

PHORM¹ osteoporosis review summary prompt sheet

| Task | Comments, explanations and links |
|---|--|
| Agenda, expectations and shared understanding | |
| <ul style="list-style-type: none"> Elicit patient expectations and establish shared agenda for consultation | |
| <ul style="list-style-type: none"> Explore understanding of osteoporosis and the patient's own bone health | Gently correct any misinterpretations |
| Concordance | |
| <ul style="list-style-type: none"> Explore current medication taking including any concerns Gentle probes to explore reasons for non-concordance | Ask what instead of why questions Don't tell patients to adhere – understand the reasons (do they see the need for medicine, what concerns do they have, are there practical barriers) |
| Safety | |
| <ul style="list-style-type: none"> Any side effects | Give advice to minimise and/or offer alternative |
| <ul style="list-style-type: none"> Dental advice | Dental check guidance here |
| Effectiveness | |
| <ul style="list-style-type: none"> Have you had any falls? | Consider falls team referral |
| <ul style="list-style-type: none"> Have you had any bone breaks? | Review mechanism of injury, adherence, secondary causes, consider referral |
| <ul style="list-style-type: none"> Do you get any back pain? Have you got any shorter? | Consider imaging if needed. Consider These resources about symptoms of spinal fracture |
| <ul style="list-style-type: none"> Since the patient started osteoporosis medicines, has the patient <ul style="list-style-type: none"> started or stopped any medications that effect bone? (eg glucocorticoids, aromatase inhibitors) Developed any new medical conditions that effect bone? (e.g. primary hyperparathyroidism) | Consider whether indication for osteoporosis medicine or DXA changed |
| <ul style="list-style-type: none"> Consider bisphosphonate duration | See flowchart for 10 year indicators |
| <ul style="list-style-type: none"> Consider any monitoring indicated | Review last DXA |
| <ul style="list-style-type: none"> Dietary intake of calcium or supplement use | Assess/suggest patient assesses dietary intake if needed. Dietary Calcium Calculator - ERO Hub Calcium-rich food chooser |
| <ul style="list-style-type: none"> Risk factors for vitamin d deficiency eg age 65+, housebound | Consider supplements if needed |
| <ul style="list-style-type: none"> Smoking status | Give advice as needed |
| <ul style="list-style-type: none"> Alcohol ≥ 3 U daily | |
| <ul style="list-style-type: none"> Physical activity | |
| Closing the consultation | |
| <ul style="list-style-type: none"> Check understanding | |
| <ul style="list-style-type: none"> Ask about questions/concerns | |
| <ul style="list-style-type: none"> Signpost further information and safety net who to contact if queries | |

¹This Checklist was developed with insights from the PHORM study <https://bmjopen.bmj.com/content/14/11/e085323.long>

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