Fracture Prevention

Hunter New England Health has launched a project to reduce the number of fractures people sustain as a result of osteoporosis, by early identification and ongoing management and follow-up.

Did you know?

- 1.9 million Australians have osteoporosis (that’s 1 in 10 people)
- 1 person is hospitalised every 8.1 minutes as a result of osteoporosis
- 60% of females and 30% males over 60 years of age will fracture from osteoporosis
- 25% of people with a hip fracture die within 12 months
- 25% of people over 50 who sustain a hip fracture will require full time nursing home care
- 75% of osteoporosis is untreated and undiagnosed
- 105 people over the age of 50 present to the John Hunter Hospital Emergency Department with a fracture each month. This equates to 3.4 fractures per day and this group are considered at high risk of developing or having osteoporosis.

What is the Fracture Prevention Project trying to achieve?

The aim of this project is to identify those people over 50 who have broken a bone as a result of a simple trip or fall (minimal trauma), and get them referred to the Royal Newcastle Centre (RNC) Fracture Prevention Clinic for evaluation, assessment and follow-up management.

What are the risk factors for osteoporosis?

- Low dietary calcium
- Low vitamin D
- Lack of regular exercise
- Smoking
- Excess alcohol intake
- Previous fracture
- Chronic disease and multi pharmacy
- Early menopause without HRT
- History of maternal hip fracture related to osteoporosis.

What are the goals of the Fracture Prevention Project?

- To identify people who have sustained a minimal trauma fracture, for early intervention and reduction of the fracture cascade. (The cascade effect means that after one fracture, the risk of another fracture is four-fold. Following the second fracture the risk becomes nine-fold.)
- To reduce admissions due to re-fracture, by early intervention and treatment of osteoporosis.
- To utilise available resources more effectively. i.e. Fracture Prevention Clinic
- To increase the identification and management of osteoporosis as per NSW Health Chronic Disease Strategy.
- To monitor compliance with medication and improved lifestyle activities by follow-up phone calls.

What do we want people to know?

- Osteoporosis is more common than you think
- First fracture predicts subsequent fractures
- Many subsequent fractures are preventable
- 90% of males over 60 years of age are not currently investigated for osteoporosis.

What do we want staff to do?

We want staff to identify people at risk of osteoporosis and encourage specialists and GPs to refer them to the RNC Fracture Prevention Clinic.

Want to find out more?

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