



FLS Bone Health ECHO® TeleECHO Clinic

- We will be recording this TeleECHO Clinic for educational and quality improvement purposes.
- **By participating in this clinic you are consenting to be recorded.**
- If you do not wish to be recorded, please email andrea.medeiros@nof.org at least one week prior to the TeleECHO Clinic you wish to attend.
- Please type in your name, location, and email address in the chat.

Clinic will start in less than 15 minutes

Some Helpful Tips

- Please mute your microphone when not speaking
- Position webcam effectively so you can be seen
- Communicate clearly during clinic:
 - Speak clearly
 - Use chat function as needed

- Project ECHO's goal is to protect patient privacy
 - To help Project ECHO accomplish that goal, please only display or say information that doesn't identify a patient or that cannot be linked to a patient.

References:

For a complete list of protected information under HIPAA, please visit www.hipaa.com

Common HIPPA Identifiers

- Common HIPAA Identifier Slip-Ups and Easy Ways to Protect Patient Privacy
 - 1st – **Names:** Please do not refer to a patient's *first/middle/last name* or use any *initials*, etc. Instead please use the *ECHO ID*.
 - 2nd – **Locations:** Please do not identify a patient's *county, city or town*. Instead please use only the patient's *state* if you must or the *ECHO ID*.
 - 3rd – **Dates:** Please do not use any dates (like *birthdates*, etc.) that are linked to a patient. Instead please use only the patient's *age* (unless > 89)
 - 4th – **Employment:** Please do not identify a patient's *employer*, work *location* or *occupation*. Instead please use the *ECHO ID*.
 - 5th – **Other Common Identifiers:** Do not identify patient's *family* members, *friends, co-workers, numbers, e-mails*, etc.

Today's Presenters

- Ami Patel, MBA, Director, Professional Education and Medical Affairs
 - Disclosures: None
- Andrea Portillo Medeiros, MPH, Director, Projects, Policy and Membership
 - Disclosures: None



NATIONAL
OSTEOPOROSIS
FOUNDATION

NOF 2020-2021 Healthcare Provider Resources

April 8, 2021



Objectives

- Educate the audience about NOF's resources for clinicians interested in Bone Health and FLS
- Discover NOF's FLS tools to support professional development and clinical education

COVID-19 Updates & Resources

<https://www.nof.org/news/covid-19-updates-and-resources/>


COVID-19 Webinars

- HCP Webinar: April 2020
 - <https://vimeo.com/408953186>
- Patient & Caregiver Webinar: June 2020
 - <https://vimeo.com/427823538>

COVID-19 Publications

Viewpoints | [Open Access](#) | Published: 08 February 2021

COVID-19 and effects on osteoporosis management: the patient perspective from a National Osteoporosis Foundation survey

[A.J. Singer](#) , [N.R. Fuggle](#), [C.B. Gill](#), [A.R. Patel](#), [A.P. Medeiros](#) & [S.L. Greenspan](#)

[Osteoporosis International](#) **32**, 619–622(2021) | [Cite this article](#)

COVID-19 Publications

Viewpoints | [Open Access](#) | Published: 08 February 2021

How has COVID-19 affected the treatment of osteoporosis? An IOF-NOF-ESCEO global survey

[N. R. Fuggle](#), [A. Singer](#), [C. Gill](#), [A. Patel](#), [A. Medeiros](#), [A. S. Mlotek](#), [D. D. Pierroz](#), [P. Halbout](#), [N. C. Harvey](#), [J.-Y. Reginster](#), [C. Cooper](#) ✉ & [S. L. Greenspan](#)

[Osteoporosis International](#) 32, 611–617(2021) | [Cite this article](#)

NOF Webinars

Webinars

OSTEOPOROSIS IN THE BLACK COMMUNITY

PRACTICAL TIPS AND ACTION



FACTS

THE MOST COMMON TYPES OF OSTEOPOROTIC FRACTURES* ARE

 Spine

 Hip

 Wrist

*FRACTURES INCREASE WITH AGE

BLACKS HAVE LOWER PREVALENCE OF OSTEOPOROSIS

2.5% HIGHER BMD than East Asians



4.5% HIGHER BMD than European

DISPARITIES IN OSTEOPOROSIS SCREENING

 Black men and women often go undiagnosed

 The Black community is less likely to be screened: 8-20% less likely depending on age

