

Improving Osteoporosis Screening through Implementation of a Standardized Visit Template

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Background

- Osteoporosis is the leading cause of fractures among postmenopausal women
 - 50% of all women have a fracture
 - 15% with hip fracture
- Current guidelines recommend screening of all women ≥ 65 years
- Screening often inadequate

Objectives

- To determine rate of osteoporosis screening
- To increase rate of osteoporosis screening and counseling for adequate Calcium intake

Methods (sample)

- Study design:
- Setting / participants:
- Inclusion / exclusion / dates:
- [Intervention, survey content, etc.]
- Outcome / Dependent variables:
- Independent variables:
- Analysis:

Methods

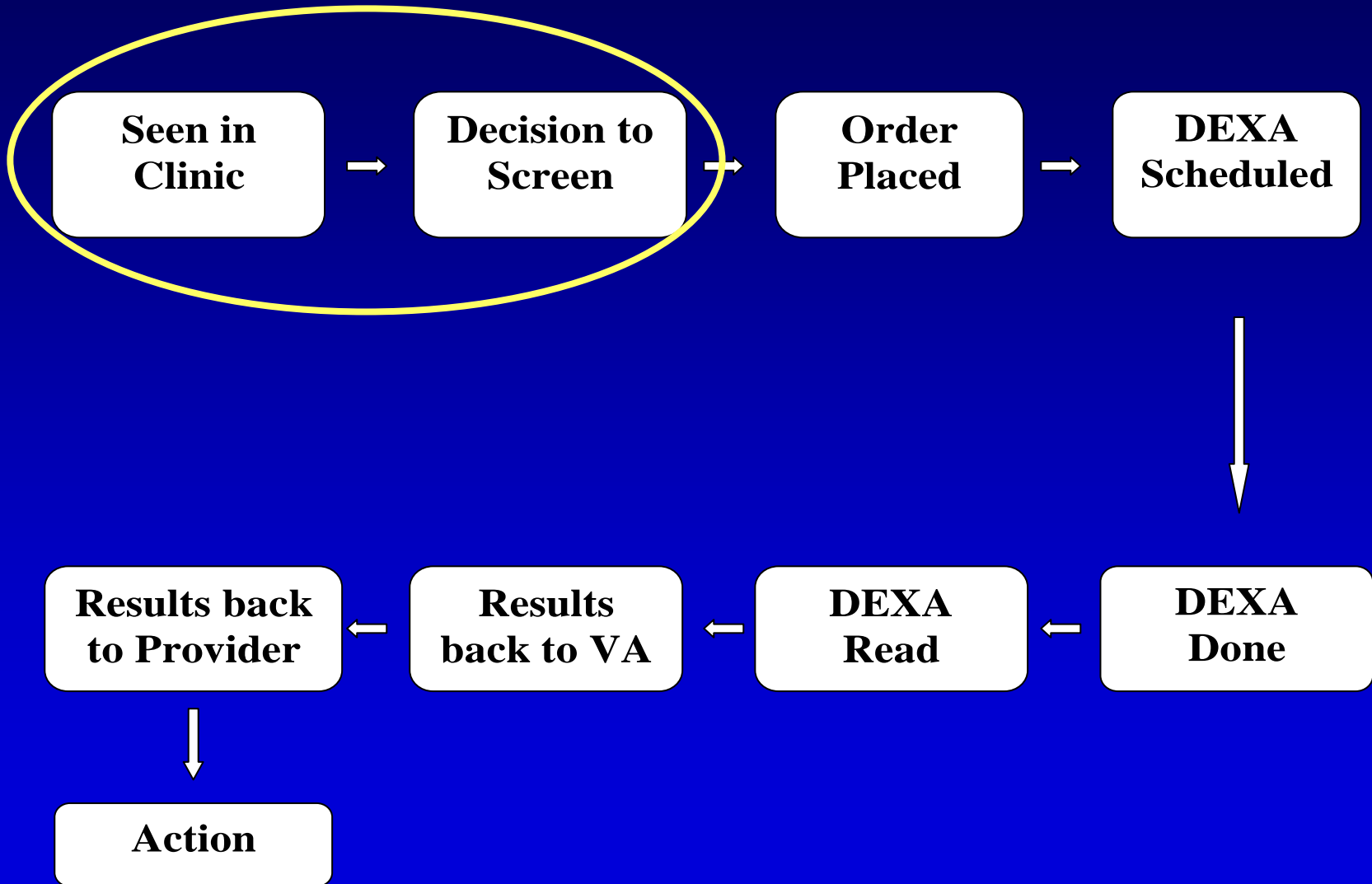
- Design: Pre-post intervention
- Setting: All women ≥ 65 years seen in Birmingham VA women's clinics by participating providers

Pre-post Intervention Design

- Baseline data
 - August 2002 – July 2003
- Intervention
- Follow-up data
 - March 2004 – August 2004

Chart Review

- Computerized Medical Record System (CPRS)
 - Demographic data
 - Dual energy x-ray absorptiometry (DEXA) order or results
 - Evidence of counseling for adequate calcium intake



Intervention

- Provider education
 - Brief didactic on current guidelines and recommendations
- CPRS template
 - Designed for routine women's clinic visit
 - “Point-and-click”

Family history of breast cancer: Yes No

Family history of colon cancer: Yes No

Family history of osteoporosis: Yes No

Calcium supplements: Yes No

Vitamin D supplements: Yes No

HRT: Yes No

PE:

T: 99 F (37.2 C) (12/05/2003 09:00)

HR: 82 (12/05/2003 09:00)

BP: 130/70 (12/05/2003 09:00)

WT: 200 lb [90.9 kg] (12/05/2003 09:00)

Breast:

Axilla:

Abdomen:

Pelvic:

Rectal:

Assessment and plan:

Breast cancer screening:

Counseled on self-breast exam

Schedule MMC

Cervical cancer screening: Send Pap smear

Osteoporosis surveillance:

Counseled on vitamin D/calcium intake

order DEXA

Contraception:

counseled on safe sex

* Indicates a Required Field

Preview

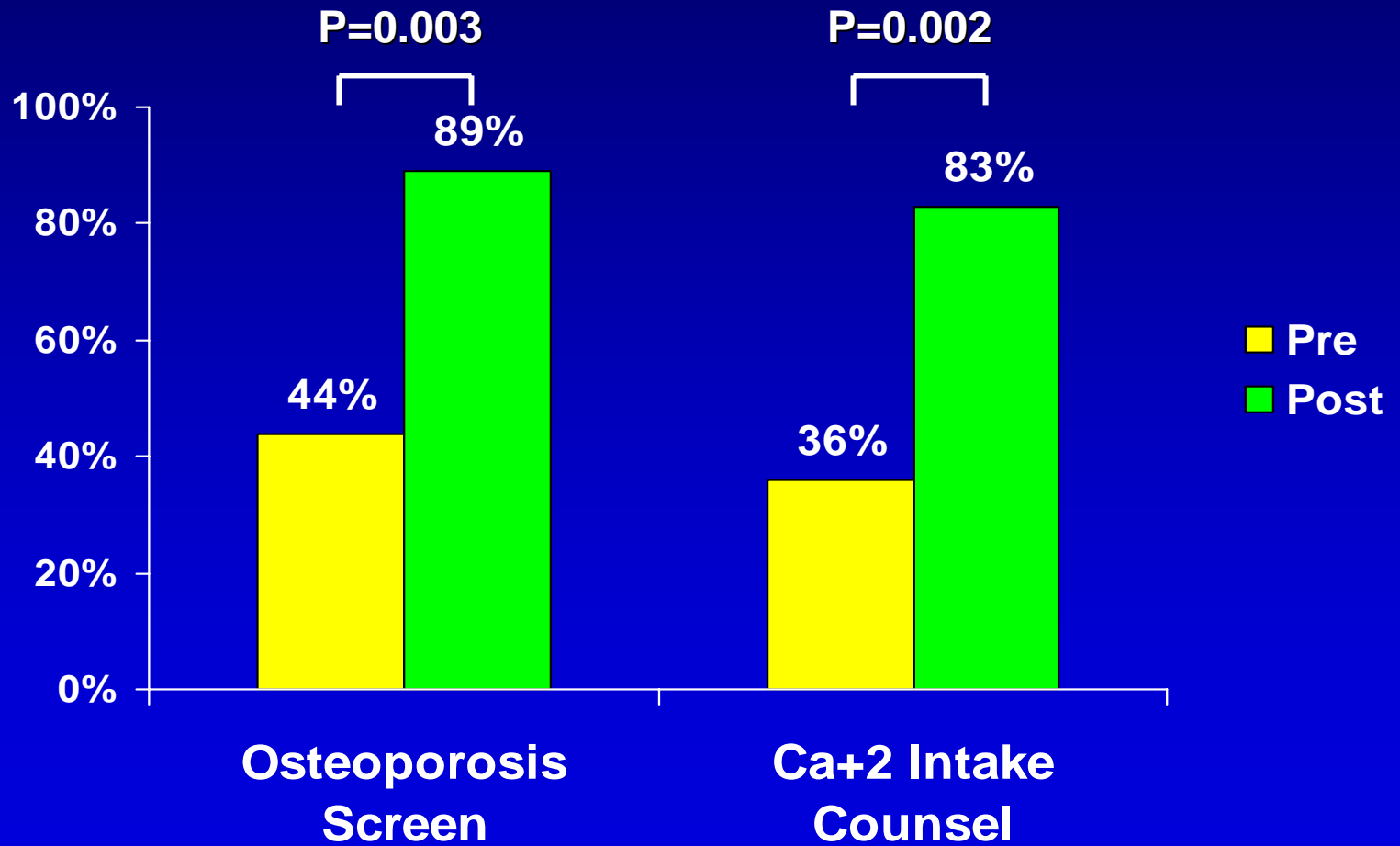
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Results

	Pre (N=25)	Post (N=18)	P-value
Mean age, years	74.0	73.3	0.71
% Caucasian	89	92	0.73
Mean Weight, Lbs	167.9	162.3	0.66

Results

- Osteoporosis screening increased from 44% to 89% ($p=0.003$)
- Documenting Calcium intake counseling increased from 36 to 83% ($p=0.002$)
- Providers used template 89% visits



Limitations

- Small number of participants
- Two clinics at single VA Medical Center
- Limited follow-up

Conclusions

- Implementation of a standardized visit template and provider education markedly increased osteoporosis screening rates at the VHA setting

Sustainability

- What happens after a study is completed?
- Since the completion of this study, patients fill in the adapted template in the waiting area



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