

IntraHealth Ltd - Project: to reduce the risk of fragility fractures within Postmenopausal Osteoporotic patients

An Introduction

IntraHealth is a well established innovative company working exclusively in the primary care environment. IntraHealth contract with a range of NHS bodies including primary care trusts Personal Medical Services and General Medical Services GP practices. Through these contracts IntraHealth have gained unique and extensive experience of delivering high quality services through the management and support of GPs and medical partnerships. IntraHealth are General Medical Practitioners, healthcare professionals or employees of the PMS providers and are a qualifying body as defined by the NHS act of 1977.

The Challenge

The clinical significance of osteoporosis lies in the fractures that arise. In the UK osteoporosis results in over 200,000 fractures each year¹, causing severe pain and disability to individual sufferers. One in two women and one in five men will suffer a fracture after the age of 50². Common sites of fracture include the vertebral bodies, distal radius, proximal femur and the proximal humerus¹. Hip fractures alone account for more than 20% of orthopaedic bed occupancy in the UK¹, and the majority of the direct health service cost of osteoporosis. Approximately 50% of patients suffering hip fractures can no longer live independently and about 20% of patients with a hip fracture die within 12 months of fracture¹.

Drug treatments have been shown to reduce the risk of fractures by up to 50%.^{2, 3-9} One year after an osteoporotic fracture, the majority of patients are not prescribed any pharmaceutical agents for the prevention of further fracture.² 40% of people diagnosed with osteoporosis fractures in the spine remain untreated.²

The combined cost of hospital and social care for patients with a hip fracture amounts to more than £1.73billion per year in the UK.² (This is very similar to £1.75 billion that coronary heart disease.)² The cost of treating all osteoporotic fractures in post-menopausal women has been predicted to increase to more than £2.1 billion by 2020². In 2001 the combined NHS and social cost of 1 hip fracture was estimated at £20,000.² Recent evidence shows that each hip fracture costs the NHS alone £12,137²

More than 2 million bed days are involved in caring for people in England with fractures in osteoporotic bones.² This exceeds the bed occupancy for diabetes, ischaemic heart disease, heart failure or chronic obstructive pulmonary disease.² Osteoporosis accounted for more DALYs (disability and life-years lost) than rheumatoid arthritis and than for all sites of cancer, with the exception of lung cancers.¹⁰ The admission rate for hip fractures has increased in England by 2.1% per year since 1999, whilst hospital bed days have increased by 5.9% per year.¹

The Objective



Patient	<ul style="list-style-type: none"> • Patient reported outcomes from Questionnaire • Fewer Fractures • Better information about condition and treatment options • Better experience of Healthcare system
NHS	<ul style="list-style-type: none"> • Better Health Outcomes – Fewer Fractures • Fewer Hospital Admissions • Lower costs of Hospital Admissions • Improved Coding within GP systems for osteoporosis
Servier	<ul style="list-style-type: none"> • Improved relationship with IntraHealth Ltd • Better understanding of customer and patient needs • Better understanding of Joint Working • Help inform other Osteoporosis Joint Working projects

The Solution

IntraHealth Ltd wanted to provide a personalised Healthcare professional led service in a primary care clinic where patients with or at risk of Osteoporosis were reviewed on an individual basis. During the appointment the patients were counselled in relation to their risk of fracture and when appropriate the patients were prescribed medication in line with National Guidance.

- Patient notes were audited to identify patients at risk of Osteoporosis, The risk of osteoporosis was calculated using the FRAX calculator and the high risk patients were then invited to attend an appointment with an IntraHealth clinician. Medium risk patients were referred for a Dexa scan.
- Patients already diagnosed with Osteoporosis but who were experiencing compliance issues were invited to attend an appointment with an IntraHealth Clinician.
- During the appointment the patients were educated about Osteoporosis and were counselled about the importance of complying with their medication.

Resource Contribution



IntraHealth Ltd	Servier Laboratories Ltd
Data Searches/Analysis	Business Planning
Telephone support	Project Management
Project management	Educational Meetings
	Patient Support programme for appropriate patients
£ 18,020 (+ clinician time*)	£ 22,600

*IntraHealth Clinician time – includes Telephone medication compliance audit and FRAX score. Patients none compliant on medication or intermediate /high risk on FRAX are seen by a clinician.

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References

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