

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:



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

Download here



REFERENCES

1. Cramer, J.A., Osteoporos Int, 2007. 18(8)
2. Kothawala, P., Mayo Clin Proc, 2007. 82(12)

MORE INFORMATION

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