REASONS FOR DISPARITIES IN FRACTURE OUTCOMES

1 Screening: 5-20% lower in the Black community

2 Treatment: Greater time to surgical repair: 44% to 200% higher odds of surgical repair >2 days

3 Improper rehabilitation: 30% higher odds of not receiving PT

4 Risk factors in the Black community

5 Patient knowledge and awareness

RISK FACTORS FOR OSTEOPOROSIS

1 High BMI

2 Poor Nutrition

3 Vitamin D Deficiency

4 Secondary Risk Factors

- Diabetes
- Stroke
- Sickle cell disease
- Breast Cancer
- Lupus

PROPER NUTRITION

 Inadequate nutrition leads to significant loss of bone and place individuals at an increased risk of fracture

 Black Americans may be at an increased risk for osteoporosis due to lack of calcium and Vitamin D

CALCIUM (DIETARY SOURCES)

DAIRY
Cheese, Yogurt, Milk

FISH
Sardines or Canned Salmon

BEANS
Lima Beans, Kidney Beans

NUTS
Almonds

CERTAIN DARK LEAFY GREENS
Collard Greens, Spinach, Kale

FORTIFIED FOOD
Bread, Cereal, Soy Products

VITAMIN D

FATTY FISH
Salmon, Trout, Tuna

BEEF LIVER

EGG YOLKS

EXERCISE/BALANCE

 Good balance will decrease your risk of falling

 Fall Prevention exercises will improve balance and reduce your risk of falling
Work with a physical or occupational therapist for a detailed assessment of your needs

BENEFITS OF REGULAR EXERCISE

1 Increase muscle strength

2 Improve balance

3 Decrease risk of bone fracture

4 Maintain/improve posture

5 Relieve/decrease pain

Webinars



PROTECTING YOUR FRAGILE SPINE DURING THE CORONAVIRUS PANDEMIC

Webinar targeting healthcare professionals with knowledge needed to prevent, diagnose and/or treat spine fractures during the COVID-19 Pandemic

WEDNESDAY, FEBRUARY 24, 2021
1:00 PM TO 2:00 PM EASTERN TIME
(US AND CANADA)

FACULTY

ANDREA J. SINGER, MD, FACP, CCD

Director, Women's Primary Care

Director, Bone Densitometry

*Department of Obstetrics
and Gynecology*

*MedStar Georgetown
University Hospital*

JOSHUA HIRSCH, MD

*Vice Chair Procedural Services
and Service Line Chief of
NeuroInterventional Radiology*

Chief, Interventional Spine Service
Associate Departmental Quality Chair
Neuro Interventional Radiology
Massachusetts General Hospital

<https://vimeo.com/516386551>

Webinars



PROTECTING YOUR FRAGILE SPINE DURING THE CORONAVIRUS PANDEMIC

Webinar targeting patients/caregivers focused on what they need to know to prevent spine fractures, and tips on how to manage safe movement and exercise at home, to avoid crowded areas that cause a higher risk for contracting COVID-19.

WEDNESDAY, MARCH 17, 2021
1:00 PM TO 2:00 PM EASTERN TIME
(US AND CANADA)

FACULTY

A. ORLANDO ORTIZ MD, MBA, FACR
Professor & Chairman,
Department of Radiology
Jacobi Medical Center
Bronx, New York

<https://vimeo.com/525111508>

Coming Soon!

ISO2021



INTERDISCIPLINARY SYMPOSIUM
ON OSTEOPOROSIS
VIRTUAL CONFERENCE

SAVE THE DATE

MAY 12-14, 2021

AMERICA'S LEADING CLINICAL
CONFERENCE ON BONE HEALTH

Coming Soon

- National Osteoporosis Month
 - Coming Soon:
 - Digital Calendar
 - April 28th webinar with NY Physical Therapy Group
 - Social media toolkit (includes posts & shareable art)
 - Press Release
 - Podcast

Resources

- Encourage patients to learn about bone health and active aging strategies via **Bone Talk**, NOF's informative podcast & blog
 - <https://www.bonetalk.org/>
- Complete your CME requirements via courses on demand on **NOF's Professional Learning Center**
 - <https://cme.nof.org/>
- Join NOF's Professional **Membership**
 - <https://www.bonesource.org/membership>

