HOW TO COMMUNICATE EFFECTIVELY WITH PATIENTS about fracture risk and osteoporosis treatment

- **The Problem: Communication of risk is difficult**
  
  All too often, patients do not understand the link between osteoporosis and the high risk of fracture, and they may:
  - **under-estimate** the potentially severe consequences of fractures
  - **over-estimate** the very rare occurrence of serious side effects of anti-osteoporosis medication
  
  Take up of, and adherence to, anti-osteoporosis medication is poor.
  
  For example: with bisphosphonates 1/2 of patients stop their treatment after only 1 year\(^1,2\)

- **The Solution: Effective Physician-Patient Communication**

  By listening to patient concerns and clear communication and dialogue, physicians can help:

  - **Improve patient understanding & adherence to treatment**
  - **Stimulate patient involvement in treatment decisions**

### PATIENT-CENTRED CARE

**Effective Treatment Initiation Check List**

- Check patient’s risk of fractures by an **in-depth anamnesis**
- Evidence-based **diagnosis**
- Explain the **benefit** and potential **side-effects** of treatments
- Consider **patient’s needs and preferences**
- Check patient’s **concomitant medications**
- Give advice on **nutrition, lifestyle, fall prevention**

**The Osteoporosis & Fracture Risk Screening Tool**

An IOF resource to help primary care physicians initiate dialogue and communicate key points with their patients:

- Risk screening questions algorithm
- Key messages in benefit vs risk discussion
- Risk factors check
- Pictorial representation of personal probability of fracture over 10 years
- Relative risk reduction in fracture with treatment

**REFERENCES**


**MORE INFORMATION**

www.osteoporosis.foundation/health-professionals/treatment#vbp-7984