

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

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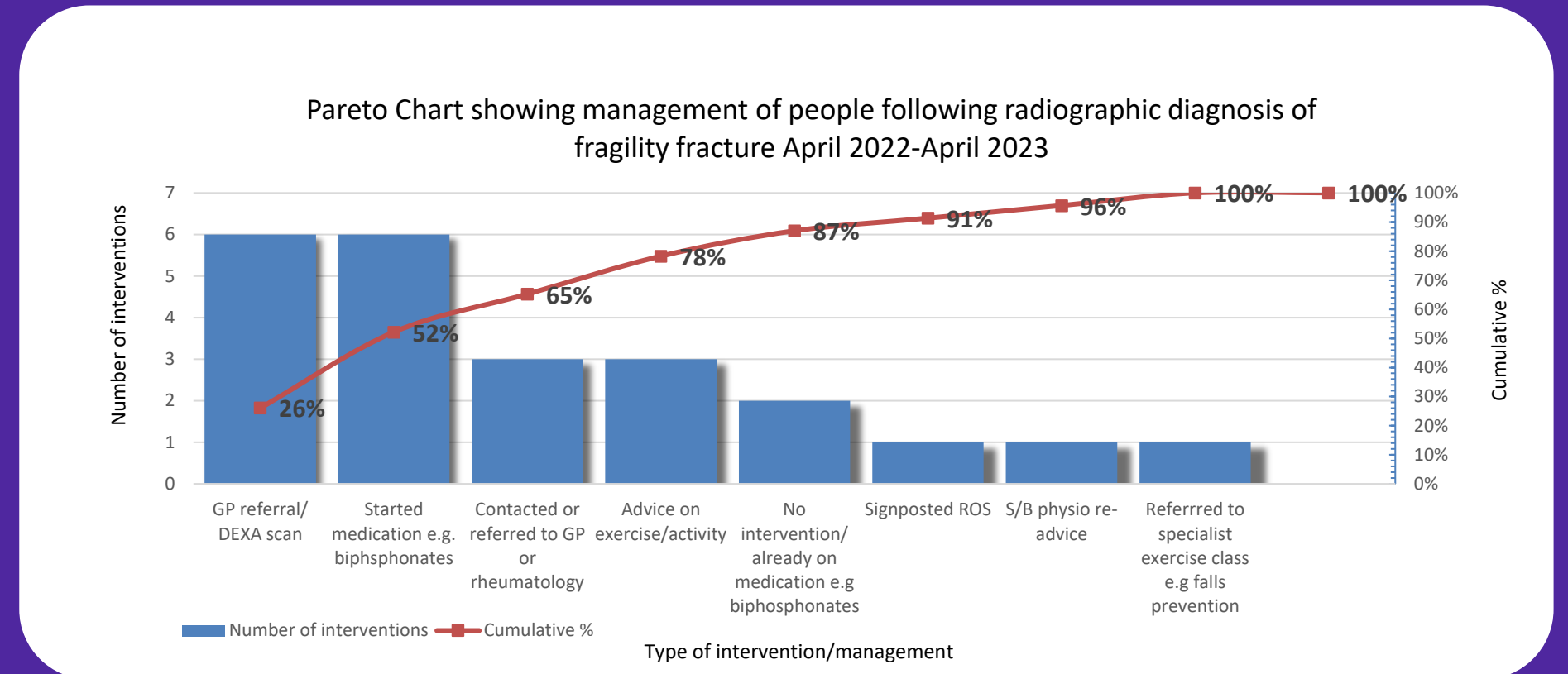


## Background

- 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.