NATIONAL OSTEOPOROSIS FOUNDATION



**BONE HEALTH
POLICY INSTITUTE**

CATALYZING PROGRESS IN BONE HEALTH

Update

Medicare Cost of Osteoporotic Fractures

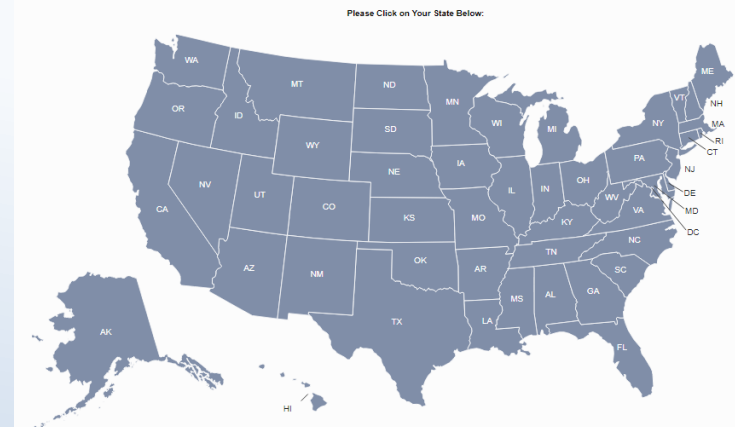
- NOF contracted with the independent actuarial firm Milliman to analyze the state-by-state economic and clinical impact of osteoporotic fractures suffered by Americans insured by Medicare.
 - These reports provide the latest and most detailed state-level review of the incidence of osteoporotic fractures, their health care impact and associated Medicare costs
 - Updates the 2019 report using a larger data source and more recent data

<https://www.bonehealthpolicyinstitute.org/state-reports-2021>

[Click here](#) to download the key findings report.

To view the recording of the virtual briefing [click here](#).

View the State-By-State Reports, Full Report, Supplemental Report and Infographic Summary below.





MEDICARE COST OF OSTEOPOROTIC FRACTURES

THE CLINICAL AND COST BURDEN OF AN
IMPORTANT CONSEQUENCE OF OSTEOPOROSIS

The objective of this report is to provide national and state-level insights into the economic and health impact of osteoporotic fractures on Medicare FFS beneficiaries and the Medicare program.



OSTEOPOROTIC FRACTURES EXACT A HUGE HUMAN AND ECONOMIC TOLL

Approximately
1.8 MILLION
Medicare beneficiaries
suffered approximately
2.1 MILLION
OSTEOPOROTIC
FRACTURES
IN 2016

The total estimated allowed
medical cost to Medicare FFS
in the six-month period
following subsequent
fractures that were suffered
up to three years following
an initial fracture in 2016 was
\$5.7 BILLION

Actual total costs may be even higher

Preventing 20%
of subsequent
fractures in
Medicare FFS
could have
saved
\$1.1
BILLION
in 2016



OSTEOPOROTIC FRACTURE INCIDENCE, COSTS AND DEATHS VARY SUBSTANTIALLY IN MEDICARE FFS ACROSS THE STATES

The rate of osteoporotic fractures among the fifty states ranged from

LOWEST:
318.7 PER 10,000
IN HAWAII

HIGHEST:
472.2 PER 10,000
IN KENTUCKY

The average estimated 180-day incremental cost of a subsequent fracture ranged from

LOWEST:
ABOUT \$17,000 IN
ARKANSAS

HIGHEST:
WYOMING AT ABOUT
\$26,200



THERE ARE SUBSTANTIAL RACIAL/ETHNIC DISPARITIES IN FRACTURE INCIDENCE, CARE AND DEATHS

The report found that
**"FRACTURE RATES VARIED
SUBSTANTIALLY BY
RACE/ETHNICITY"**

After adjusting for differences in age and sex, the analysis shows that

**NORTH AMERICAN
NATIVES SUFFERED
FRACTURES AT A RATE
20% HIGHER THAN THE
NATIONAL AVERAGE**

While suffering fewer initial fractures and subsequent fractures,


**BLACK MEDICARE FFS
BENEFICIARIES HAVE
LOWER SCREENING RATES,
A HIGHER HOSPITALIZATION
RATE AND HIGHER DEATH
RATES FOLLOWING
FRACTURES**

Of those Black Medicare FFS Beneficiaries who suffered an osteoporotic fracture in 2016, 45% percent were hospitalized within 7 days of the fracture, compared to a national average of 42%.

