Service Priorities and Programmes
Electronic Presentations

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The first step of secondary fragility fracture prevention: empowering patients through education
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Introduction
A multidisciplinary program aiming at prevention of secondary fragility fracture among geriatric hip fracture patients has been implementing in O&T, CMC since 2Q2012. The key service provides to target in-patients including early commencement of anti-osteoporosis medication, bone density testing, designated follow up clinic. Nurses are in the league to start off patient empowerment in bone health management by delivery of different mode of in-patient education and counselling.

Objectives
- To raise patients and their caregivers awareness on the prevention of future falls and fractures
- To develop patient knowledge and behavior regarding the correct method of taking oral bisphosphonate

Methodology
1. Group teaching on fall prevention tips, information on osteoporosis and bone health advice in a bi-weekly health education talk. A quiz with 10 related questions are administered one day later to test the extent of information retention. 2. Individual patient bedside education and counselling on taking of oral bisphosphonate with nursing team effort. Nurses are designated with various educational interactions along patient’s hospitalization e.g. education, observation, ad hoc checking, caregivers communication. This series of activities begin right after the medication is prescribed. Patient’s understanding is assessed by a 9-items assessment administered before starting 1st dose and upon patient discharge.

Result
In 2013, 260 episodes of nurse-patient designated interactions (made by 6 nurse
supervisors; 14 RNs & 8 ENs) and 22 sessions of health education talk were given to 81 and 119 patients with mean age 80 and MMSE score 21(range 12-30). In the medication counselling group, average score of understanding changed from 1.2 to 7. There were 31 (46%) out of 81 got full 9 marks in the final assessment. By the end of first year post discharge, oral anti-resorptive medication was still actively dispensed to 51(63%) patients. There were 56 (47%) out of 119 education talk attendants responded and returned the quiz. The resultant mean score was 8 (range 5-10). Their readmission rate to O&T specialty because of falls and fractures within one year post discharge was 5.7%. Discussion In-hospital patient education in different modes of interactions improves bone protection knowledge which is the vital initial step in patient empowerment to combat the risk of secondary fragility fracture. To move on, the next concern is the adherence to the therapy and health advice after patient discharge. The extended nurse practice from bedside to community: nurse-led follow up and monitoring are the options to support patients to lead safe and quality life after fracture.