

# OSTEOPOROSIS MANAGEMENT IN WOMEN WITH A FRACTURE (OMW)

## Effectiveness of Care HEDIS® Measure

### Measurement definition

Female patients ages 67–85 who suffered a fracture and had either a bone mineral density (BMD) test or received a prescription to treat osteoporosis within six months of the fracture.

### Exclusions

Patients are excluded if they:

- Had a bone mineral density test 24 months prior to the fracture.
- Received osteoporosis therapy 12 months prior to the fracture.
- Fractured their finger, toe, face, or skull.
- Received hospice care during the measurement year.
- Are age 81 or older with frailty.
- Are ages 67–80 with advanced illness and frailty (for additional definition information, see the Advanced Illness and Frailty Guide).

### Information that patient medical records should include

- A BMD test within six months/180 days of the fracture, or
- A prescription to treat osteoporosis that's filled within six months/180 days of the fracture.

Category	Prescription	
<b>Bisphosphonates</b>	<ul style="list-style-type: none"><li>▪ Alendronate</li><li>▪ Alendronate-cholecalciferol</li><li>▪ Ibandronate</li></ul>	<ul style="list-style-type: none"><li>▪ Risedronate</li><li>▪ Zoledronic acid</li></ul>
<b>Others</b>	<ul style="list-style-type: none"><li>▪ Abaloparatide</li><li>▪ Denosumab</li></ul>	<ul style="list-style-type: none"><li>▪ Raloxifene</li><li>▪ Teriparatide</li></ul>

### Tips for success

- The U.S. Preventive Services Task Force<sup>1</sup> recommends BMD screening for:
  - Female patients starting at age 65 to reduce the risk of fractures.
  - Postmenopausal women younger than age 65 if they are at high risk.
- Provide patients with a BMD prescription and where to call for an appointment. Encourage them to obtain the screening and follow up with the patient to ensure the test was completed.
- Prescribe pharmacological treatment when appropriate.



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## Tips for talking with patients

- Discuss osteoporosis prevention, including calcium and vitamin D supplements, weight-bearing exercises, and modifiable risk factors.
- Ask patients if they have had any recent falls or fractures, since treatment may have been received elsewhere.
- Discuss fall prevention such as:
  - The need for assistive devices such as a cane or walker.
  - Removing trip hazards, using night lights, and installing grab bars.



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U.S. Preventive Services Task Force. <https://www.uspreventiveservicestaskforce.org/Page/Document/UpdateSummaryFinal/osteoporosis-screening1>

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