

Osteoporosis Management in Women Who Had a Fracture (OMW)



Point32Health's HEDIS Tip Sheets offer insights into specific HEDIS measures. These best practices and tips can optimize HEDIS scores and identify opportunities to improve patient care.

The OMW measure assesses the percentage of women 67-85 years of age who suffered a fracture and who had either a bone mineral density (BMD) test or prescription for a drug to treat osteoporosis in the 180 days (6 months) after the fracture.



Provider Best Practices

- **Urge** patients to notify their primary care provider immediately about a fracture, even if they have received treatment for it elsewhere.
- **Schedule** office visits promptly after a fracture event, as early intervention promotes compliance.
- **Provide** patients who have suffered a fracture with a bone mineral density test referral. Follow up to ensure that the test was completed.
- **Include** the following within patient medical records: all bone density reports — dated with results — along with a medication list, including osteoporosis medications, and their start dates.
- **Remind** patients that bone mineral density testing is important (*even with a known history of osteoporosis*) as it helps to monitor bone loss over time.
- **Review** bone mineral density results and prescribe osteoporosis treatment when appropriate.
- **Screen** female patients starting at age 65 to reduce the risk of osteoporosis. (*Consider screening women younger than 65 if they are high risk.*)
- **Discuss** osteoporosis prevention with patients including calcium and vitamin D supplements, weight-bearing exercises, and modification of risk factors.
- **Discuss** fall prevention annually:
 - **Ask** if patients have problems with balance or walking. If so, suggest using a cane or walker.
 - **Encourage** exercise or balance programs.
 - **Ask** if patients have fallen in the past 12 months, and if so, what lead to the fall?
 - **Discuss** trip hazards such as loose carpets, and suggest the use of night lights, supportive shoes and grip or no-slip socks, and the installation of grab bars.
 - **Review** medications to identify possible side effects or interactions that can increase fall risk.
 - **Encourage** annual vision and hearing checks.

Did you know?

- Osteoporosis is a **bone disease** characterized by low bone mass, which leads to bone fragility and increased susceptibility to fractures.
- **Risk factors** include low body weight, current tobacco use, excessive alcohol consumption, history of fractures, and glucocorticoid use.
- An initial osteoporotic fracture increases the risk of a **repeat fracture**.
- Osteoporotic fractures, particularly **hip fractures**, are associated with chronic pain and disability, loss of independence, decreased quality of life, and increased mortality.

Additional Resources



- U.S. Department of Health and Human Services' [evidence-based resources](#) related to osteoporosis
- Bone Health & Osteoporosis Foundation (BHOFF) [clinical guidelines](#) on osteoporosis