

**NHS Forth Valley**  
**Guideline for the Initiation of Osteoporosis Treatment**  
**in Patients over 75 years presenting with Fragility**  
**Fracture.**

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<b>Group / Committee</b> <b>– Final Approval</b>	Area Drug and Therapeutic Committee

This document can, on request, be made available in alternative formats

**Consultation and Change Record**

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<b>Consultation Process:</b>	Falls Prevention and Bone Health Strategy Group
<b>Distribution:</b>	The guidance will be available on the NHS Forth Valley Pharmacy intranet pages and will link with the Clinical Effectiveness intranet page to ensure accessibility.  Training sessions will also be arranged at ward level to raise awareness of the guidance and promote compliance.
<b>Change Record</b>	Changed from Hip Fracture to Fragility Fracture

## Guideline for the Initiation of Osteoporosis Treatment in Patients over 75 years Presenting with Fragility Fracture.

### Background

One in three women and one in twelve men in the UK has osteoporosis which can lead to fractures, deformity, pain and disability, with an attendant cost to the NHS.<sup>1,2,3,4,5</sup>

A number of retrospective studies have indicated that previous fracture increases the risk of subsequent fracture. This has important clinical implications and demonstrates the need for identification and intervention for the older person presenting with a fragility fracture.

A fragility fracture is defined as a fracture, following a fall from standing height, which would not be expected to cause a fracture in healthy bone.

### Commence Adcal D3 one tablet morning and tea time

<b>Prescribing:</b>	Preferably as a split dose <sup>3,6</sup> . The two tablets may be taken as a single dose if compliance is an issue/interacting medication – see below.
<b>Contraindications:</b>	Hypercalcaemia, hypercalciuria or renal stones. Severe renal impairment Hyperparathyroidism
<b>Counselling:</b>	Calcium may reduce absorption of levothyroxine, bisphosphonates, sodium fluoride, quinolone or tetracycline antibiotics or iron <sup>3,6,7</sup> If patient taking quinolone or tetracycline antibiotics avoid calcium two hours before and after dose of antibiotic. If the other listed medications are suspected as having an interaction a general precaution is to allow a minimum period of four hours before taking the calcium.

### AND

### Commence Alendronic Acid 70mg once weekly

<b>Prescribing:</b>	At a time at least 30 minutes before breakfast and any other morning medication on the same day of each week <sup>3,6</sup>
<b>Contraindications:</b>	Active dysphagia, oesophageal stricture or achalasia. Swallowing difficulties after stroke. Bedbound and unable to sit up right. AMT <7/10 and no caregiver available to supervise administration. Hypocalcaemia Creatinine Clearance <30ml/min
<b>Risedronate 35mg <u>once weekly</u></b>	is also contraindicated if creatinine clearance is <30ml/min but there is information to suggest it can be used if creatinine clearance is between 20-30ml/min (unlicensed use) <sup>8</sup> . It may also be used if the patient experiences minor GI symptoms (dyspepsia, nausea, constipation, etc) while on Alendronic Acid.
<b>Counselling:</b>	Advise to swallow tablet whole first thing in the morning with a full glass of water on an empty stomach at least 30 minutes before breakfast (and any other oral medication). Remain upright for <b>at least 30 minutes</b> after taking tablet.  Patients should be instructed that if a dose is missed on their usual day the tablet should be taken on the day next remembered. Patients should then return to taking one tablet once a week on the day the tablet is normally taken. Two tablets should <b>not</b> be taken on the same day.

**If a bisphosphonate is not appropriate, please refer to the current addition to the Forth Valley medicines formulary for alternative treatment options. For those patients whom IV therapy is the preferred option, please discuss with a specialist.<sup>9</sup>**

## References

1. National Osteoporosis Society. The Silent Epidemic.
2. Managing Osteoporosis. DTB 1996; 34; 45-48.
3. BNF 56<sup>th</sup> edition. BMJ Group, RPS Publishing, London, 2008 .
4. SIGN 71: Management of Osteoporosis (June 2003).
5. NICE Technology Appraisal Guidance 161: Alendronate, etidronate, risedronate, raloxifene, strontium ranelate and teriparatide for the secondary prevention of osteoporotic fragility fractures in postmenopausal women. October 2008
6. Summary of Product Characteristics. [www.medicines.org.uk](http://www.medicines.org.uk) . Cited November 2008.
7. Stockley's Drug Interactions 8<sup>th</sup> edition. Pharmaceutical Press. London 2008.
8. The Renal Drug Handbook, 2<sup>nd</sup> Edition. Radcliffe Medical Press Oxon 2004.
9. Scottish Medicines Consortium advice March 2008, 447/08