Fracture Liaison Service Education

BoneSource

BoneSource Update




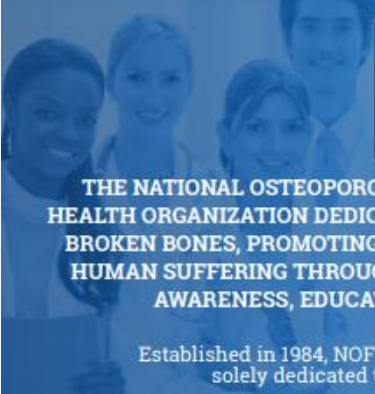
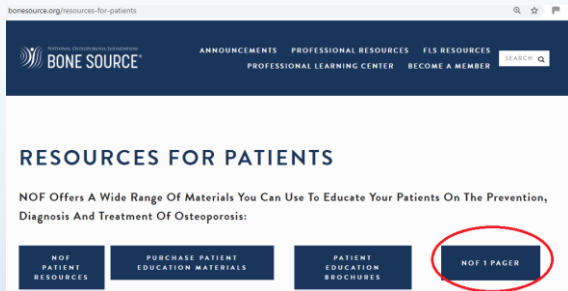
The image shows the BoneSource website header and banner. The header is dark blue with the National Osteoporosis Foundation logo and the text "BONE SOURCE" on the left. To the right of the logo are links: "ANNOUNCEMENTS", "PROFESSIONAL RESOURCES", "FLS RESOURCES", "PROFESSIONAL LEARNING CENTER", and "BECOME A MEMBER". A search bar with the text "SEARCH" and a magnifying glass icon is on the far right. Below the header is a banner image showing two healthcare professionals, a man and a woman, looking at a large X-ray of a human spine. Overlaid on the banner is the text "PROMOTING EXCELLENCE IN CLINICAL OSTEOPOROSIS CARE". Below the banner is a white box containing text about BoneSource.

**PROMOTING EXCELLENCE IN
CLINICAL OSTEOPOROSIS CARE**

BoneSource®, NOF's professional program, promotes excellence in clinical care for all healthcare professionals involved in the prevention, diagnosis, and treatment of osteoporosis. Through the BoneSource website, we offer a variety of programs, tools, and resources to meet the unique needs of healthcare professionals who provide bone health care. Join NOF as a professional member to gain full access to BoneSource.

- What is most useful?
- What is least useful?
- How can we improve?

NOF 1 Pager



THE NATIONAL OSTEOPOROSIS FOUNDATION (NOF) IS THE LEADING HEALTH ORGANIZATION DEDICATED TO PREVENTING OSTEOPOROSIS AND BROKEN BONES, PROMOTING STRONG BONES FOR LIFE AND REDUCING HUMAN SUFFERING THROUGH PROGRAMS OF PUBLIC AND CLINICIAN AWARENESS, EDUCATION, ADVOCACY AND RESEARCH.

Established in 1984, NOF is the nation's only health organization solely dedicated to osteoporosis and bone health.

WHAT IS OSTEOPOROSIS?

Osteoporosis is a bone disease that occurs when the body loses too much bone, makes too little bone or both. As a result, bones become weak and may break from a fall or, in serious cases, from sneezing or minor bumps.

Osteoporosis is common: Approximately 54 million Americans have osteoporosis and low bone mass. An estimated one in two women and up to one in four men age 50+ will break a bone during their lifetime due to this debilitating disease.

TAKE ACTION

SIMPLE STEPS TO PROTECT YOUR BONES

- ✓ Get enough calcium and vitamin D.
- ✓ Eat a well-balanced diet with foods that are good for bone health, like fruits and vegetables.
- ✓ Exercise regularly; weight-bearing exercises are critical for bone health.
- ✓ Don't smoke and limit alcohol intake.

PATIENT SUPPORT

USE THESE RESOURCES TO CONNECT WITH FELLOW OSTEOPOROSIS PATIENTS OR TO GET INVOLVED IN HELPING THOSE SUFFERING FROM THE DISEASE.

- ➔ **JOIN OUR ONLINE COMMUNITY**
www.nof.org/patients/patient-support/osteoporosis-support-community/
- ➔ **JOIN AN NOF SUPPORT GROUP**
www.nof.org/patients/patient-support/nof-support-groups/
- ➔ **LEARN FROM OTHERS' INSPIRATIONAL EXPERIENCES**
www.bonetalk.org/articles/category/Voices+of+Osteoporosis
- ➔ **PARTICIPATE IN OUR HEATHY BONES, BUILD THEM FOR LIFE® PATIENT REGISTRY**
www.nof.org/hbfl/

