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AUSTRALIAN HEALTH
RESEARCH ALLIANCE

The Frailty Factor: Evaluating Osteoporosis Risk

What is the problem?

By 2022, it is estimated that 6.2 million Australians older than 50 years of age will have osteoporosis or osteopenia, a rise of 31% from 2012. However, less than 20% of patients presenting to healthcare services with minimal trauma fractures are investigated or treated for osteoporosis.

About this research translation project

The ORMA Project will simplify the process for General Practitioners (GPs) to efficiently and earlier identify patients who may be at risk of osteoporotic fractures. In addition, the program will facilitate efficient management of individuals already diagnosed with the disease. The program will implement and evaluate provision of a newly designed, tested and implemented osteoporosis e-technology which supports: 1. detection and management of osteoporosis and associated risk factors; 2. education for GPs on osteoporosis; and, 3. assistance for GPs in the development of plans to guide how they will improve risk factor detection and disease management. The program will be implemented into a total of 16 Victorian General Practices located across metropolitan, regional and inner rural Victoria with an estimated total patient population of 120,000 (12% older than 60). The e-technology and program design are based on previous experience of the CIs developing successful similar e-technology for the identification and treatment of chronic diseases, and is informed by the osteoporosis prevention, diagnosis and management in postmenopausal women and men over 50 years of age guidelines from the Royal Australasian College of GPs.

What will be the impact?

This program will assure that patients with existing fragility fractures that are not adequately treated (secondary fracture prevention) receive appropriate treatment. In addition, we will identify those patients with osteoporosis risk factors (including low BMD) who would benefit from treatment but would have never been identified in regular clinical practice.



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