



Policy and Procedure

Policy Name:	Osteoporosis Screening		
Effective Date:		Revision Date:	
Department(s)/Site(s):			
Document Owners:			
Approved By:			
Relevant Law/Standard:	California Department of Health Care Services under Title 22, California Code of Regulations, Section 53230. (Requires the review and certification of Primary Care Practitioner (PCP) sites.) Department of Health Care Services (DHCS) All Plan Letter 20-006, Site Reviews: Facility Site Review and Medical Record Review or any superseding APL		

Purpose:

For women 65 years and older, the USPSTF found convincing evidence that screening can detect osteoporosis and that treatment of women with osteoporosis can provide at least a moderate benefit in preventing fractures. For postmenopausal women younger than 65 years who are at increased risk of osteoporosis, the USPSTF found adequate evidence that screening can detect osteoporosis and that treatment provides a moderate benefit in preventing fractures.

Osteoporotic fractures, particularly hip fractures, are associated with limitation of ambulation, chronic pain and disability, loss of independence, and decreased quality of life, and 21% to 30% of patients who experience a hip fracture die within 1 year.

Definitions:

Osteoporosis: Thinning of the bones, with reduction in bone mass, due to depletion of calcium and bone protein.

Bone Density Test: A bone density test is the only test that can diagnose osteoporosis before a broken bone occurs. This test helps to estimate the density of your bones and your chance of breaking a bone. NOF (National Osteoporosis Foundation) and USPSTF recommend a bone density test of the hip and spine by a central DXA machine to diagnose osteoporosis. DXA stands for dual energy x-ray absorptiometry.

Policy:

Provide osteoporosis screening with bone measurement testing to prevent osteoporotic fractures in women 65 years and older.

Provide osteoporosis screening with bone measurement testing to prevent osteoporotic fractures in postmenopausal women younger than 65 years who are at increased risk of osteoporosis, as determined by a formal risk assessment tool (see Links)

Procedure:

1. Screen for osteoporosis with bone measurement testing to prevent osteoporotic fractures in postmenopausal women younger than 65 years who are at increased risk of osteoporosis, as determined by a formal clinical risk assessment tool
 - a. Risk factors include
 - i. Parental history of hip fracture
 - ii. Smoking
 - iii. Excessive alcohol consumption
 - iv. Low body weight
2. Screen for osteoporosis with bone measurement testing to prevent osteoporotic fractures in women 65 years and older.

Resources:

USPSTF: Recommendations and Screening Tools

<https://www.uspreventiveservicestaskforce.org/Page/Document/RecommendationStatementFinal/osteoporosis-screening1#tab2>

Fracture Risk Assessment Tool (FRAX)

<https://www.sheffield.ac.uk/FRAX/tool.aspx?country=9>

First Name Last Name – Title

Date

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