

# Osteoporosis Screening in Older Women (OSW)

## Description of Measure

Women 65 – 75 years of age, who had one or more osteoporosis screening tests on or between the member's 65th birthday and December 31 of the measurement year (MY).<sup>1</sup>

## Documentation

- Bone mineral density (BMD) reports with date of service (DOS).
- Member reported screening with DOS

## Osteoporosis Medication Therapy

Description	Medication Name	Brand Name
Bisphosphonates	Alendronate	Fosamax <sup>®</sup>
	Alendronate-cholecalciferol	Fosamax Plus D <sup>®</sup>
	Ibandronate	Boniva <sup>®</sup>
	Risedronate	Actonel <sup>®</sup>
	Zoledronic acid	Zometa Reclast
Parathyroid Hormone Analogs	Abaloparatide	Tymlos <sup>®</sup>
RANK ligand inhibitors	Denosumab	Xgeva <sup>®</sup> Prolia <sup>®</sup>
Selective estrogen receptor modulators	Raloxifene	Evista <sup>®</sup>
Sclerostin inhibitors	Romosozumab	Evinity <sup>®</sup>
Parathyroid hormone (PTH)	Teriparatide	Forteo <sup>®</sup>

Long-Acting Osteoporosis Medication	Medication Name	HCPCS
RANK ligand inhibitors	Injection, denosumab, 1mg	J0897
Bisphosphonates	Injection, ibandronate sodium, 1mg	J1740
	Injection, zoledronic acid, 1mg	J3489

## Exclusion

Description	Medication Name	Brand Name								
<ul style="list-style-type: none"> <li>Members who had a claim/encounter for any Long-acting osteoporosis medication</li> </ul>	Any time in history through Dec. 31 PY									
<ul style="list-style-type: none"> <li>Members who had a dispensed prescription to treat osteoporosis</li> </ul>	Any time on or between Jan 1 3 years prior through December 31 of the PY									
<ul style="list-style-type: none"> <li>Members used/using hospice</li> <li>Member who died</li> <li>Members receiving palliative care</li> </ul>	Any time during MY									
<p>Members 66 years of age and older by Dec. 31 MY with Advanced Illness and Frailty.</p> <p>Members must meet BOTH frailty and advanced illness criteria to be excluded.</p>	<ul style="list-style-type: none"> <li>Frailty diagnosis on 2 different DOS during the MY</li> <li>Advanced Illness: Either of the following during the MY or PY <ul style="list-style-type: none"> <li>Advanced illness diagnosis on 2 different DOS</li> <li><b>OR</b> Dispensed a dementia medication</li> </ul> </li> </ul> <table border="1"> <thead> <tr> <th>Dementia Med Description</th> <th>Prescription</th> </tr> </thead> <tbody> <tr> <td>Cholinesterase inhibitors</td> <td> <ul style="list-style-type: none"> <li>Donepezil</li> <li>Galantamine</li> <li>Rivastigmine</li> </ul> </td> </tr> <tr> <td>Misc. Central Nervous System Agents</td> <td> <ul style="list-style-type: none"> <li>Memantine</li> </ul> </td> </tr> <tr> <td>Dementia Combinations</td> <td> <ul style="list-style-type: none"> <li>Donepezil-memantine</li> </ul> </td> </tr> </tbody> </table>		Dementia Med Description	Prescription	Cholinesterase inhibitors	<ul style="list-style-type: none"> <li>Donepezil</li> <li>Galantamine</li> <li>Rivastigmine</li> </ul>	Misc. Central Nervous System Agents	<ul style="list-style-type: none"> <li>Memantine</li> </ul>	Dementia Combinations	<ul style="list-style-type: none"> <li>Donepezil-memantine</li> </ul>
Dementia Med Description	Prescription									
Cholinesterase inhibitors	<ul style="list-style-type: none"> <li>Donepezil</li> <li>Galantamine</li> <li>Rivastigmine</li> </ul>									
Misc. Central Nervous System Agents	<ul style="list-style-type: none"> <li>Memantine</li> </ul>									
Dementia Combinations	<ul style="list-style-type: none"> <li>Donepezil-memantine</li> </ul>									

**Tips  
for Success**

- Start screening females for osteoporosis at the age of 65.
- Discuss fall prevention annually:
  - Ask if your patient has any problems with balance or walking. If so, evaluate if they need an assistive device such as a cane or walker.
  - Suggest an exercise or balance program.
  - Ask if your patient has fallen in the past 12 months. If so, evaluate what led to the fall.
  - Discuss trip hazards such as loose carpets, poor lighting, uneven flooring, and cluttered walkways.
  - Discuss fall preventative measures such as using night lights, wearing supportive shoes with grips or no slip socks, and installing grab bars.
  - Review medications to identify possible side effects that can increase risk.
  - Encourage annual vision and hearing checks.
- Discuss osteoporosis prevention with our patients including calcium and Vitamin D supplements, weight bearing exercises, and modifying risk factors.
- Provider toolkit and additional resources are available through the Bone Health & Osteoporosis Foundation website at [www.bonehealthandosteoporosis.org](http://www.bonehealthandosteoporosis.org)

## Resources

- I. National Committee for Quality Assurance, HEDIS® Measurement Year 2024 Volume 2 Technical Specifications for Health Plans



Arkansas Blue Medicare is an affiliate of Arkansas Blue Cross and Blue Shield. Arkansas Blue Cross and Blue Shield is an Independent Licensee of the Blue Cross and Blue Shield Association. © 2023 Arkansas Blue Cross and Blue Shield. All rights reserved.