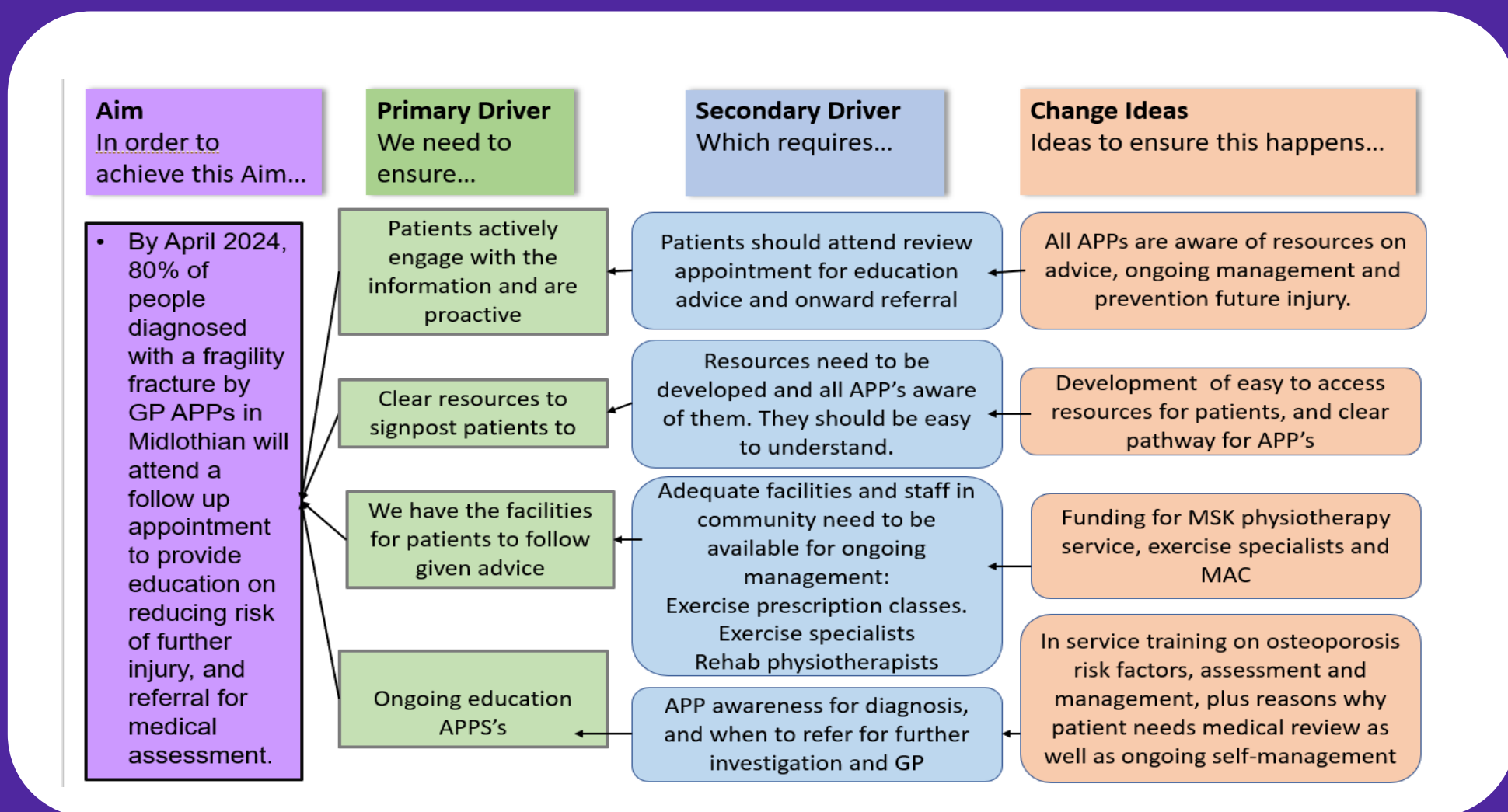
There is variable follow-up on advice on reducing further fragility fractures, signposting to resources, and ensuring people understand their condition. We investigated this by Pareto Chart.

