Fracture Liaison Service of Fragility Fracture Elderly-A Comprehensive Patient Journey
Yiu WY(1), Chu KK(1), Leung LM(1), Kong CY(1), Hsu YC(1), Wong NM(1), Chan CW(1)
(1) Orthopaedics & Traumatology, United Christian Hospital

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Introduction
Introduction: With the rapid rise in the elderly population, the number of patients with osteoporosis and fragility fractures have been increasing in Hong Kong. It is essential to discuss with patients with fragility fracture about the strategies on preventing secondary fractures. Therefore, Fragility Fracture Clinic (FFC) and Fragility Fracture Nurse Clinic (FFNC) have been established in United Christian Hospital since December 2013.

Objectives
Objectives: To prevent from the secondary fracture of fragility patients due to fall.

Methodology
Methodology: Patients with hip fracture are scheduled to attend both FFC and FFNC after discharged. Advanced Practice Nurses of O&T provide structural assessment for patients with osteoporosis including both non-pharmacological and pharmacological therapy.

Result
Results: A total of 117 patients attended both FFC and FFNC between December 2013 and Mach 2014. Of them, 88 were females (73.5%) and 31 were males (26.5%). The mean age for female and male patients was 84.0 (55-108); and 82.9 (69-95) respectively. A majority are not smokers and drinkers. 32 patients (27.3%) were prescribed with oral bisphosphonate, whereas 111 patients (94.9%) with Calcium and Vitamin D supplement. In addition, there was no patient readmitted for
fall using a comprehensive fall assessment during the study period. We use the Falls Risk Assessment Tool (FRAT) to assess the falls risk of our patients instead the Morse Fall Scale in our clinic. Morse Fall Scale is more suitable for inpatients but FRAT can provide a comprehensive overall picture of fall risks that includes polypharmacy, problems with mobility, lower-extremity strength, history of falls and cognitive impairment. Conclusions: For the fragility fracture management, the key element is to proactively identify those patients at risk of secondary fracture through patient engagement and education. The FFC and FFNC have showed its value to drive a comprehensive patient journey for geriatric patients with hip fracture.