FOLLOW US

 @OSTEOPOROSISNOF  @NATIONALOSTEOPOROSISFOUNDATION

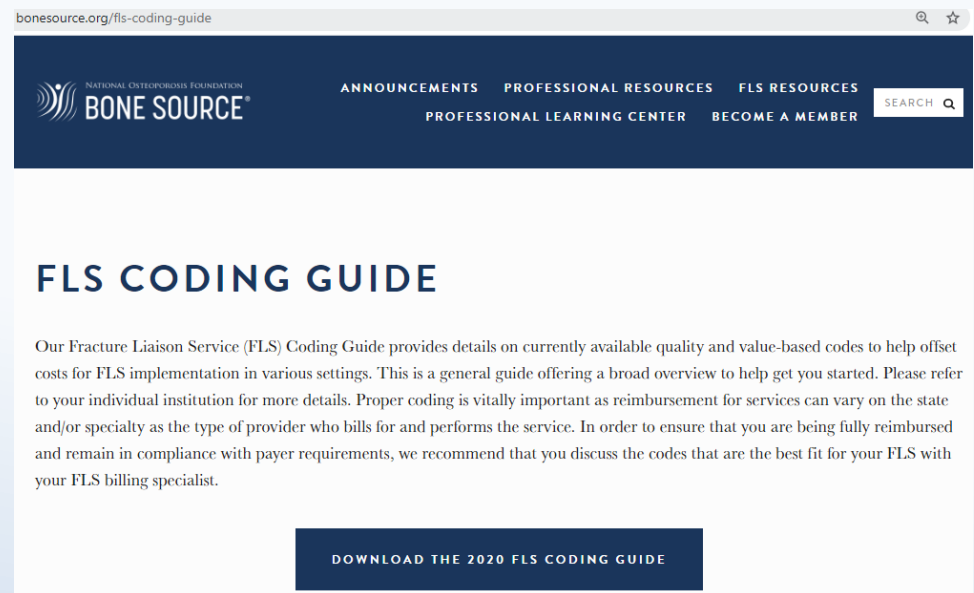
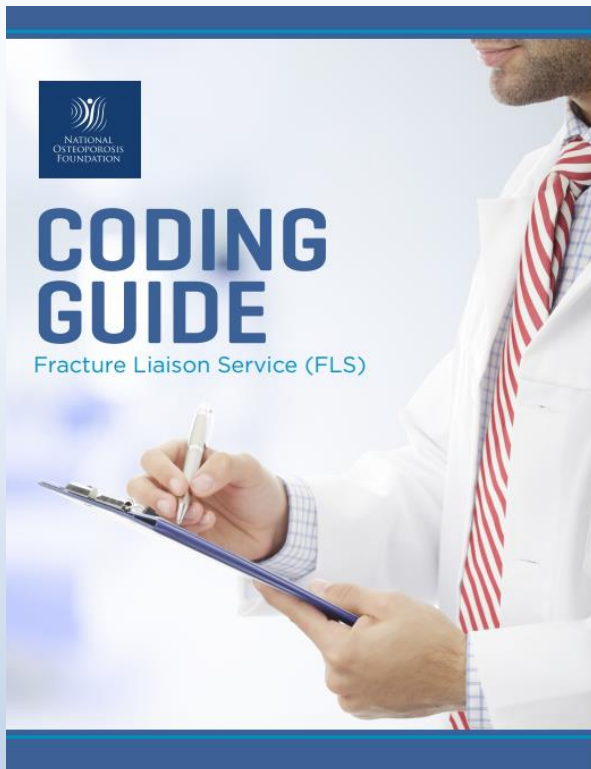
LEARN MORE AT WWW.NOF.ORG

FLS Resources

- FLS 1-on-1 consultation
 - <https://www.bonesource.org/how-to-implement-a-fls-program>
- FLS Certificate of Completion
 - 2021 recipients: 17
 - 2020 recipients: 95

FLS Coding Guide

- Codes to offset costs for FLS Implementation



<https://www.bonesource.org/fls-coding-guide>

FLS Care Pathway

- COMING SOON!
- Easy to navigate categories addressing level of progress toward FLS implementation & practice



Past FLS ECHO Topics

Recordings: <https://vimeo.com/showcase/6056468>

- FLS in Action
- Rheumatoid Arthritis & Osteoporosis
- Navigating Appeals
- Drug Holiday
- Bone Turnover Markers
- Pain Management
- Understanding SPEP Changes
- Creating a FLS Pathway
- Building Support for Your FLS w/ Other Specialties
- Spinal/Neuro Setting
- FLS Pyramid Plan
- Vertebral Compression Fractures
- Rare Bone Disease
- Risk Assessment
- Bone Density Pitfalls & TBS Utilization
- Anabolic bone building treatments after radiation therapy
- Appraising How & Which Lab Test Post-Fracture

Upcoming FLS ECHO Topics

- Comorbid Conditions and Osteoporosis
- Mayo Clinic's FLS Program
- Orlando Health's FLS Program
- FLS Reimbursement Model
- Healthy Bones Program and Implementing an Osteoporosis Program
- Post-Fracture Care in Adult Patients with Metabolic Bone Disorders

New Case Study Form!

FLS Bone Health TeleECHO™ Clinic Case Study

- <https://www.surveymonkey.com/r/FLSECHOCasStudy>

May 2021



Thank You!