## Problem



## 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.

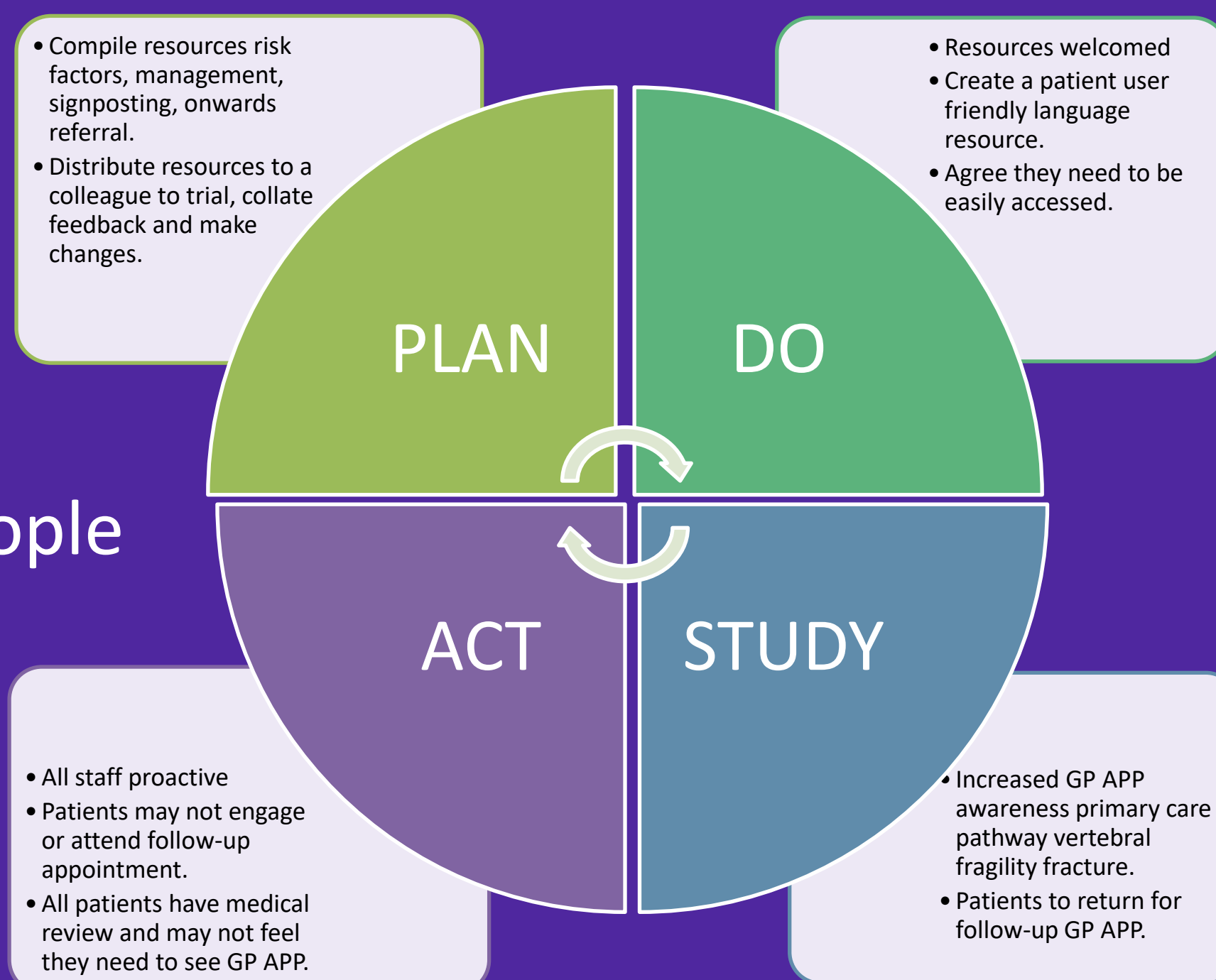


## Strategy for change

- 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

## 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