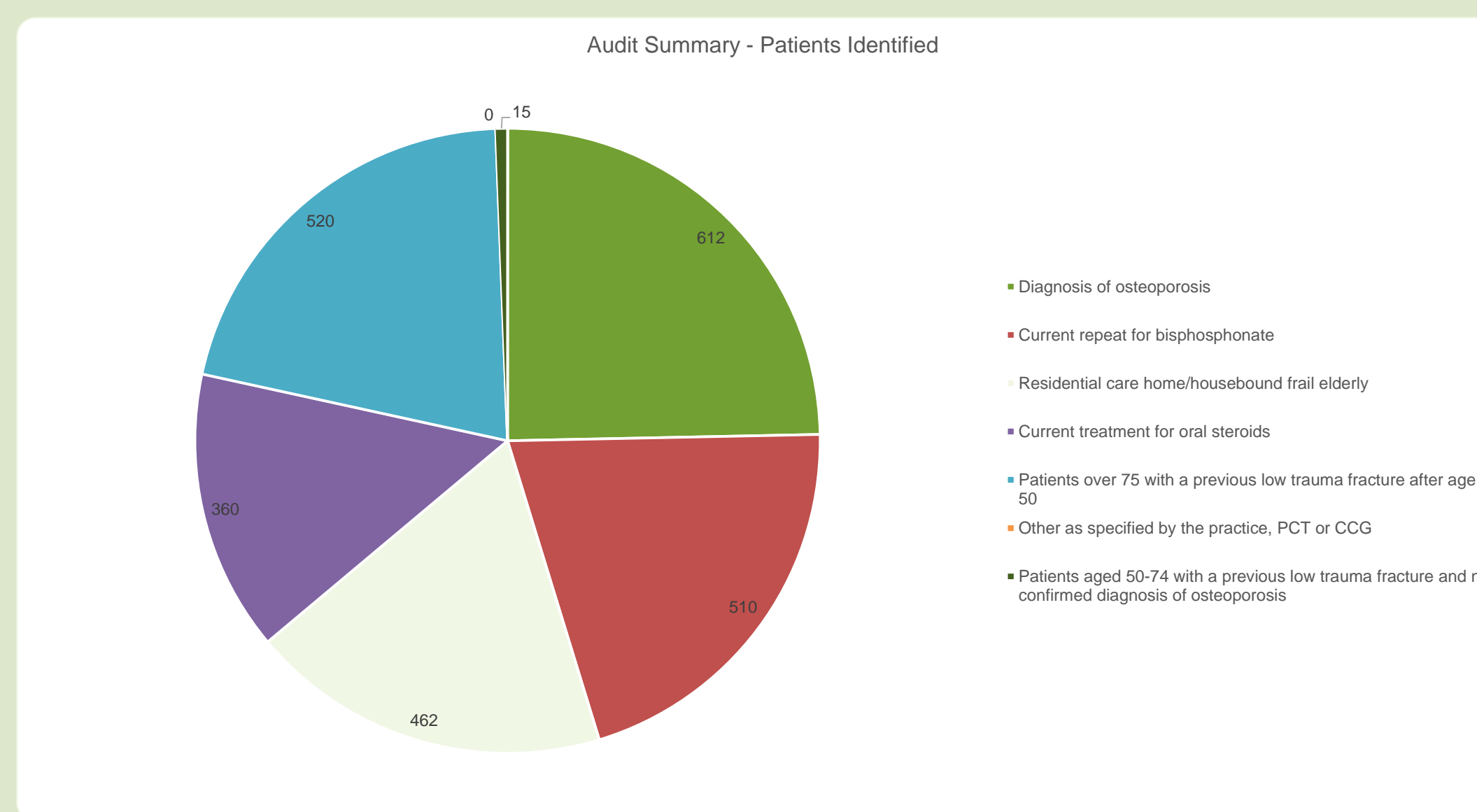
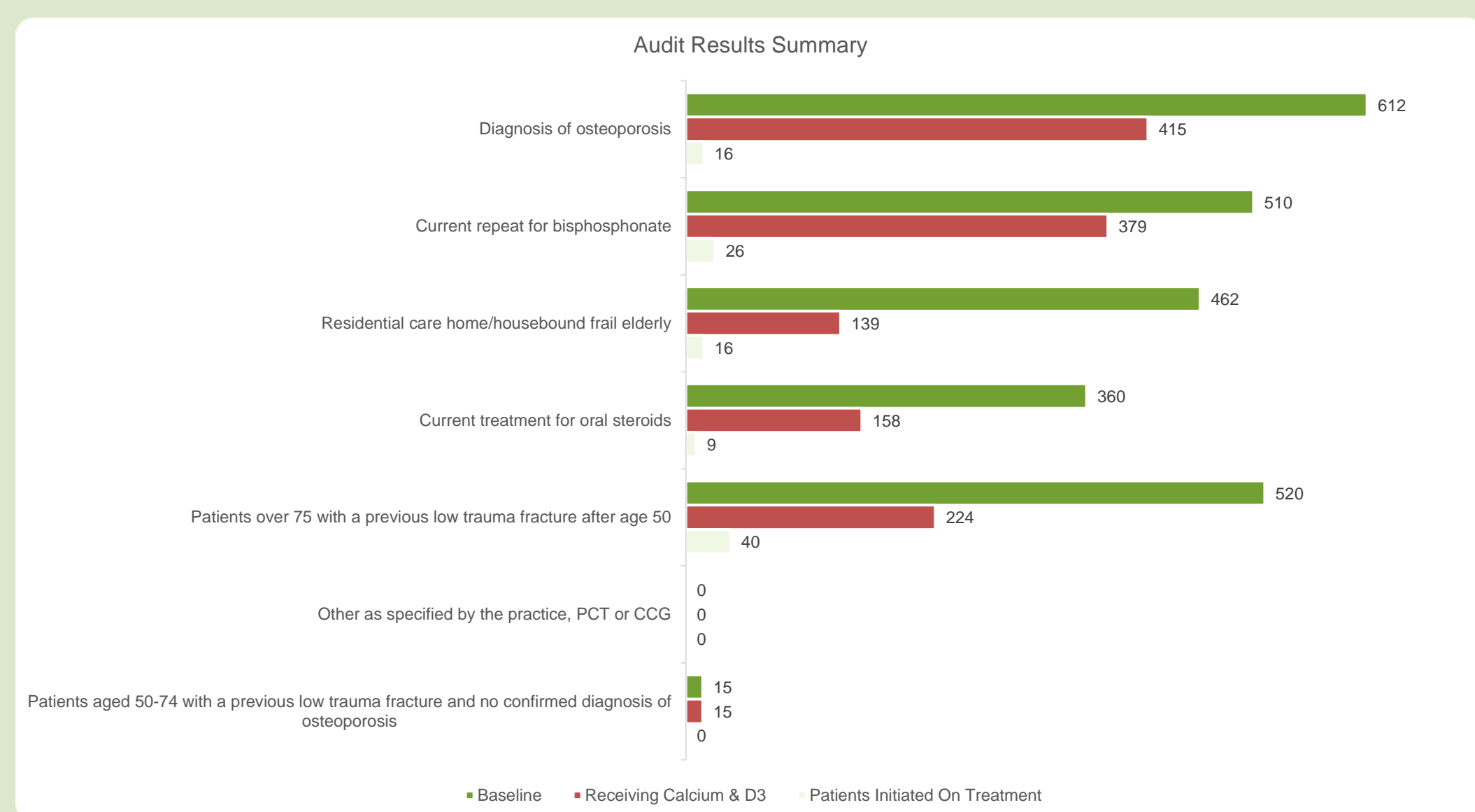
Agree audit programme (standard audit protocol)

Systematic clinical audit

Case review in line with national guidelines

Therapeutic intervention (medicine optimisation, advice etc.)

## Initial findings - NHS Cumbria CCG Dashboard summary



\*Results based on 6 practices in the region reviewed (out of 89 in total)