To improve education and long-term management of bone health for people who sustain a fragility fracture

Linda Linton, GP Advanced Physiotherapy Practitioner (APP), Midlothian

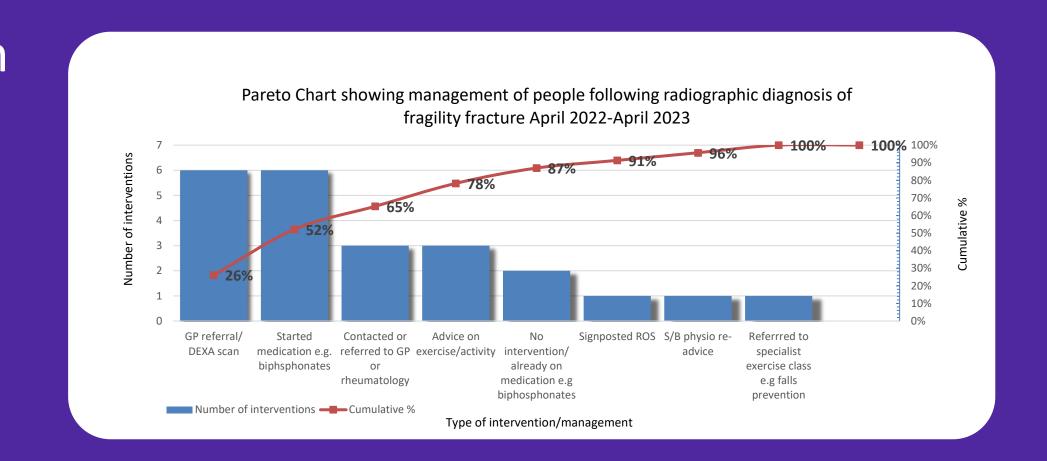
Background

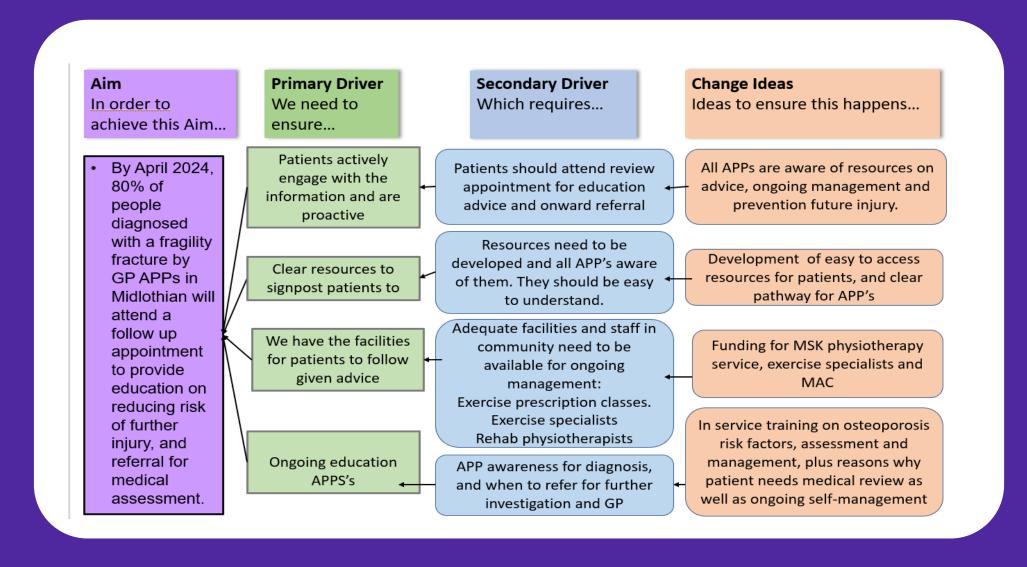
 Back pain is one of the most common musculoskeletal conditions seen in GP practice and accounted for over 3000 GP APP contacts in Midlothian 2022-23.

 In one Midlothian GP Practice, 7/10 patients referred for spinal Xray had a diagnosis of fragility fracture.

Problem

There is variable follow-up on advice on reducing further fragility fractures, signposting to resources, and ensuring people understand their condition. We investigated this by Pareto Chart.





Intervention

AIM: People diagnosed with fragility fracture by GP APPs in Midlothian (aiming for 80%) follow primary care pathway plus attend follow-up appointment for education and resources on reducing risk of further injury.

Strategy for change

Discussion throughout during monthly staff meetings

Development resources

GP APP awareness primary care pathway, risk factors, education, resources, signposting available to people

Trial resources with a colleague, act on feedback, disseminate via in-service training all staff

• Compile resources risk • Resources welcomed factors, management, • Create a patient user signposting, onwards friendly language referral. resource. Distribute resources to a • Agree they need to be colleague to trial, collate easily accessed. feedback and make changes. **PLAN** DO **STUDY ACT** All staff proactive Increased GP APP Patients may not engage awareness primary care or attend follow-up pathway vertebral fragility fracture. appointment. Patients to return for All patients have medical follow-up GP APP. review and may not feel they need to see GP APP.

Effects of change

80% patients diagnosed with fragility fracture
March 2024 – August 2024 attended a follow-up appointment with GP APP for advice on risk factors, signposting and education.

NEXT STEPS: impact on patients – PREM, focus groups

"this is fab –
very much
needed"

Lessons learnt and message for others

Ensure all colleagues are involved from the start, and engaged in the process



