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Fracture Prevention Clinic at Yangon General Hospital (YGH). A 6-month review.

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Background

Worldwide 1 in 3 women and 1 in 5 men over the age of 50 suffer from osteoporotic fractures. Around 80% of these patients are not screened and treated appropriately. In 2016, 177 women and 132 men were admitted to YGH with hip fractures. This signifies that preventative measures should be implemented to assess for osteoporosis and treat accordingly. YGH commenced a weekly Fracture Prevention Clinic in November 2017, organised by the department of Diabetes and Endocrinology in collaboration with orthopaedics and rehabilitation.

Objective

To improve recognition and management of osteoporosis.

Materials and Methods

6-month prospective data collection from January 2017 following new referral pathway. Regular education sessions have been delivered to promote the clinic and raise awareness.

Results

99 new patients were seen in clinic; 85 women and 14 men. 59% aged 51-70 and 24% over 70 years.

Primary sources of referral were from rehabilitation medicine (39%), endocrinology (21%) and general medicine (12%).

Commonest risk factors were prior fracture (41%), thyroxine/steroid use (26%) and history of inactive lifestyle/falls (24%). Smoking and alcohol intake were infrequent risk factors (1% and 2%).

74% patients were diagnosed with osteoporosis and 19% osteopenia. Among these, 31% have been investigated for secondary causes. Standard treatment was with alendronic acid and calcium with vitamin D supplements.

Conclusion

To reduce the health and economic burden, improving recognition and management of osteoporosis will improve care of patients with osteoporosis at YGH.

Hospital clinical practice guidelines have been produced to reinforce YGH's motivation to improve osteoporosis care.