

Osteoporosis management in women with a fracture (OMW)

Effectiveness of Care HEDIS® Measure

Measure definition

Female patients ages 67–85 who suffered a fracture and had **either** a bone mineral density test or received a prescription to treat osteoporosis within six months of the fracture.

Note: Fractures of the finger, toe, face, or skull are not included in this measure

Exclusions

Patients are excluded if they:

- Had a bone mineral density test 24 months prior to the fracture.
- Received osteoporosis therapy 12 months prior to the fracture.
- Received hospice care during the measurement year.
- Are age 81 or older with frailty.
- Are ages 67–80 with advanced illness and frailty (for additional definition information, see the *Advanced Illness and Frailty Guide*).
- Are deceased during the measurement year.
- Received palliative care between July 1 of the year prior to the measurement year through the end of the measurement year.

Patient medical records should include either

- A BMD test on the fracture date or within 180 days (six months) after the fracture. BMD test during an inpatient stay are acceptable.
- A prescription to treat osteoporosis that's filled on the fracture date or within 180 days (6 months) after the fracture.

Category	Prescription
Bisphosphonates	<ul style="list-style-type: none">• Alendronate• Alendronate-cholecalciferol• Ibandronate• Risedronate• Zoledronic acid
Others	<ul style="list-style-type: none">• Abaloparatide• Denosumab• Raloxifene• Romosozumab• Teriparatide

Tips for success

- The U.S. Preventive Services Task Force¹ recommends BMD screening for:
 - Female patients starting at age 65 to reduce the risk of fractures.
 - Postmenopausal women younger than age 65 if they are at high risk.

- Provide patients with a BMD prescription and where to call for an appointment. Encourage them to obtain the screening and follow up with the patient to ensure the test was completed.
- If telehealth, telephone or e-visits are used instead of face-to-face visits:
 - Discuss the need for a bone mineral density testing and mail an order to the patient that contains the location and phone number of a testing site, and
 - Mail a prescription for, or e-cribe, an osteoporosis medication, if applicable.
- Prescribe pharmacological treatment when appropriate.

Tips for talking with patients

- Discuss osteoporosis prevention, including calcium and vitamin D supplements, weight-bearing exercises and modifiable risk factors.
- Ask patients if they have had any recent falls or fractures, since treatment may have been received elsewhere.
- Discuss fall prevention such as:
 - The need for assistive devices, e.g., cane, walker.
 - Removing trip hazards, using night lights and installing grab bars.